

GARDEN JUICE

Cleanse Guide

PRE-CLEANSE

BEFORE:

FOR 3-5 DAYS BEFORE YOUR CLEANSE WE ASK THAT YOU LIMIT YOUR INTAKE OF CERTAIN FOODS AND SUBSTANCES; REFINED STARCHES, DAIRY, SUGAR, ALL MEAT, ALCOHOL AND NICOTINE. EATING AS CLEAN AS POSSIBLE IS THE BEST WAY TO PREPARE FOR THE TASK AHEAD. THE BEST-CASE SCENARIO WOULD BE EATING RAW OR STEAMED VEGETABLES, SOUPS OR BROTHS AND PLENTY OF WATER.

ARRIVAL:

- JUICES MUST REMAIN REFRIGERATED.
- START YOUR GARDEN JUICE CLEANSE RIGHT AWAY AS THE RAW INGREDIENTS NEED TO STAY FRESH.
- DRINK PLENTY OF WATER AND HERBAL TEA WITH YOUR JUICES.
- OUR SIMPLE NUMBERING SYSTEM MAKES IT EASY FOR YOU TO STAY ON SCHEDULE WHILE DETOXING, DRINKING ONE JUICE EVERY TWO HOURS.

DURING CLEANSE

Be open with your expectations. You will likely feel hungry at one point or another, and that's okay! We do recommend that you stick to just your juices during a cleanse but we don't want you to suffer through hunger pangs. Instead enjoy RAW vegetables and nuts. Drink plenty of water and herbal teas.



POST-CLEANSE

- Start off slow with soups, raw foods and more juice.
- Reintroduce dairy meat and fried foods slowly.
- We encourage you to remain consistent in refreshing your immune system. Repeat Periodically!



HYDRATION

When you complete a juice fast, you have to make a conscious effort to drink plenty of water throughout the day in addition to your juices. Key to fasting is hydration.

When you are experiencing healing a reaction (headaches, fatigue, joint pains, etc.) is possible. This is a sign that the body is detoxifying and ridding toxins, throwing them temporarily into the bloodstream to be ultimately eliminated.

You need to drink water to help flush these toxins out.

The typical way of calculating how much water a normal/healthy person needs is to take your body weight in pounds, divide it into two and that's the number of ounces you will need in a day.

Ex.) You weigh = 150 pounds. Divided by two = 75 pounds. Your daily requirement = 75 ounces of water each day.

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