



Let's Talk: CLEANSSES

Why do a Juice Cleanse?

Cleansing is an opportunity to reset the body, mind and spirit. Juice Cleanses, sometimes called juice therapy, are short-term dietary practices – typically one to five days in length – during which the juicer consumes only fruit, vegetable, or other plant based juices in order to cleanse the body of chemical toxins, as well as eliminate unhealthy habits (like eating junk foods or overeating), obtain more restful sleep, achieve potential weight reduction, or to alleviate a variety of ailments impacting their daily lives.

Cleansing provides the digestive system a break from the traditional over processed foods we consume and is an opportunity to check in with your body. It allows you to prioritize your physical and mental health. We encourage cleansers to put down their screens and go for a light walk on a trail, meditate, or do yoga. Get in touch with your body and spirit: How are you feeling? We promise - prioritize yourself and your health and you won't regret it!

How do you do a Juice Cleanse?

On a juice cleanse you will eliminate solid foods from your diet and instead will drink 6 juices, elixirs or nut-seed milks and one ginger shot each day.

The best way to start a cleanse is by "Easing In" and eliminating certain foods like caffeine, alcohol, meat, dairy, refined sugar and even gluten from your diet a few days before you begin. Smoothies and veggie soups are perfect during the ease-in process. However, if you want to jump into a cleanse right away, you can absolutely do it!

When you begin your cleanse, plan to drink your juices 2-3 hours apart. After you finish your juice, fill your bottle up with water and drink it slowly until your next juice. Water is an essential aspect of your cleanse; it's how your body helps eliminate the toxins it's working hard to clean out. A suggested time frame would be to drink a juice at: 8am, 10am, 1pm, 3pm, 5pm, 8pm. Enjoy your ginger shot first thing in the morning or around 11:30am for a mid-day "pick me up," trust us it will get your blood pumping. Most importantly, listen to your body - you know it best! If you need to switch the order of your juices or adjust the

timing, go for it! During a cleanse you may have a headache or feel sluggish, this is completely normal and a sign that your body is doing its job! This is an excellent time to also check in with your mind and spirit. **Rest and Reset.** Spend the time not taken preparing and eating food and invest it in yourself! Read a good book, take a relaxing walk outside, do yoga or meditate. We highly recommend setting aside at least 10 minutes to close your eyes and focus on your breath. Listen to sounds of a thunderstorm, the ocean, or other natural sounds that can be found doing a quick search on Google or Youtube. 10 minutes of stillness each day will do wonders for you on your cleanse and moving forward. Remember that this is an opportunity to focus on loving yourself and your body. Much of what will be challenging during the cleanse is mental -- remind yourself that you got this!

When you are done with your cleanse (Congratulations!), we recommend "Easing Out" of the cleanse by doing the same thing you did before you started. Resume eating by starting with fruits and vegetables and then add back in whole-food items as you feel necessary. Most importantly, listen to your body! Only eat things that make you feel good. You may find that you are sensitive to foods you never realized before. Now you can celebrate by bringing in all of your bottles for a credit to use towards anything on our menu!

Suggested Drink Timing per Cleanse:

	8am	10am	11:30	1pm	3pm	5pm	8pm
Reset Cleanse	Kick Starter	Good Karma	Shot	I've Got Sunshine	Feel The Beet	Daily Ritual	Aloha Lemonade
Signature Cleanse	Kick Starter	Good Karma	Shot	I've Got Sunshine	Doctor's Orders	Feel The Beet	Detox Elixir
Advanced Cleanse	Detox Elixir	Doctor's Orders	Shot	Good Karma	Doctor's Orders	Daily Ritual	Detox Elixir

Frequently Asked Questions:

Can I eat on a cleanse?

Generally, you do not eat solid food while on a juice cleanse. Just the juice and lots of water! If you feel you need something to eat, you can - you know your body best! Just stick to raw fruits and vegetables or try blending a juice with unsalted nuts, a banana or an avocado.

Can I drink coffee or tea?

Caffeine can dehydrate the body and should be avoided on a cleanse. It's great to drink tea, just stick to decaffeinated tea or warm lemon water to aid in the cleansing process.

Is it normal to feel fatigued?

It's normal to feel tired or have a headache when you cleanse. Depending on your health pre-cleanse, these symptoms may be mild or strong. The "ease-in" process can help lessen these symptoms. Your body is hard at work cleansing your organs so remember to drink lots of water and allow yourself plenty of time to rest and reflect.

Can I workout?

Light walking, jogging or yoga are ideal exercises. Remember your body is working hard cleaning the insides, so allow your energy to be spent internally.

Should I consult my physician before doing my cleanse?

Yes, it's always best to consult your physician before starting a cleanse, especially if you are currently taking any prescription medications or have a medical condition.

How many days and how often should I cleanse?

We recommend a 3 or 5 day cleanse to reap the most benefit. However, a quick one day cleanse is a great way to stop the cycle of junk-food eating and "get back on track." Some people cleanse one day per week. Others do a 3 day cleanse once a month and some do 5+ days every several weeks. It's up to you and how you feel!

Do I need to stick near a restroom?

Greatly increasing your intake of fruits and vegetables will definitely improve your digestion and can cause a need to eliminate. However, many people plan to cleanse during the work week and have no issues going about their everyday activities. The need to stay near a restroom is not common, but does depend on your level of health pre-cleanse.

What should I do with my bottles when I am finished?

Clean them thoroughly and bring them back for an amazing discount towards anything on our menu!