



CLEANSE HANDBOOK

LEMON
ORGANIC TURMERIC
100% Juice
WARNING: MAY CAUSE YOU TO BE TOO GLAM TO GIVE A DAMN
juiced up
16 FLOZ (473ml)

DAILY DETOX
IMPROVES VISION
IMPROVES DIGESTION
LOWERS CHOLESTEROL
CARROT
RED APPLE
GREEN APPLE
LEMON
GINGER
100% JUICE
LÖLEO
EAT REAL. BE REAL.

THE LIVER
100% Juice
16 FLOZ (473ml)

ANTIOXIDANT LC
PINEAPPLE
CUCUMBER
100% Juice
16 FLOZ (473ml)

LÖLEO
EAT REAL. BE REAL.
16 FLOZ (473ml)

extra virgin
CELERY
ANTI-INFLAMMATORY
BEAUTIFY
100% Juice
16 FLOZ (473ml)

WHY WE BELIEVE IN JUICE CLEANSING

Juice cleansing has been researched extensively and has shown to have many benefits. It encourages healthy digestion by rebalancing the gut microflora, also by decreasing whole body inflammation and, consequently, intestinal and colon inflammation. Raw organic juice is extremely rich in vitamins, minerals, and antioxidants which can be easily absorbed because digestion is not taking place. These compounds in combination help fight disease, support immunity, and may reduce the risk of cancer.

WHY CLEANSE WITH COLD PRESSED JUICE?

Cold Pressed juices have a higher nutrient and enzyme content because they are never heated, using less processing and creating less waste.

PRE-CLEANSE PREP

You can maximize the benefits of your next cleanse by dedicating a few days before your cleanse to preparation.

DO THIS



Drink lots of water

Eat plenty of fruits and vegetables every day leading up to cleanse

Ease into your cleanse with our nutrient-dense smoothies (in the days leading up to your start date)

NOT THAT



Caffeine

Alcohol

White Foods
(sugar, dairy, white flour, processed/
packaged food)

Meat

Nicotine

DURING CLEANSE

1

Before drinking your first juice, drink at least 24 ounces of water.

2

Drink your first juice.

3

Two hours later drink your next juice and each juice every 2 hours.

4

If your body is absolutely not happy and **MUST** have food, we recommend something liquid-based like vegetable soup broth or a smoothie.



POST-CLEANSE

If you cleansed for 6+ days, we recommend taking a 3-day buffer period before introducing solid, full meals. If you cleansed for 3-5 days, take at least 1 ½ days before eating solid foods. Use this period to ease yourself back to solids by consuming smoothies, soups and more cold-pressed juice! Once you are ready, easing into solid foods with lots of vegetables, fruits, and salads is ideal. Continue drinking plenty of water daily.



ADDITIONAL SUPPORT:



PLANT BASED MEAL PLAN

by Gianna Conley
Holistic Health Coach

After you cleanse you can choose to add-on our 11 day meal plan designed by our Holistic Health Coach Gianna Conley. It includes plant based recipes for meals and snacks made with whole foods and whole grains, nutritional facts, easy to follow recipe instructions. With grocery lists and substitutions and notes. You will be included in our Facebook support group throughout the whole process for support and any questions!