



JUICE CLEANSE BOX

USER GUIDE



Co-Developed with
Ben Greenfield



*Read Carefully

High five to you for taking this self-reset initiative!

Fasting is an ancient and well researched modality. You are about to embark on a self-health journey that will train your mind and give your body the opportunity to reset. You will probably experience positive effects in your body, mind and emotional health.

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 Farmers Juice

Or visit us on thefarmersjuice.com

Hints Before Starting

BEFORE WE BEGIN, IT'S IMPORTANT TO NOTE:

- Doing a juice cleanse responsibly is essential.

● We recommend consulting a trained medical doctor before embarking on this journey.

- Do not stress your body or push yourself to extremes.
- Anyone with a chronic ailment or an organic defect should fast only upon the advice of a trained physician experienced in fasting procedures.

● Consult a trained physician experienced in fasting procedures if you are pregnant.



Juice Cleanse Protocol

THE BASICS OF THIS JUICE CLEANSE PROTOCOL IS SIMPLE:

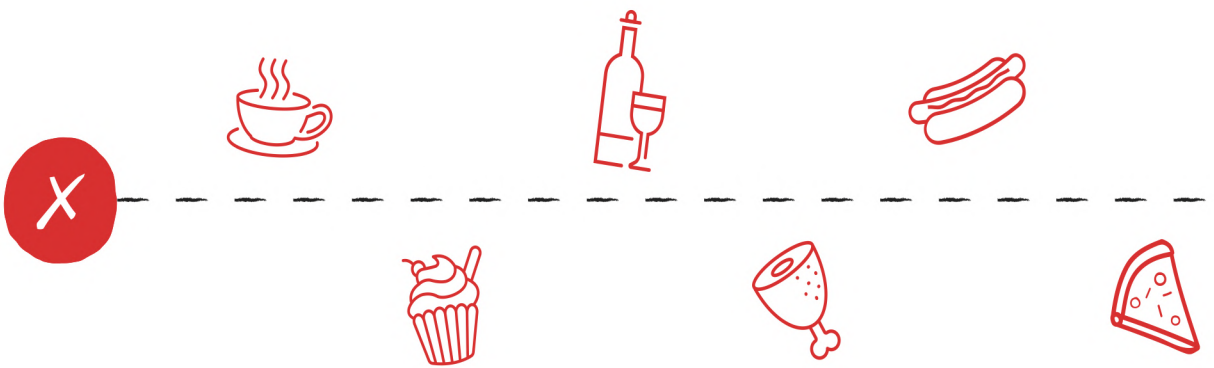
- 1 Store the juices in a cool refrigerator.
- 2 Drink juices and shots throughout the day, preferably accordingly to the protocol listed below.
- 3 Drink lots of water throughout the day.
- 4 Refrain from solid foods, unless you notice your body demanding food for health.
- 5 Refrain from unhealthy liquids like alcohol or substances like recreational drugs.
- 6 Sleep well. Take naps as needed.
- 7 Get at least 10,000 steps of light walking. Do not overstrain with exercise. Do stretches or light yoga if possible.
- 8 Do deep and slow breathing exercises throughout the day to get a healthy circulation of oxygen. A good breathing practice is: slow breath in for 6 seconds, hold the breath for 6 seconds and release the breath for 6 seconds.
- 9 Sunbathe if possible, getting maximal exposure on the body. Ideal time is 10 to 30 minutes a day, depending on your biology. Consult your physician about sun exposure safety.
- 10 Continue taking any physician prescribed medications.
- 11 Listen to your body. Do not stress your body or push yourself to extremes.

Time to Get Ready

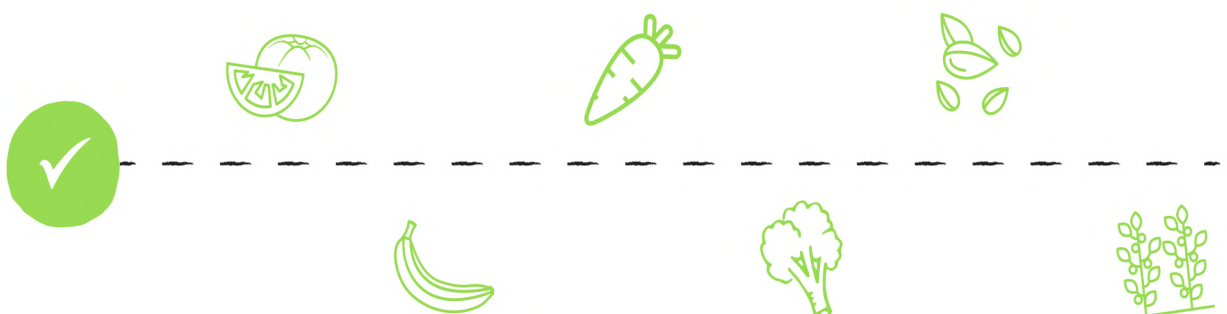
PRIOR TO YOUR JUICE CLEANSE:

You will want to start removing heavy foods, stimulants, and white flour before you start your juice cleanse. To support your cleanse, you should aim to start filling your diet with fruits, vegetables, and nuts (preferably sprouted).

SLOW DOWN:



SPEED UP:



Daily Schedule

1

MORNING

Optional Breakfast

Enjoy:

- 1 Green Juice



- 1 Fruit Juice



Shot:

- 1 Focus Energy Shot



2

MIDDAY

Enjoy:

- 1 Green Juice



- 1 Fruit Juice



Shot:

- 1 Ginger Immunity Shot



4

EVENING

Enjoy:

- 1 Green Juice



Shot:

- 1 Gut Feeling Good Shot



3

AFTERNOON

Enjoy:

- 1 Fruit Juice



5

BEFORE BED

We recommend you use a natural laxative each night of your cleanse. Please pick one up from your favorite health market.

Post-Cleanse Experience

EASE IN THE FOLLOWING:



Yogurt or Keifer



Bone Broth



Smoothies



Salads



Slow Eating

Question about Farmers Juice?
Please write hi@thefarmersjuice.com

OPTIONAL BREAKFAST:

Overnight Oats

WHY OVERNIGHT OATS: Overnight oats supports digestion, provides energy and fills you up! Make as many servings as appropriate for you.

Ingredients (makes 1 small serving):

- ½ cup oats
- ½ cup nut milk
- 1 tablespoon chia seeds
- 1/4 teaspoon cinnamon
- 4 chopped strawberries (or more)

Directions:

1. In a mason jar, add all ingredients and mix well.
2. Refrigerate overnight.
3. In the morning stir again and top with more chopped strawberries.
4. Smile and enjoy!



OPTIONAL:

Snacks

WHY SNACKS: These snacks will give you nutrition and energy without putting a heavy demand on your body.

Options:

- 1/2 to 1 cup organic or sprouted nuts (chewed well, or ground)
- Fruits and vegetables (raw)
- Chia seed pudding (chia seeds + nut milk + berries)



Plant variety, key for health all year round

Farmers Juice specializes in creating mouthwateringly delicious juices. We partner with a network of trusted farmers to source only the highest quality ingredients. We juice the produce at peak nutrient availability. Our sourcing is organic. We use cosmetically challenged yet equally nutritious produce that grocers don't buy - this reduces food waste. Enjoy!



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