



JOOS

up your life

YOUR PERSONALISED Cleanse Journey

preparation for your cleanse is key, so keep the following in mind:

1. Prepare yourself for success! Monitoring what you eat before and after your cleanse can dramatically improve the results.
2. Stay hydrated and get good quality sleep in order to power your body and mind through.
3. Relax! Don't push yourself too hard. Yoga and light exercise can really boost your cleanse and help push more toxins out of your body
4. Treat yourself! Have a clean living space, get a massage, sit in the sauna, you deserve it.

Benefits of Cleansing

1. **REDUCED BLOATING**
2. **IMPROVED MENTAL CLARITY & ENERGY**
3. **WEIGHT LOSS**
4. **SUPPORTS THE IMMUNE SYSTEM**
5. **BETTER SLEEPING HABITS**
6. **REDUCED CRAVINGS**
7. **PROMOTES HEALTHY GUT MICROBIOME**
1 BILLION CFU OF VEGAN PROBIOTIC ADDED INTO EACH BOTTLE OF JOOS



Questions? Contact us at hello@joosupyourlife.ca

JOOS RULES

During Your Cleanse

- DRINK THE JOOS IN ORDER SPACED 2-3 HOURS APART
- DO NOT CONSUME CAFFEINE
- DRINK WATER AT YOUR LEISURE
- DRINK HERBAL TEA AT YOUR LEISURE
- DO SOME LIGHT EXERCISE OR YOGA
- DRY BRUSH FOR AN EXTRA DETOX



After Your Cleanse

- GET QUALITY SLEEP
- ADOPT A HEALTHY DIET TO CONTINUE THE CLEANSE BENEFITS
- HYDRATE, HYDRATE, HYDRATE!

WELCOME TO YOUR CLEANSE



The Newcomer

HOW IT WORKS

The **Newcomer** joos cleanse contains the same six flavours for each day of your cleanse.
Drink each joos in the following order:



#1
Greens 101



#2
Radiate



#3
Adore



#4
Majik



#5
Activate



#6
Endure



KEEP YOUR JOOS REFRIGERATED AT ALL TIMES

READY TO TAKE IT TO THE NEXT LEVEL?

check out www.joosupyourlife.ca for more advanced cleanses and detox programs