



# 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](mailto: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



## HOW IT WORKS

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



#1 Greens 101      #2 Greens 201      #3 Radiate



#4 Greens 201      #5 Endure      #6 Greens 301



KEEP YOUR JOOS REFRIGERATED AT ALL TIMES

READY TO TAKE IT TO THE NEXT LEVEL?

check out [www.joosupyourlife.ca](http://www.joosupyourlife.ca) for more advanced cleanses and detox programs