



CLEANSE GUIDE



Thank you for choosing us!

A JUICE CLEANSE CAN AID WITH RESETTING YOUR BODY. IN THIS SECTION YOU WILL BE PROVIDED WITH GUIDANCE FOR YOUR CLEANSE AND HOW TO GET THE BEST RESULTS. IF YOU ARE ON ANY MEDICATIONS PLEASE CONSULT YOUR PHYSICIAN BEFORE STARTING.

Benefits of Juicing

1. STRENGTHENS IMMUNE SYSTEM
2. INCREASES ENERGY
3. IMPROVES DIGESTION
4. DETOXES YOUR SYSTEM
5. PROMOTES WEIGHT LOSS
6. CAN AID IN BALANCING HORMONES
7. INCREASES METABOLISM
8. INCREASES FRUIT & VEGETABLE CONSUMPTION
9. AIDES WITH BETTER SLEEP
10. HELPS WITH CHRONIC ILLNESS



Pre-Cleanse

FOR BEST RESULTS IT IS RECOMMENDED
TO PRE-CLEANSE **TWO TO THREE** DAYS
BEFORE YOU BEGIN..

- Start your day with a tall glass of warm water and fresh lemon juice.
- Refrain from meats, stimulants, alcohols, sugars and processed foods.
- Sleep aids the body during a detox so aim to get 8 hours of sleep.
- Drink a glass of caffeine free detox tea the night before you begin your cleanse.

JUDY MAKES
JUICES







During Cleanse

What's recommended to consume before & during your cleanse.

YES	*Allergy permitted*	NO
Water		Alcohol
Fruits		Dairy
Raw vegetables		Animal Products
Raw Nuts (allergy permitted)		Processed Foods
Quinoa, Wild Rice & Beans		Caffeine
Tea		Sugars

Example Schedule

6:00am–7:00 am (upon wake up): **Hot lemon water**

8:00am–9:00 am: **First Juice & Water** (16oz)

10:30–11:30 am: **Second Juice & Water** (16oz)

1:30–2:30 pm: **Third Juice & Water** (16 oz)

4:30–5:30 pm: **Fourth Juice & Water** (16oz)

7:30–8:30 pm: **Dinner** (vegan based) – if hungry

Drink detox tea before bed

Juices should be spaced apart by **2.5 to 3 hours**

Should not eat or drink within 30 mins of each other

Green juices should be consumed first, **red** or **orange** juices in the afternoon & **yellow** juices last.

High intensity workouts are **NOT** recommended. Walking, Yoga, OR Meditation are okay.

JUDY MAKES JUICE





Contents

Each cleanse comes with **4 or 6** juices per day.

3 Day Cleanse – 12 or 18 juices

5 Day Cleanse – 20 or 30 juices

7 Day Cleanse – 28 or 42 juices

Your cleanse is shipped frozen inside a fully recyclable insulator liner with a dry ice pack. Our bottles are BPA recyclable plastic bottle.

Storage

Make sure your package is refrigerated upon receiving your juices. It is important that your juices remain in a cold setting as they are perishable. Our packaging can withstand being shipped for 48 hours at temperatures of 72 degrees or less.

The juices have a 7 day shelf life as they are made with raw fruits and vegetables. If needed, juices can be frozen up to 2 weeks. Anything more can diminish the nutritional value.

A white brick wall is decorated with scattered gold confetti, including small squares and curved strips. A white rectangular sign with a black border hangs from a thin wire. The sign features the text "Well done!" written in a black, elegant cursive font. The background wall has a textured, slightly weathered appearance with some small dark spots.

Well
done!



Post Cleanse

CONGRATULATIONS! YOU DID IT!

Hopefully, you feel more energized and ready to start your new healthy lifestyle.

To maintain your journey the following is recommended ...

1. Continue to **avoid** meats, processed foods, sugars and alcohol
2. Eat **more** fruits & vegetables **DAILY**
3. **Move** your body at least 30 mins
4. Continue to drink **healthy** beverages; water, juices, smoothies and teas
5. Consume **caloric deficit** meals
6. Eat and drink within 30 mins of each other to avoid **bloating**



We hope that you had a great cleanse experience with JudyMakeJuices! We would love to hear from you. Please give us a review letting us know about your experience.

You can find us on FB, IG & Twitter
@JudyMakesJuices