



## How to Do a 3-Day Juice Cleanse

### Pre-Cleanse (1-week prior):

- Transition your diet – weed out processed foods and “junk” foods and replace them with whole foods (raw veggies, fruits, nuts, seeds, whole-grains, organic proteins, and healthy fats).
- Begin to eat smaller portions than usual – be mindful while eating, with no distractions. Eat slowly, thoroughly chewing your food.
- Incorporate regular, non-strenuous exercise into your routine – walking, swimming and yoga are ideal ways to work and stretch the body. The key here is not to over-work your body.
- Make sure you’re drinking enough clean water which is key to flushing out toxins in the body.
- Add digestive enzymes at every meal to ensure the proper assimilation and bioavailability of all nutrients supporting maintenance, repair, and health of the body. This will also begin the process of detoxification, reduce inflammation, and improve and strengthen the gut microbiome.
- Add a daily probiotic to support digestive function and the immune response.

### Cleanse Time:

Begin your day with 8 ounces of warm water with lemon – about an hour later have your first juice. Be sure to drink juice every 2 – 2.5 hours to support your body in feeling full and satiated. Here is an outline of your juices\*:

1. Not Your Old-Fashioned Lemonade
2. Spicy Wabbit Juice
3. Arizona Green Goddess
4. Copa Beet Refresher
5. Newbie Green
6. Nourishing Almond Mylk

After you drink your Newbie Green juice, it’s your choice whether to have some warm vegetable broth, or a light soup or salad prior to drinking the almond mylk.

\*Juices can be customized for health goals and/or restrictions.

### Adjunct-Supportive Cleansing Practices:

- Dry Brushing
- Light Exercise – stretching, yoga

- Meditation & Prayer
- Engage with Nature
- Body Work (massage, facial, colonic) – various forms of body work are supportive to the cleansing process and to help the body relax
- Post-Biotic Enemas
- Full-Spectrum Infrared Light
- Essential Oils

### **Post-Cleanse:**

The day after your cleanse ease back slowly into eating solid foods. Preparing a smoothie as your first meal is ideal and/or a light vegetable soup. Incorporate animal proteins back into the diet at around day three. It is important to listen to your body. This is also a great time to identify potential food sensitivities.

Further, it would be an excellent time to add an enzyme supplement to take with meals to support the proper assimilation and bioavailability of all nutrients to support the body's maintenance, repair, and overall health.

Ask us about our **Body Typing Program** for dietary individuality based on body type.

Next, celebrate what you've accomplished! You just put a lot of concentrated nutrition into your body, and you gave your digestive tract a needed break, plus you had the discipline and empowerment to do it!

### **THANK YOU FOR CHOOSING LOTUS EVOLUTIONS JUICERY & SPA FOR YOUR CLEANSE JOURNEY!**

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If you have any additional questions, and/or you're looking to follow our work, please refer to the following:

[www.lotusevolutions.com](http://www.lotusevolutions.com)