

BODHI CLEANSE GUIDEBOOK





BACKGROUND

The good, the bad, the ugly. We have learned so much during our quest to help our daughter beat cancer. Many sleepless nights pouring over skads of research; early mornings fixing up juices and desperate, scary, relieved, and joyful moments in between.

Our daughter, Ryan, was first diagnosed with cancer when she was only 16 years old. When her cancer recurred, we decided to look elsewhere for alternatives...a less invasive natural approach? The answer included something so simple: to consume a ton of organic fruits and vegetables?! The therapy included consuming about 2 pounds of raw organic fruits and vegetables 11 times a day. If you do the math, that's about 20 pounds of fruits and veggies a day! With all that fiber? Who could eat that much? This is where juicing comes in...

Making organic cold-pressed juice for Ryan became a full-time job for a few months. The results were astounding though. From one scan to the next, only 90 days after starting the juice cleanse, Ryan went from having several tumors to everything looking normal! No tumors! I will say, even though this story has a very happy ending, Ryan had a relapse into unhealthy eating and another diagnosed recurrence. She has gone through so much, and as a family we have all gone through so much, but in end, we truly understand the importance of healthy eating and that juicing can play an instrumental role in maintaining good health.

What is going on in the world of food and prescription drugs is disturbing! Over the years, there has been so much information to filter through. It was difficult not feeling overwhelmed! Our first line of defence is knowledge fueled by truly healthy eating and organic cold-press juice as part of your daily diet. I distinctly remember a moment of clarity that stood out amongst the blur of cancer chaos. On a ride home from one of many hospital visits, I turned to my daughter and said, "We have to help others and share what we have learned." This marked the beginning of the next chapter: Bodhi Bar, organic cold-pressed juice and smoothie bar.



Our vision: Sharing in continued learning to collectively move forward with the power of knowledge of what's required to not only fight illness, but to prevent it from occurring in the first place. Our mission is to simplify all that we've learned and make it easy and accessible for others to achieve the ultimate goal: being the healthiest, happiest version of you!



Why Juice Cleanse?

Addiction to unhealthy foods is powerful, as evidenced by the 70+ percent of Canadians who struggle daily with being overweight or obese or have other poor-diet-related illness. It's important to break the cycle of addiction to saturated fats, refined carbohydrates, processed foods, excess caffeine and alcohol. Not only can we be healthier, but we can actually reverse disease by changing to a predominantly plant-based diet.

Bodhi cleansing helps to break the cycle of bad-food addiction, after only 3 days! There are more than a dozen significant health enhancements you can obtain with the 3-day Bodhi Cleanse. We offer 5 and 7-day cleanse packages as well, to maximize detoxification and reset your bodhi. Of course we only use organic fruits and vegetables and cold-press our juices to maintain beneficial live enzymes and phytonutrients. If you've ever cleansed before with non-organic juices, you were ingesting many of the same pesticide, herbicide and antibiotic residues the body is trying to clear out. Detoxification is of central importance to achieve the many benefits from our Bodhi Cleanses, including:

- **Reduce your appetite.** After successfully completing your Bodhi Cleanse, your stomach feels smaller, helping you to feel full with less food. No need to go back to bad eating habits, like overeating!
- **Ease food decision-making.** It's challenging in our busy lives to make the right food decisions. While cleansing, your juices are all prepared, packaged and totally transportable! No grocery shopping, cooking, or cleaning! No need to even think about your next meal.
- **Rest and repair your gut.** Taking a break from digestion, which uses a whopping 80% of your body's energy, allows your body to focus on the other areas that need attention, including your gut. Toxic foods, many prescription drugs, and stress can damage your gut and impair the intestine's function. This means less absorption of nutrients and a free-pass to some bad stuff getting past a broken barrier.



- **Rest the liver.** The liver is our main detoxifying organ. These days there are too many toxins! Those toxins can sometimes pass unchecked into our bloodstream and wreak havoc!. Weight Loss is a natural outcome of all of our Bodhi Cleanses. With the calorie-reduced diet of strict juicing, fat cells break down releasing the toxins trapped within them. Your liver, with no other chemicals to process, does it's job in assisting those toxins out!
- **Eliminate harmful foods.** Our Bodhi Cleanse eliminates dairy, wheat, gluten, caffeine, alcohol and fermented foods from the diet. When progressively returning to "normal" foods, you can experience which foods might be trigger foods for unwanted ailments.
- **Boost immune system and re-energize.** Our Bodhi Cleanses include massive amounts of phytonutrients and live beneficial enzymes, which would otherwise be broken down through cooking. Our juices are cold-pressed, retaining up to 99% of the organic plants' vitamins and minerals. Your body receives upward of 100% of your daily recommended value of some vitamins. These vitamins are bio-available and completely absorbable.
- **Lose weight.** As you are feeling better and having more energy, you also naturally lose weight. Some of this is unwanted and unhealthy water retention, but also some is fat. A Bodhi Cleanse (three days minimum) is a great way to jumpstart a diet. It not only helps control appetite and cravings, but is naturally lower in calories, while supplying the body with more concentrated beneficial energizing and healing nutrients.
- **Improve energy.** After the first day's adjustment period , most people begin to feel much more energy and clarity. Symptoms of fatigue and hunger are typically side-effects from caffeine withdrawal and rapid detoxification.
- **Rehydrate.** Most of us don't consume enough fluids and adding insult to injury, consume diuretics like caffeine. Drinking six 12oz Bodhi Cleanse drinks per day, plus ample hydration in between, rapidly flushes out toxins and helps to quickly shed pounds.
- **Reduce physical issues.** You begin to feel generally better, not just with your energy, but with many chronic symptoms such as headaches, rashes, general aches, congested sinuses and chest, bloating, and gas. A 92-year-old frequent customer of ours shared that her doctor was baffled to find that her eyesight had improved. She was proud to share that it was because of all of her Bodhi Bar juice!
- **Allow maximum detoxification.** To optimally support all phases of the body's natural detox process, you need a very broad range of plant-supplied nutrients like antioxidants and anti-inflammatories.



- **Heal cells.** Switching to an organic plant-based diet allows cells to work optimally to re-establish efficient internal messaging and manufacturing processes, allowing the mitochondria to create energy without having to fight off a plethora of free radicals and inflammation, and reducing some of the impediments to proper DNA functioning.

** Juicing is not for everyone. Check with your healthcare provider first, especially people who are pregnant, underweight, diabetic, have unstable heart disease or low blood pressure, or who have life-threatening health challenges.*

WHY FLASH FREEZE?

Most juices sold commercially are pasteurized, contain toxic preservatives and/or are high-pressure-processed. These alternatives to preserve juice destroy nutrients and can include toxins. Flash freezing is the very best way to preserve juice for maximum nutrition. Have you ever questioned why some juices can last a month or longer? Truly live, raw, organic cold-pressed juice, like Bodhi Bar's, can only maintain freshness for 72 hours.

Our state-of-the-art flash freezer takes our organic cold-pressed juices and smoothies from room temperature to -24 degrees in under an hour! This process drastically reduces or even eliminates crystallization. Standard freezing takes hours to achieve and causes crystallization, breaking down nutritional values. We produce our juices in small batches, cap immediately upon pouring juices into our BPA-free bottles and then immediately flash freeze them. Live beneficial enzymes, phytonutrients and phytochemicals are cryogenically preserved!



Plus our cryogenically-preserved juices offer the ultimate in convenience, as you can thaw your juices as needed and enjoy them fresh with full-strength benefits on your own timeline! No need to be hassled to pick up your juices daily anymore. You can conveniently pick up, or have your Bodhi Cleanse package delivered all at once!



BODHI BEAUTIFUL CLEANSE

Bodhi Beautiful Cleanse will give you an all-natural glow, as it flushes out toxins pouring in an intense amount of vitamins and minerals. If you're struggling with acne or other aggravated skin conditions, detoxing your body with the power of juicing is a must! The all-natural vitamins found in Bodhi Bar's organic cold-pressed juices help to plump up collagen production to naturally fill in fine lines and wrinkles, reduce inflammation that causes "puffiness", and with all the amino acids and vegan protein, your hair and fingernails will say "thank you" by becoming more shiny. Not only healthy looking, but be truly HEALTHY!

Menu and Order of Juices Bodhi Beautiful Cleanse

1&6 - Spice Girl - Organic carrot and organic apple juices with added turmeric, ginger and cinnamon spices. *Reduces inflammation, balances PH, boosts immunity, aids in vitamin absorption.*

2&5 - Power Glow - Spirulina shot added to a blend of organic apple, lemon, kale, spinach, cucumber and celery juices. *Adds luster to hair, reduces puffiness, aids in collagen production.*

3- Leafy Love - A blend of organic kale, spinach, cucumber, celery, apple and lemon juices. *Helps to detoxify, boosts immunity, reduces inflammation and balances PH levels*

4 - Detox Concoction - A blend of organic kale, spinach, cucumber and celery, with added parsley, ginger and apple juices. *Detoxifies, rebuilds connective tissue, boost immunity*

Instructions

- Thaw your next day's package the night before on the counter.
- Store frozen juice in the freezer. Keep bottles refrigerated once thawed.
- Shake well before drinking.
- Drink a juice every 2-3 hours
- Hydrate with a minimum of 12 ounces of water in between juices
- Drink your juice slowly - try not to gulp!
- Your smoothies have protein powder which creates a creamy froth when shaken - enjoy!
- Drink as many non-caffeinated herbal teas as you want!
- If you feel hungry, have some more water or non-caffeinated herbal teas
- Try to drink your juices and smoothies in order - sequenced to maintain blood sugar levels
- Email, call or text for support



SLIMMER BODHI CLEANSE

Trying to lose weight or simply trim your waistline? Juice cleansing is a healthy and natural way to do it! Bodhi Bar's juice cleanse helps to "reset" your system. After just a few days of cleansing you can rid yourself of unhealthy food cravings...or what some experts call "food addictions". Juicing improves circulation to the fat cells and stimulates the ability of the liver to burn fat.

If the body is not fed, it assumes that it is starving. The result: metabolism slows down and less fat will be burned. When you deliver a powerhouse of nutrients to your body with Bodhi Bar's cold-pressed organic juice or organic smoothies, your body thanks you - you'll feel more energized, lighter and clear-headed.

1 - Melonlicious! – Kick start your metabolism with this cold-pressed juice including a blend of organic melons with a dose of carrot and apple juices and a sprig of mint
Reduces bloating, balances PH, boosts immunity, aids in absorbing vitamins and minerals.

2,3,5 - Leafy Love - A blend of organic kale, spinach, cucumber and celery with added beet greens, cilantro and lemon juices.
Helps to detoxify, boosts immunity, reduces inflammation and balances PH levels

4 - Mean Green - Pump up the protein with this blend of organic kale and spinach with added spirulina and vegan protein offering more than 20 grams of protein! *Rebuild connective tissue, repair muscle, boost immunity, maintain muscle mass and reduce inflammation.*

6 - Spice Girl – Organic carrot juice with a blend of organic kale, spinach, cucumber and celery, with added turmeric, ginger and cinnamon spices. *Reduces inflammation, balances PH, boosts immunity, aids in vitamin absorption.*

Instructions

- Thaw your next day's package the night before on the counter.
- Store frozen juice in the freezer. Keep bottles refrigerated once thawed.
- Shake well before drinking.
- Drink a juice every 2-3 hours
- Hydrate with a minimum of 12 ounces of water in between juices
- Drink your juice slowly - try not to gulp!
- Your smoothies have protein powder which creates a creamy froth when shaken - enjoy!
- Drink as many non-caffeinated herbal teas as you want!
- If you feel hungry, have some more water or non-caffeinated herbal teas
- Try to drink your juices and smoothies in order - sequenced to maintain blood sugar levels
- Email, call or text for support



STRONGER BODHI CLEANSE

Juice cleansing has a myriad of benefits, including cleansing your intestinal tract, aiding your digestive system, creating clarity of mind, and losing weight. Often when we lose fat, we lose muscle. Stronger Bodhi Cleanse is designed to provide the body with huge doses of all-natural vitamins and nutrients, helping the body recover more quickly after workouts. The cleanse package includes protein-rich smoothies packed with pure vegan protein. The protein, electrolytes, vitamins, minerals and trace minerals work together to achieve more fat loss with less muscle loss. Stronger Bodhi cleanse not only helps you recover quickly from your workout, but also helps to energize you before light exercise. You should avoid intense workouts during your cleanse period

1 - Melonlicious! – Kick start your metabolism with this cold-pressed juice including a blend of organic melon, carrot and apple juices with an added sprig of mint. *Reduces bloating, balances PH, boosts immunity, aids in absorbing vitamins and minerals.*

2,3,5 - Mean Green - Pump up the protein with this blend of organic kale and spinach with added spirulina and vegan protein offering more than 20 grams of protein! *Rebuild connective tissue, repair muscle, boost immunity, maintain muscle mass and reduce inflammation.*

4 - Recovery and Ready - Recover quickly from your workout with this hydrating juice, including a blend of organic kale, spinach, apple, celery, cucumber and added coconut water. *Rehydrates, replenishes electrolytes, rebuilds connective tissue, boosts immunity.*

6 - Power Glow - Spirulina shot added to a blend of organic apple, lemon, kale, spinach, cucumber and celery juices. *Adds luster to hair, reduces puffiness, aids in collagen production.*

Instructions

- Thaw your next day's package the night before on the counter.
- Store frozen juice in the freezer. Keep bottles refrigerated once thawed.
- Shake well before drinking.
- Drink a juice every 2-3 hours
- Hydrate with a minimum of 12 ounces of water in between juices
- Drink your juice slowly - try not to gulp!
- Your smoothies have protein powder which creates a creamy froth when shaken - enjoy!
- Drink as many non-caffeinated herbal teas as you want!
- If you feel hungry, have some more water or non-caffeinated herbal teas
- Try to drink your juices and smoothies in order - sequenced to maintain blood sugar levels
- Email, call or text for support



BODHI CLEANSE FAQ

1. When should I take my juices out to thaw?

Your juices are conveniently packed for each day's worth. Take your next day's package out the night before to thaw on the counter. Once thawed store in the fridge. There are zero preservatives, never pasteurized, nor high pressure processed. Your bodhi cleanse beverages' live beneficial enzymes and phytonutrients are cryogenically frozen to maintain maximum nutrition and remain drinkable for a maximum of 72 hours.

2. When should I drink my Juice?

Start each morning of the cleanse with a glass of plain or lemon water. Within the first hour or two of waking up you should drink your first Bodhi Bar Juice. You should drink your juices every 2-3 hours apart and finish it within 15-30 minutes to preserve freshness. Bodhi Bar juices and smoothies are sealed air-tight to maximize freshness.

3. Can I add sugar substitutes to my water or juices?

No! If you *must* sweeten your juice, stick to a high grade organic maple syrup. Bodhi Bar understands the importance of limiting harmful refined sugars.

4. What if I'm hungry?

Even though your calories are somewhat restricted, there are enough calories in your juices to get you through the day. Plus, you are flooding your body with more vitamins, minerals, trace minerals, and beneficial live enzymes than the average person ever consumes. You should not eat any solid foods while cleansing (even fruits and vegetables) as this will affect the benefits of the cleanse. Bodhi Bar cleanses allows your digestive system a much-needed rest. Eating will interfere with that resting period. If you feel weak, skip your workout, go home and relax! If you are having a craving, try a cup of non-caffeinated organic herbal tea.

5. Should I be drinking water while on my Bodhi Bar cleanse?

YES! Water is an essential part of any diet. Other beverages such as coffee, pop, and alcohol can actually dehydrate the body. Water has been proven to clear skin, improve mental alertness, and help remove toxins from the body. The Bodhi Bar cleanse is the perfect time to start adding more water to your daily diet. You should drink 8 ounces of water between each juice.



6. I've completed the first few days and feel good, should I stay on for longer?

Yes! We can add on days for you and apply the 5-day or 7-day juice cleanse package discount, depending on the number of days you add. A few more days added cleanse days means even more toxins will be removed from your body and likely more weight loss too.

7. Will I lose Weight?

Weight loss is a very possible outcome, as you have typically lowered your caloric intake, upped your hydration and removed toxins from the body, including waste in your intestinal tract. Bodhi Bar cleanses are primarily designed to give your body a break from and to eliminate harmful toxins. Bodhi Bar aims to put you on track to leading a much healthier life.

8. What order should I drink my juices in?

To simplify things for you, drink your juice in its numbered order. For example, drink bottle one first. You should drink your Bodhi Bar bottle of goodness every two to three hours with water in between. Also, it sounds odd, but you should “chew” your juice. There are beneficial digestive enzymes released through the act of chewing. Try not to “chug” your drink, but instead, sip it slowly over 15 minutes.

9. How should I store my juice?

Store your drinks in your fridge. If you are taking them out with you keep them in your cooler bag with a cold ice pack. Remember to shake your juice well before you drink it.

10. An emergency came up and I have to leave town, can I cancel?

We can delay your program if you contact us within forty-eight hours. If you are starting the program on Monday you must contact us Friday no later than 4 pm. If you are starting on Thursday, you must contact us on Monday no later than 4 pm. Produce is ordered specially for your cleanse, so if you call to delay after the cutoff times we will not be able to stop your program. If you contact us before the cut-off time than we will happy to put your program on hold.

11. I feel tired and I have a headache. Is this normal?

Yes. This is a normal side-effect. While your body eliminates toxins, it is a normal and *temporary* side-effect to have headaches. Continue to hydrate with water. You should consult your Naturopathic and/or family doctor with any serious concerns.



BEYOND THE FINISH LINE

Congratulations for completing your Bodhi Cleanse! You have successfully detoxified your body by not only giving it the vitamins and nutrients it needs to perform in the best way it can, but by giving your liver and kidneys some time to filter through some of those nasty toxins that build up over time. Weight loss, a clear complexion, and an increase of energy are other benefits you may have achieved while doing your cleanse! You rock!

Continue the journey to your best bodhi by trying some of these delicious, plant-based recipes! If you haven't joined already, our memberships offer incredible savings and include weekly delivery of juices and periodic delivery of juice cleanse packages. The ultimate in convenience too, as these packages include FREE SHIPPING. The best advice I can share is to continue your journey towards the healthiest version of you to include at least one green juice a day, minimal to no animal proteins and avoid packaged foods. All will help you in changing your diet to lead a healthier lifestyle. Enjoy!

RECIPES

Bodhi Bar Favourite Breakfast Options:

1. Smoothie
2. Avocado on unsalted rye bread
3. Oatmeal
4. Chia Seed Pudding

Oatmeal

Ingredients:

1. ½ cup of organic oats
2. 1 cup of water
3. Fresh or dried fruit

Note: Dried fruit contains higher sugar content than fresh fruit.

Chocolate Chia Seed Pudding

Ingredients:

1. 1 ½ cups unsweetened almond milk
2. ⅓ cup chia seeds
3. ¼ cup raw organic cacao
4. 3 tablespoons of grade 3 maple syrup
5. ½ teaspoon of ground cinnamon (optional)



6. ¼ teaspoon sea salt

Instructions:

1. Add all ingredients except sweetener to a mixing bowl and whisk vigorously to combine. If not blending (which I preferred!), sweeten to taste with maple syrup at this time. If blending, you can sweeten later with maple syrup or dates.
2. Let rest covered in the fridge overnight or at least 3-5 hours (or until it's achieved a pudding-like consistency).
3. If blending, add to a blender and blend until completely smooth and creamy, scraping down sides as needed. Sweeten to taste.
4. Leftovers keep covered in the fridge for 2-3 days, though best when fresh.
5. Serve chilled with desired toppings, such as fruit or nuts and seeds

Lunch and Dinner Recipes:

1. Hippocrates Soup
2. Veggie Spaghetti
3. Green Nut Soup
4. Curried Sweet Potato

Hippocrates Soup

Ingredients:

1. 4 stalks of celery
2. 1 parsley root or 1 small handful of fresh parsley
3. 2 leeks
4. 1 ½ lbs of tomatoes, diced
5. 2 medium onions
6. 1 lb potato
7. Garlic to taste
8. Salt and pepper

Cooking Instructions:

1. Do not peel any of the vegetables, but wash and scrub them gently. Cut them coarsely and place into a non-toxic cooking pot (for example: enameled cast iron), add filtered water to cover vegetables, bring to a boil and simmer for 2 hours. Pass through a food mill in small portions.
2. To add variety in taste to your soup, experiment with adding different herbs each time. Consult the not-allowed list to check that the herbs you use are permitted.
3. Can keep well covered in refrigerator for up to 2 days, no longer.



Veggie Spaghetti

Ingredients:

1. 2 lb tomato, diced
2. 1 medium onion, chopped
3. 1 green or red pepper, chopped
4. 1 zucchini, spiralized for noodles
5. Garlic to taste
6. 1 tablespoon of dried or fresh parsley
7. 1 teaspoon of dried or fresh basil leaves
8. 1 teaspoon of dried or fresh oregano
9. 1 teaspoon of crushed red pepper flakes
10. 1 tablespoon of cold-pressed virgin olive oil

Cooking Instructions:

1. Mix together onion, pepper, garlic and olive oil and saute at medium heat. Add tomato, and spices.
2. Turn down burner to simmer. Let cook for 10 minutes or until sauce begins to form.
3. Spiralize zucchini and add into sauce. Submerge until covered for 2-3 minutes. Serve hot and garnish with fresh basil or parsley.

Green Nut Soup

Ingredients:

1. ¼ cup of raw, unsalted organic cashews
2. 2 cups of water
3. 1 cup of broccoli
4. 1 cup of spinach
5. 1 leek, sliced
6. 1 garlic clove, chopped
7. 1 teaspoon of ginger, finely grated
8. 1 handful of fresh basil
9. ½ teaspoon of lemon juice
10. Pepper and salt to taste

Cooking Instructions:

1. Blend cashews until they turn into crumbs. Add water and other ingredients and blend
2. Can be served hot or cold. For hot soup, add contents from blender to a small saucepan and warm at low temperature.
3. Garnish with crushed raw, unsalted cashews and fresh basil or cilantro.



Curried Mashed Sweet Potato

Ingredients:

1. 2 large sweet potatoes, chopped
2. 1 tablespoon of extra virgin coconut oil
3. ¼ cup water
4. 1 teaspoon turmeric
5. 1 teaspoon curry powder
6. 1 teaspoon cardamom
7. 1 teaspoon of cumin
8. 1 teaspoon of cinnamon
9. Salt and pepper to taste

Cooking Instructions:

1. Bake sweet potatoes at 400 degrees for 45 minutes or until soft
2. Place in small saucepan and add coconut oil, water and spices
3. Mash until smooth. Garnish with a sprinkling of cinnamon, salt or pepper