





Your cleanse has arrived!

Raw ME Cleanse will gently rid your body of impurities, regain an alkaline balance, normalize digestion and your metabolism. We designed it specially for lifestyles that need to take a break from unhealthy eating habits or just want to jump start your fruit and veggie intake.

Get excited **Raw ME Cleanse** provides enough energy to go about your daily routines.

Any questions?

Please contact us
anytime on 6613-9882
or email order@raw-me.com
Follow us:   @rawmeqatar

What to drink first

We have made it easy for you by numbering the bottles in order of what you should drink first. Not everybody has the same schedule of when they wake up or go to sleep. Rule of thumb is drink your juices every two hours and drink your last juice two hours before falling asleep. Hydrate as much as possible with water and herbal green tea between each juice.

	LEVEL 1 NEW OBSESSION	LEVEL 2 DEEP LOVE	LEVEL 3 JUICE 'TILL DINNER	LEVEL 4 JUICE + SOUP
8:00 am	Warm water with fresh squeezed lemon or green tea	Warm water with fresh squeezed lemon or green tea	Warm water with fresh squeezed lemon or green tea	Warm water with fresh squeezed lemon or green tea
9:00 am	Green Junkie	Green Junkie	Green Junkie	Green Junkie
11:00 am	Cool Crush	Green Junkie	Cool Crush	Cool Crush
1:00 pm	Green Junkie	Green Junkie	Green Junkie	Spicy Tortilla Soup
3:00 pm	Sucker Punch	Sucker Punch	Sucker Punch	Sucker Punch
5:00 pm	Radical Roots	Green Junkie	Snack	Ginger Butternut Soup
7:00 pm	Go Nuts	Go Nuts	Meal	Cacao Craving

If you're feeling bad,
DON'T PANIC!

It's just a healing process,
expected when it comes
to detoxing.

TIP

Exercise, sweat
and shower as soon
as possible. Sweat is
a wonderful release, but
only if it's washed off
soon afterwards. If not,
your skin reabsorbs
toxins!

Cheat without the guilt

While we recommend you abstain from food during your cleanse, we realize sometimes you just can't resist. Best choices:



Few celery sticks



Warm low sodium veggie broth



Half cup of coffee



Dilute any drink with water



Quarter of an avocado



Couple slices of cucumber

Mind your organs

Raw ME Cleanse triggers your body to gently start cleaning chemicals and toxins through your eliminatory organs.

They're all working together; the liver acts as the filter to remove foreign substances from your blood, then the kidneys filter the blood into the urine, while your lungs remove the second hand smoke you inhaled last week sitting in the coffee shop.

Your skin is your largest organ, and provides the most efficient and direct exit route for anything that needs to be released.

Hydrate! This will help stimulate bowel movements.

- ✓ **Exfoliation is key!**
Dry skin brushing before a shower or before exercising will open up those eliminatory pores.
- ✓ **Exercise and sweat** using sauna or steam room, another trick to speed up any detox.
- ✓ **Get a massage;** your masseuse should be made aware that your cleansing, she will gently and slowly massage the liver, it could possibly **DOUBLE** the effects of your cleanse!
- ✓ **Hydrate!** This will help stimulate bowel movements.
- ✓ **Drink any Raw ME juice** with your current diet to help stimulate and remove toxins.

TIP

Remember, you are re-awakening your digestive system. Don't throw away all that hard work by binging on meat, bread and cheese. Don't overeat.