

CLEANSE



GUIDE



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SOME REASSURANCE



CONGRATULATIONS AND THANK YOU AGAIN FOR CHOOSING TO DO OUR CLEANSE!

If you're new to Cleansing or fasting in general, it's perfectly normal to feel a bit uneasy about embarking on a juice-only diet for the next few days. This guide is meant to give you some reassurance that following through with this is still a really, really good idea. If times get tough or your hunger starts to get the better of you, come back to this section and get the motivation and extra confidence you need to finish strong. The following are some things to remember while on your Cleanse with us:

1

You're activating ancient epigenetic survival circuitry. All living things have certain survival mechanisms in their epigenome that turn on when times get tough. One such process called Autophagy occurs after about 2-3 days of acute caloric restriction. Autophagy is the body's way of cleaning out damaged cells and other cellular junk in order to regenerate newer, healthier cells. It also promotes the regulation of mitochondrial function, protects the nervous system, removes toxins from tissues, and slows down many biological processes that are responsible for aging. Cleansing is a healthy way to promote the activation of epigenetic survival mechanisms such as Autophagy and others.

2

You're giving your body a much-needed break from food. Most of us living in the Western world eat entirely too much. Many of us are eating three or more large meals a day, with snacks in between, every single day. We're constantly stimulated to eat more through savvy advertising and insanely easy access to high-quality cooked foods considered a privilege compared to much the rest of the world. The manner in which we cook our food is normally with high and dry heat, such as with baking or grilling. When our foods are always cooked this way, we are overconsuming Advanced Glycation End-Products. AGEs have been well studied to be a driver of many well-known degenerative

diseases. Our bodies can safely process a certain amount of AGEs per day, however, it isn't difficult to exceed our manageable share with the typical American diet. Taking a break from food, especially cooked food, gives your body time to focus on repairing itself from AGE-inflicted stress and inflammation.

3

You're resetting your body's habitual appetite and cravings. Your current meal routine is but a mere habit. Cravings can arise from the foods that we routinely eat whether they are healthy or not. Cleansing gives you the opportunity to change any bad dietary habits if you choose to do so. It can break your current meal routine and allow you to mindfully create healthier food habits and cravings. Even going so far as eliminating a meal such as breakfast is not only possible but much easier to do post-Cleanse. You may also notice that your cravings for sugars and simple carbohydrates are diminished. Cleansing can aid in the mindful formation of positive habits in your diet that can ultimately lead to healthier cravings and reduced appetites.

4

You're probably going to lose some weight. We do not guarantee weight loss for everyone, but the odds are in your favor. Our Signature Cleanse has about 600 calories per day and you will no doubt be expelling plenty of





excess water weight. Do not think for a second that you'll be depriving yourself of nutrition. Your body will be nourished with tons of raw, living nutrients, polyphenols, enzymes, and probiotics from 100% certified organic ingredients. The only thing you'll be depriving yourself of is the action of chewing solid foods and the familiar feeling of fullness.

Pro-tip: Start your Cleanse during the week or whenever your mind will be preoccupied with work. You'll have more energy to get things done and spend less time thinking about food.

5

You're going to feel really, really good when you finish. Besides the sweet satisfaction of finishing a challenge, many Cleansers report feeling overall fantastic upon completion. These feelings can be mental, such as invigoration, heightened motivation, and optimism to

take on new challenges. Physical feelings can be a sensation of lightness, heightened mental acuity, uplift in mood, and an overall improved state of well-being. Of course, we do not guarantee that you'll feel anything, but again, the odds are in your favor if you follow through! Additionally, you'll be working with a clean slate once finished. This is your chance to identify and break any negative habits that you'd like to change going forward into the future to keep the feel-good going.

PRE-CLEANSE

TIME SPENT PREPARING YOURSELF IN THE DAYS LEADING UP TO YOUR CLEANSE CAN HAVE A BIG IMPACT ON YOUR SUCCESS.

Generally, we recommend preparing for 1-2 days leading up to your start date. In certain cases, we recommend taking a bit more time to prepare.

For example, if you're a smoker, are hungover, have been sleeping poorly, or currently on a particularly eccentric diet, we suggest taking a bit more time to prepare for your Cleanse (3-5 days).

The following preparation guide has worked successfully for us and thousands of others, and best of all, it's very simple to follow.

1

Start your day by squeezing some fresh lemon juice in a tall glass (16-20oz) of hot or lukewarm water. Use about half of a medium-sized lemon and do not sweeten with anything. Avoid eating for about 45 minutes once finished. This will hydrate the organs, stimulate the metabolism, and alkalize the blood. Proper hydration will be a common theme over the coming days and will be especially important leading up to your Cleanse. Drinking plenty of still, filtered water (at least 1.5 liters/day) will set the stage for a smoother experience, ensuring better elimination and reduced food cravings.

2

Refrain from consuming animal proteins, alcohol, stimulants, processed/preserved/overly-cooked foods, refined grains, sugars and seed oils. We want to give your body a head start in detoxifying itself, and the aforementioned can be a lot of work and take a lot of time for the body to process. Certain amino acids in animal proteins will prevent your body from reaching Autophagy. Stimulants are habitual, and the last thing you need during your Cleanse are counterproductive cravings. Overly cooked foods and seed oils are high in AGEs, which we want to avoid for the time being.

Eliminating these items will generally make it easier to complete the program and lower your risk of having a negative experience.

3

Get your sleep. A good night's rest is essential for detoxification. Every night, our bodies release cerebrospinal fluids when we are in deep sleep to flush out toxins and other cellular junk from our brains. This process has profound effects on the success of your Cleanse. Excessive blue light exposure will reduce the length and quality of the time you spend in deep sleep. Put your phone away and avoid staring at any screens for at least 1-2 hours before bed. Make sure your devices are in night/dark mode if you must glance at them. Blue light glasses at night are helpful but do not rely on them. Get at least some level of exercise throughout the day, even if it's only 30 minutes of brisk walking. Adequate movement and light exercise leading up to and during your Cleanse will almost certainly have an impact on the quality of your sleep, and therefore, your results.

SAMPLE PRE-CLEANSE SCHEDULE

7:00 AM

or 20 minutes before you usually wake up

Fix a 16-20oz glass of lukewarm to hot water. Cut half of a medium sized lemon and squeeze it in. Save the other half for later.

Bonus: Add a pinch of Cayenne powder. Use a blender to mix if available.

7:10 AM

Instead of coffee, fix a cup of herbal tea. We recommend green, white, or rooibos teas as they contain little to no caffeine. If you absolutely cannot live without coffee, try to pump the brakes today. Limit yourself to one cup and drink it black.

7:30 AM

Go for a brisk walk or jog around the block. Keep going until you get your heart rate up and you feel fully awake. Take a shower or carry on with your normal morning routine.

8:00 AM

OPTIONAL BREAKFAST



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Eat either one banana, apple, or small bowl of berries. If you're a morning eater, choose from the following optional breakfast options.

Option 1 → Non-dairy Smoothie (Either Layered Berry Cacao or Spirulina Berry)

Option 2 → Prebiotic Pancakes

Option 3 → Brown Rice and Apple Porridge

11:00 AM

Drink another 16-20 oz glass of water. Go ahead and squeeze in the other half of your lemon.

12-1:00 PM

LUNCH



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(Vegan + Minimally Cooked)

Option 1 → Big Fresh Green Crunchy & Herby Salad

Option 2 → Carrot Gazpacho

Option 3 → Cauliflower Shawarma Wrap

Bonus: Pour yourself another cup of tea

2:00 PM

Take a break from what you're doing and take a 10 minute walk. Drink another 16 oz glass of water when you get back. Lemon is optional, but preferable.

4:00 PM

OPTIONAL SNACK

Option 1 → High Cacao (75% or greater) Chocolate pieces, preferably with very low sugar

Option 2 → Carrots and Cucumber slices with fresh Hummus and olive oil.

Option 3 → 1-2 handfuls of unsalted, unroasted Walnuts or Almonds.

Bonus: Eat the Walnuts and Almonds sprouted.

6:00 PM

If you normally exercise around this time, carry on with your normal workout routine.

7:00 PM

DINNER



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Option 1 → Miso Broth with Shiitake, Leeks and Greens

Option 2 → Harissa Glazed Cauliflower Steaks

Option 3 → Garlicky Stir Fried Greens with Wild Rice

Option 4 → Chili Roast Carrots with Apple Fennel and Herbed Tahini



7:45 PM

Take at least a 15 minute walk or light jog after your dinner. This will aid in digestion and contribute to a better night's sleep.

BONUS: Keep your phone at home.

BEFORE BED

Pour yourself another tall 16 oz glass of water (lemon optional) or fix a cup of loose Chamomile tea. Begin your normal nighttime routine a few minutes earlier than usual.

Wrap up whatever work you're doing online and set your phone to Do Not Disturb. Turn off the TV and dim the lights. Make an honest effort not to look at any screens until the morning.

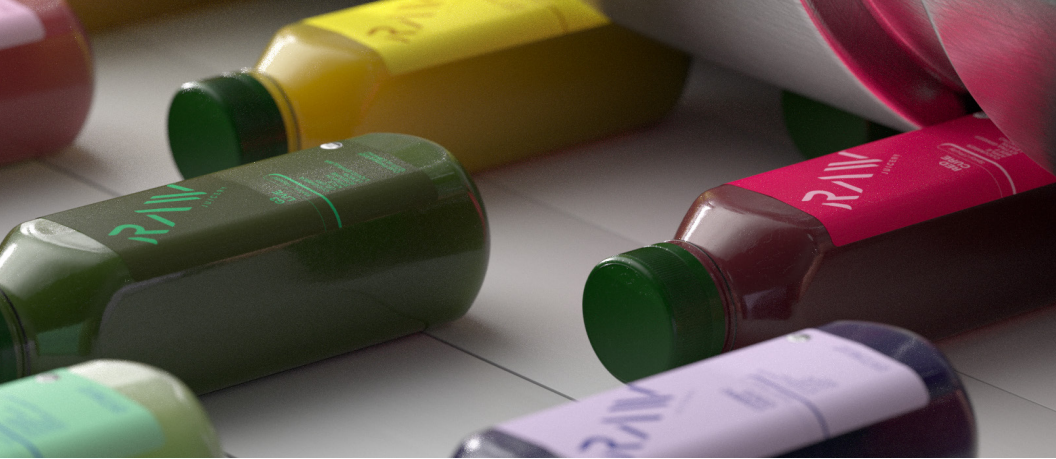
BONUS: Pick up that book (physical copy) you've been meaning to finish and read.

10:00 PM

Night-night.



RECEIVING YOUR CLEANSE



CONTENTS

Every Cleanse comes with the following per day:

5x (12 oz) Cold-Pressed Juices
1x (8 oz) Aftermath
1x (12 oz) Chill Pill

Your cleanse comes packed with 2 large ice packs inside of a paper insulated liner and green outer shipping box. The ice packs are drain-safe, recyclable, and are even safe to feed your plants with. Allow ice packs to thaw, cut a corner, pour the liquid down the drain, and recycle the pouch. Our bottles are BPA-free and of course, fully recyclable. In other words, everything you've received is **fully curbside recyclable**, so please do so!

STORAGE

Make sure your refrigerator is set to its coldest setting. It is important that you refrigerate your juices immediately upon receipt. Our packaging can maintain adequate temperature for up to 48 hours in 72 degrees fahrenheit weather or less. In very hot climates, the ability for our packaging to hold proper temperature can be reduced to as little as 18-24 hours.

Do not freeze your juices, or leave them standing out for more than a few minutes. The bottles may expand and we advise against drinking them if this occurs. Freezing diminishes taste, quality and function. Do not repackage the juice in a different container for storage.

The juices will last a minimum of 30 days kept refrigerated. The 'best by' dates can be found on the side of the bottle. In an abundance of caution, do not drink beyond the 'best by' date.

BEGINNING YOUR CLEANSE

READY TO START?

So you've done your prep work, good on you. Now it's time to begin!



The moment you're ready to commence your Cleanse, text the special hashtags below for our guided Cleanse walk-through. We will send you timed text message reminders and motivation to ensure your success! This is optional but recommended. Opt out anytime you wish.

READY TO START A GREEN CLEANSE?

3-DAY: [TEXT #G3D](#) | 2-DAY: [TEXT #G2D](#)
TO (213) 221-6081

READY TO START A SIGNATURE CLEANSE?

3-DAY: [TEXT #S3D](#) | 2-DAY: [TEXT #S2D](#)
TO (213) 221-6081

NOW, LET'S DO THIS!

Here's the recommended schedule. Your SMS texts will help keep you on track.

BOOSTS ARE BEST TAKEN BETWEEN 8AM & 12PM

SIGNATURE CLEANSE

8AM CELERY JUICE	10AM MASTER CLEANSE	12PM G3 LIVE	2PM AFTER MATH	4PM TROPIC THUNDER	6PM RED CURE	8PM CHILL PILL
						

GREEN CLEANSE

8AM CELERY JUICE	10AM MASTER CLEANSE	12PM G3 LIVE	2PM AFTER MATH	4PM GREEN FIEND	6PM G3 LIVE	8PM CHILL PILL
						



DURING YOUR CLEANSE

TIME IT

Drink a juice every 2 to 2.5 hours.

Finish your last juice about 2 hours before you go to bed.

SIP IT SLOW

Don't chug your juices. Drink them slowly and mindfully. This will enhance absorption and will feel more satiating.

HYDRATE

Continue to drink at least 8 oz of still water in between each juice, lemon optional. Herbal and decaffeinated teas are also great options.

MOVE

Carry on with your normal exercise routine, but keep it light. Jogging, yoga, light cardio, etc. We advise staying away from heavy weights.

REST

Get more sleep than normal. Stay away from screens before bed.

Avoid caffeine and other stimulants. Reread **MOVE**.

SWEAT

Saunas, steam rooms, or hot yoga will accelerate things. Drink plenty of water before, during, and after you partake in these activities.

KEEP IN MIND

A lot of this is mental. Though not ideal, it's not the end of the world if you absolutely must eat while on your Cleanse. You can have any of the foods in the **Pre-Cleanse** section if you absolutely must. However, do not give up on your Cleanse if this happens. Continue to drink the juice and complete the program as intended.

Be easy on yourself but stay strong. Positive self talk will get you much further than listening to that voice of doubt that may creep in from time to time.

If there is one thing for certain: No matter who you are, you can do this.

THINK ABOUT THE HABITS YOU WANT TO CHANGE ONCE YOU'RE FINISHED.

It helps tremendously to write them down. It also helps to give yourself reasons why you're making those changes. Give it some thought and start making a list before completing your Cleanse.

EXAMPLE LIST

When I finish my Cleanse, I will....

1. *Eat only twice per day.*

Why? Intermittent fasting can help me stay lean, save money, and probably increase my lifespan.

2. *No more processed or fried foods cooked in seed oils.*

Why? Seed oils are highly oxidative and form tons of AGEs (Advanced Glycation End-Products) when cooked - probably the main culprit to why the world is fatter and sicker than ever.

3. **EAT MORE RAW FOODS.** No more hoarding chicken tendies and pizzas in the freezer.

Why? Polyphenols, enzymes, and living foods are the key. Too much cooked foods = AGEs = Inflammation and disease.


4. *Get proper sleep! No more big meals past 7pm. Laptop gets closed by 9pm. No more TikTok before bed.*

Why? I'm tired of waking up tired. Productivity and mood should see some improvement. I'll try for a month and see what happens.

5. *No alcohol for 30 days!*

Why? I want to get rid of this hanging anxiety and let my hormones get back to normal. Can't hurt! I'll try for a month and see what happens.

Be specific but realistic. It's easier and more rational to make smaller, incremental changes than big lofty goals straight away. Most of us know what we need to do to be healthier. The important thing is actually doing what you say you're going to do. Keep on working on it, your list will evolve and improve over time.



POST CLEANSE DAYS 1-2

CONGRATS, YOU DID IT!

See, that wasn't so bad! Now that you're finished, it's time to implement those goals you've written down along with properly introducing solid foods again. Here's what we recommend:

KEEP YOUR MEALS LIGHT. GET A GOOD WORKOUT IN.

1. Continue avoiding animal proteins, grains, sugars, and alcohol.
2. Coffee is allowed again.
3. Get a good workout in. Tire yourself out.
4. Let yourself get really hungry & then chow down in plant-based fashion.
5. Get your protein.
6. Don't forget your healthy beverages; juices, smoothies and herbal teas.

Scan for post
cleanse recipes





POST CLEANSE DAYS 3-5

SOME GREAT FOODS FOR POST-CLEANSE

Raw, steamed, or gently cooked.

Spinach Asparagus Artichoke Sweet potatoes Brussel Sprouts Walnuts Brazil nuts Almonds Wild Rice Oats	Lentils Blueberries Raspberries Blackberries Apples Garlic Broccoli Kale Romaine Olive Oil	Almond Milk Quinoa Spirulina Green Peas Chickpeas Cauliflower Green Beans Celery Carrots Cucumbers
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EASE INTO YOUR NEW LIFESTYLE. SMALL CHANGES, BIG RESULTS.

1. You may now introduce animal proteins again but keep your portions small
2. Eat an extra side of veggies when/if you eat meat
3. Stick to your new goals
4. Continue to avoid alcohol and other stimulants for as long as you can
5. Get your exercise and sleep. Goals: 15,000 steps and 8 hours of sleep per day for the next 5 days

BONUS: Continue to drink your water with lemon in the mornings

THAT'S IT!

All that's left now is keeping up the good work! We truly hope you've enjoyed your Cleanse with us. Do let us know if we've helped you feel good. Giving us a shout on social media or leaving us a review is extremely appreciated. Always feel free to text us at (213) 900-3138 about anything juice.

Much Love,
Team RJ

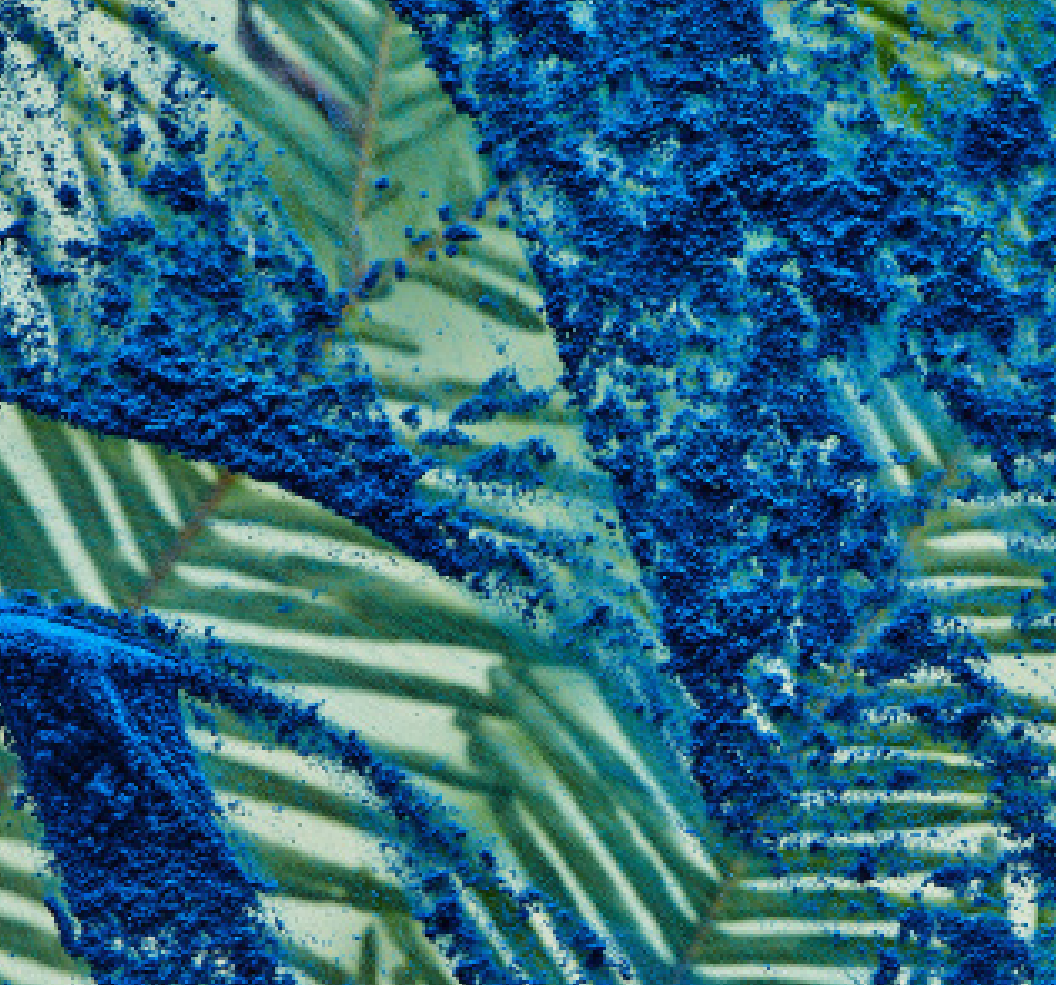
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