



THE CLEANSE MANUAL

A GUIDE FOR BEFORE, DURING, AND AFTER A CLEANSE.

PRE-CLEANSE

For optimal cleanse preparation, we recommend that you include the following habits at least three days before beginning your cleanse:

Start your day with a glass of room temperature water with fresh lemon juice, cayenne optional. Doing this will open up the circulatory system, increasing the rate of your body's natural detoxification processes and alkalizes the blood.

Hydrating throughout your day with still, filtered water (at least two liters/day) will set the stage for a smoother cleanse, allowing your cells to easier eliminate toxins, decrease fatigue, and reduce food cravings. Switch from coffee to tea during this time, preferably decaffeinated and rich in antioxidants.

Begin reducing, if not eliminating your consumption of animal products, alcohol, processed/preserved foods, grains, and refined sugar. The goal is to ready the body for a liquid-only diet as best possible and lower the swings in glucose levels, so the appetite is reduced when it comes time to cleanse.

Please refer to our Sample Menu on the next page.



SAMPLE MENU



7 a.m. Glass of room temperature water with lemon; cayenne optional

8 a.m. Herbal tea with a small serving of fruit. One apple, banana, or a small bowl of berries.

10 a.m. BREAKFAST: Chia pudding with almond milk or a smoothie with leafy greens, almond milk (or coconut), almond butter, and berries

11:30 a.m. Coconut water, cold-pressed juice, or herbal tea

1:30 p.m. LUNCH Salad with homemade dressing or steamed veggies such as asparagus, broccoli, green beans with onions and bell peppers

4 p.m. SNACK A handful of unsalted nuts such as walnuts, cashews, or almonds (preferably sprouted/soaked) and a low-sodium vegetable broth/soup

6 p.m. DINNER Warm lentil salad or zucchini spirals with pesto, add in avocado slices. Drink with herbal tea or cold-pressed juice.

DURING A CLEANSE

Every cleanse comes with the following juices each day:

5x (12 oz) Cold-Pressed Juices

1x (8 oz) Aftermath

1x (12 oz) The Cleanup

There is a Cleanse Schedule included in your package with the order we recommend that you drink your juices.

Because our juices are unpasteurized, here are a few things to know:

Make sure your refrigerator is set to its coldest setting and refrigerate your juices as soon as possible. Juices will be packed into an insulated container with ice packs, but it is essential that you take them out and properly refrigerate them once delivered.

Do not freeze your juices, or leave them unrefrigerated for more than a few minutes. The bottles may expand and we advise against drinking them if this occurs. Freezing will diminish the taste, quality, and nutrients.

Separation is normal. Shake your juices until nothing at all is settled at the bottom of the bottle!





DURING A CLEANSE CONTINUED

DRINK A JUICE EVERY 2 TO 2.5 HOURS.

Finish your last juice roughly 2 hours before you go to sleep.

DRINK JUICE SLOWLY. This allows your body to more easily absorb and utilize the nutrients.

DRINK PLENTY OF WATER. At least 8 oz. of filtered water in between each juice. Herbal and decaffeinated teas are also a great option.

SWEAT. Sweating helps to release toxins, so it's important to move. Avoid heavy exertion workouts as this may be a bit much for your body during a cleanse. Yoga, pilates, or simply taking a brisk walk will help your body generate heat at a cellular level.

REST. Keep your schedule as light as possible and try to get to bed early. Listen to your body. It will tell you when to slow down and take it easy.



POST CLEANSE

You are still in detox mode even after a cleanse. The easiest mistake to make is to begin eating and drinking the wrong foods too quickly once off the cleanse.

Maintain the effects of your cleanse by transitioning slowly into solid foods for the next few days. We also suggest drinking a juice a day from one of our Curated Packs on our site.

POST CLEANSE continued

1-2 DAYS AFTER YOUR CLEANSE Keep these first two days light. Lots of raw and steamed foods are recommended. Refer back to our Sample Menu as an example. Drinking plenty of water, herbal teas, smoothies, kombucha, and juice are always good options.

Beverages such as energy drinks and soda should be avoided. Coffee should be filtered and slowly introduced back into your diet.

3-4 DAYS AFTER YOUR CLEANSE, you may introduce some light animal protein (if applicable) such as steamed fish, chicken, or eggs to your meal.

5 DAYS AFTER YOUR CLEANSE, you may introduce heavier foods such as dairy and grass-fed red meats (if applicable).

QUESTIONS?

Shoot us an email at support@therawjuicery.com
or visit our Cleanse FAQ's page on our site.

