



THE GARDEN EATERY



## JUICE CLEANSE GUIDE

*Thank you for your order - it's  
much appreciated. Good luck  
with the cleanse :)*

[WWW.THEGARDENEATERY.CO.UK](http://WWW.THEGARDENEATERY.CO.UK)

*Our*

# PRE CLEANSE TIPS

We've created the most natural and pure packages, allowing you to totally rejuvenate from the inside. All our juices, shots and tonics are organic, unprocessed and freshly pressed to guarantee optimal nutrition. We've created the most natural and pure packages, allowing you to totally rejuvenate from the inside. All our juices, shots and tonics are organic, unprocessed and freshly pressed to guarantee optimal nutrition. In the days leading up please try the following where possible:



## REDUCE OR ELIMINATE STIMULANTS

If you have a high intake of caffeine, alcohol, sugar and nicotine it helps to ease yourself off these gradually 2 - 3 days beforehand.

## HEALTHY EATING

Increase: your intake of raw, organic foods, steamed and raw vegetables, salads, leafy greens, sprouted foods, dehydrated foods and vegetable soups. Reduce or eliminate: sugar, artificial sweeteners, microwave/convenience foods, meat, fried food, processed food, dairy, soya products, gluten (oats, barley, rye, wheat), bread, pasta, pies, cakes and pastries.



## HYDRATE

Hydration is crucial for health and responsible for the proper functioning of every system in the body. Drink 6 to 8 glasses of filtered water every day. You can also supplement with smoothies, coconut water, herbal teas and fresh fruit and vegetable juices that are low in sugar.

## SLEEP

Sleep is absolutely necessary for overall physical and mental well-being affecting everything from immunity to mental concentration. As your body will be detoxing and taking in a flood new nutrients, ample sleep will help the process and make you feel refreshed.



## MOVE

If you exercise regularly, keep this up leading up to your cleanse and then adjust your workout routine to match your energy levels during your cleanse. Walking (especially in nature!), yoga, pilates and any kind of mindful movement is great. Listen to your body.

# Our CLEANSE TIPS

We believe that cleansing is about removing something negative from your routine and replacing it with something healthy and positive. You will be left feeling energised, refreshed and ready to take on life's challenges with a little more spring in your step.

Some may find it a breeze, others may find it a challenge. Some may see a positive weight loss but this is about more than short term weight loss; it's about breaking habits, giving your body a rest and finding the healthiest version of you.



## CLEANSE TIPS

- Unpack your box and refrigerate juices on arrival
- Shake your juices before drinking - separation is normal
- While fasting, drink your juices at regular intervals throughout the day. Sip and spread them out.
- Light exercise, take walks and rest.
- Stay hydrated! Drink at least 2L of water during the cleanse
- Most customers stick to just juice when on a cleanse, however many customers choose to have a light meal during the day also. Don't be hard on yourself.
- Relax and enjoy the break. Good luck.

### Stay Consistent

Aim to drink a juice every 2 to 3 hours. 5 juices a day might sound like a lot, but if you space your juices out over 12 hours, your body will thank you. Skipping juices will likely leave you feeling hungry and can result in a drop in your blood sugar, which can leave you feeling lethargic and maybe even give you a headache.

We truly hope that everyone will experience an effortless and comfortable cleanse, however we understand that is not always the case. Some supplements you can consider include herbal tea, lemon water or also just adding another juice to the line-up. If you are still having trouble combating the hunger, try having some vegetable broth or apple and cucumber slices. (Call it a little SOS and ensure you listen to your body) The goal is to stay healthy, so always keep that in consideration when supplementing your cleanse.



# *Our* CLEANSE PROGRAMMES

Order of play: Please note this is just a timeline guide and does not need to be followed precisely and can also be customised. Why add in a hot lemon water to start your day and Yogi tea's as you see fit. Remember there is no right or wrong way to cleanse, just please try and drink in the healthy goodness and please listen to your body. Best of luck with the cleanse.

## REBOOT (INTRODUCTORY) CLEANSE

1. Ginger Shot. Wake up
2. Thrive. AM
3. Energise. 11am ish
4. Balance. 1-2pm
5. Smoothie. 3-4pm
6. Glow. 6-7pm
7. Charcoal Detox. PM



AM



PM

## SIGNATURE (INTERMEDIATE) CLEANSE

1. Ginger Shot. Wake up
2. Alkalise. AM
3. Thrive. 11am ish
4. Balance. 1-2pm
5. Glow. 3-4pm
6. Energise. 6-7pm
- I am well Tonic. 1-2 a day if you choose



AM



PM

## GREEN (ADVANCE) CLEANSE: Veg based cleanse.

1. Ginger Shot. Wake up
2. Celery. AM
3. Energise. 11am ish
4. Balance. 1-2pm
5. Glow. 3-4pm
6. Alkalise. 6-7pm
- I am well Tonic. 1-2 a day if you choose



AM



PM

NB Juice substitutions may occur due to seasonality of produce.

# Our POST CLEANSE TIPS

Reintroduce food and ease back into life. There's also little point in sticking to the juice only to binge on huge portions of fatty food washed down with glasses of wine the very next day. Instead, ease yourself back onto solid foods and be mindful of how they make you feel.

It's best to start with light, easily digestible foods like fruits and vegetables, soups, and broths. Gradually add in more complex foods, such as whole grains and lean protein, over the next few days. This allows your body to adjust to the change in diet and reduces the risk of digestive discomfort. Take it slow.



---

## POST CLEANSE TIPS

- **Stay Hydrated:** It's essential to continue drinking plenty of water to help flush out toxins and replenish fluids lost during the cleanse.
- **Juices as part of your daily routine** and consider changing your eating habits: A cold pressed juice and a smoothie to replace breakfast can be a great way to start the day, packed with nutrition and leads into a nice early healthy lunch at midday.
- **Avoid Processed Foods:** stick to whole, nutrient-dense foods to support a healthy gut and maintain the benefits of the cleanse. Processed foods can be high in salt, sugar, and unhealthy fats, which can undo the detoxifying effects of the cleanse.
- **Listen to Your Body:** Pay attention to your hunger and fullness cues and eat when you're hungry and stop when you're full. Avoid overeating or skipping meals, as this can upset the delicate balance of your digestive system. It's important to eat slowly and chew your food well to kick start proper digestion.
- **Maintain Healthy Habits:** Integrating healthy habits into your daily routine can help you maintain the benefits of the juice cleanse and support long-term effective wellness. This includes eating a balanced diet, getting enough sleep, and exercising regularly. Try to limit alcohol and caffeine intake, as they can dehydrate the body and undo the detoxifying effects of the cleanse.

Product in focus.....

*Our healthy tonic:*

**I AM  
WELL**



Ginger, Turmeric, Lemon, Chaga Mushroom & Black Pepper.

Instructions:

We add 1 or 2 capfuls into the bottom of a mug and then top up with hot water and serve with a slice of lemon.

Why not freeze some portions in an ice cube tray to enjoy at a later date.



Our I am Well Hot tonic has been with us from the start! When designing the menu, Garden owners Kate & Amy teamed up with a Naturopathic Nutritionist to create a combination of ingredients in the right quantities to design your favourite Garden drink!

Our I am well tonic is cold pressed ginger, turmeric and lemon, infused with chaga mushroom tincture and a sprinkling of black pepper. The piperine in black pepper makes the anti-inflammatory compounds in the turmeric TWO THOUSAND times more bio available!

How it's made:

All the ingredients are cold pressed in their raw form and the chaga tincture is added at the end. This produces a concentrated juice.

So, why should we be drinking it?

- Anti-Inflammatory boost
- Vitamin C boost
- Anti nausea
- Super shrooms!
- Natural Lemsip!

Enjoy it daily for marginal gains for your immune system and get stocked up and double dose if you feel a cold coming on. It is often likened to Lemsip in its appearance, and we like to think of it as the natural equivalent (with no paracetamol!).



# FAQ'S

## Why Cleanse?

A juice cleanse can be a useful way of kickstarting a healthy eating plan. By eliminating processed and inflammatory foods (think meat, dairy and refined sugar) and toxins such as caffeine and alcohol, and instead taking in organic, easily-assimilated nutrients, we allow our bodies the time and resources they need to begin the process of renewal.

Benefits: Rest and repair the gut, Rest the liver, Flood your body with nutrients, Improves your skin and cells, Increase your natural energy levels, Jump start your healthy eating plan..... :)

## Why has my juice separated?

Separation is an entirely natural occurrence in cold-pressed juices. As no stabilisers are added to keep it aesthetically pleasing. Just shake it baby!

## What is the shelf life of my juice?

As the juices are simply pressed and bottled immediately, with no processing or preservatives added, we recommend drinking your juice within four days to benefit from the highest nutrient potential.

## Can I drink tea or coffee on a juice cleanse?

Unsweetened herbal teas, such as black or green tea, may be consumed during a juice fast. If your goal for fasting is to cleanse your body, choose decaffeinated tea/coffee. However, beware the caffeine withdrawal and some of the undesirable side effects, if you need a coffee please have one, listen to your body.

## Aren't juices just full of sugar?

Not all sugars are created equally! There's a big difference between white, refined sugar with no nutrient value, and the nutrient dense fruit juice with natural sugars provided by nature. Our primary juices are veg based, we use either apple or pear as a base, both of which contain pectin, a soluble fibre, which assist in the assimilation of sugars.

## I'm pregnant – can I juice?

We say yes you can. We don't advise a juice-only cleanse while you are pregnant or breast-feeding, but adding a juice or two a day can be extremely beneficial in providing your body with nutritional support during pregnancy. Please bear in mind its a raw and all natural product.

## Doesn't my body cleanse naturally though?

Our bodies are incredible machines, which have natural detox pathways and organs which are designed to assist in the processing and excretion of toxins through the body. However, sometimes the amount of toxins can be overwhelming. A juice cleanse gives our digestive system a break, enabling us to focus the majority of the body's energy on the detox process.

## Will I lose weight on a cleanse?

We don't promise weight loss only because that is not a primary function of a juice cleanse. The point is everyone's body is different, so reactions to a juice cleanse will vary. The hope is our juice cleanse will encourage healthy eating and an active lifestyle, getting you to that ideal weight in no time!

## Where will I get my protein from?

Protein is a highly misunderstood nutrient. Amino acids, which form the building blocks of protein, are available in abundance in all fruits and vegetables. Just because you're not eating a 'complete' protein in one go, doesn't mean you're not taking in all the essential amino acids.



## *Please get in touch...*

Good luck with the cleanse, we are here to support you so please email in any questions and we'll be sure to help out.

Please also check you order on arrival, any issues or items out of place please let us know via email (or respond to your order confirmation) and we'll do our best to rectify as swiftly as possible. Please note juice substitutions may occur due to seasonality and availability of certain produce but we always do our best to limit this.

[info@thegardeneatery.co.uk](mailto:info@thegardeneatery.co.uk)

t: 0161 941 6702 ext. 2

The Garden Eatery  
154 Ashley Road, Hale, Cheshire.  
WA15 9SA

[www.thegardeneatery.co.uk](http://www.thegardeneatery.co.uk)

[@thegardeneatery.co.uk](https://www.instagram.com/thegardeneatery)

