



## *How to Do a Juice Cleanse*

### *Cleansing for Success!*

*Doing a juice cleanse unleashes the natural healing power of your body by ridding built up toxins. Juicing floods your system with powerful nutrients and antioxidants. The Juice Kitchen's 1-day, 3-day, 5-Day & 7-day colorful juice cleanses are a delicious and satisfying first step toward a long-lasting lifestyle change, or jumpstarting a weight-loss regimen by helping to retrain your taste buds as well as psychological connection to food.*

*With our cleanses, you don't have to completely put your life on hold while you cleanse. Our juice cleanses are designed to be convenient and gentle enough to not interfere with your daily*

*life. We recommend doing the 1-day juice cleanse the same day each week and choose to have your juice cleanse delivered to your home or office or by scheduling a pick up online. By committing to your health, you'll even get discounted pricing by choosing to do a **weekly 1-day juice cleanse!***

*During your juice cleanse, your body will be ridding itself of impurities and toxins, so we have developed a list of healthy lifestyle tips to aid in this process. Cleansing for Success and maximizing the benefits of your cleanse is an easy 3-step process.*

### **3-Days Pre-Cleanse (optional)**

*Keeping a healthy, light diet 3 days before your juice cleanse, (and one day before your 1-Day juice cleanse) will ease the hunger cravings during the juice cleansing. Only eat organic fresh fruits, vegetables, whole grains, and eggs and drink 8, 16oz glasses of water a day. Avoid alcohol, caffeine, sugar, processed foods, dairy, red meat and gluten.*

### ***\*Time***

*For an optimal juice cleansing experience, make sure you have the free time to reflect and rest. Do not do juice cleanses during an emotionally intense time or during a major life transition. Set yourself up for success: ask your friends and family to support you or even to do a juice cleanse with you and use discount code "**BetterTogether**" so you both save on your juice cleanses.*

## ***\*Mindset - Decide, Commit, Resolve!***

*Set an intention for your juice cleanse. An intention is a commitment to changing a part of your life that no longer serves you. What do you want to create through your juice cleanse?*

*What do you need to heal (such as relationships, illnesses, thought patterns)? How will you know if your juice cleanse was a success? Write down your answers to these questions to reveal the intention for your juice cleanse.*

## **DURING CLEANSE**

### ***\*Diet***

*We recommend a 100% juice cleanse because eating slows down the juice cleansing process. “Chew your juice” and sip the juice slowly, allowing it to remain in your mouth for a moment before swallowing. Digestion begins in the mouth!*

*If you need to eat during your juice cleanse, choose organic fruits, vegetables or soaked nuts and seeds. Try The Juice Kitchen’s **Organic Meal Replacement Smoothies** and **Organic Superfood Acai Bowls** which are very nutritious and help you ease back into eating more solid foods after you have successfully completed your juice cleanse.*

### ***\*Exercise***

*Limit yourself to light exercise, such as walks, yoga, and stretching. Your energy levels will change when you’re on a juice cleanse, so pay attention to what your body needs before exercising. **Get plenty of rest!***

## ***\*Activities***

*We suggest doing introspective activities while juice cleansing such as writing in a journal, meditation, walks in nature and listening to gentle music. Avoid places with loud noise and a lot of activity; you might be more sensitive during your juice cleanse than usual. Defend your space and make sure you have a lot of free time to take care of yourself. We recommend downloading the Headspace meditation app:*

***<https://www.headspace.com/headspace-meditation-app>***  
***[Headspace](#)*** for 10 minutes of daily meditation – perfect for cleanse days!

- Make plenty of time for rest and relaxation. This will help ease any physical discomforts.
- Drink plenty water to flush toxins faster and speed the detoxification process and add lemon for flavor and to curb hunger sensations.
- Take part in positive, inner self-reflection by journaling or talking with a loved one.
- Protect your heightened senses by avoiding loud or stressful environments.
- Enjoy light exercise like short walks and gentle stretching.
- Contact The Juice Kitchen team for support and encouragement!

### **3 DAYS POST-CLEANSE**

***Congratulations! You've made a huge leap towards a long-lasting lifestyle change! After you have completed your juice cleanse, take the opportunity to be mindful of how your body responds as you re-introduce each food. You may find that you are more aware of your physical and mental reactions to certain types of foods and may find yourself more conscious of and sensitive to your mind, body, spirit and environment. Use this insight to empower yourself with information to make healthy choices moving forward. Your cleanse has helped give your body and mind clean slate, and now you have an exciting opportunity to pick and choose what gets added back in.***

#### ***\*Diet***

*The days following your cleanse are an important time. During this period, your mind and body will be transitioning back into everyday life. Follow these tips to help ease your physical transition.*

*Gradually return to eating solid foods after your juice cleanse. During the three days after completing your juice cleanse, follow a diet similar to the pre-cleanse diet. You can eat organic fruits and green vegetables the first day after your juice cleanse. On the second day, add brown rice, eggs and yogurt. Add chicken, fish or meat to the*

*diet 5 to 6 days after the fast. Use your juice cleanse experience to create new, healthy eating habits! Remember to drink lots of water. Lemon water is our favorite!*

*Try our **Organic Meal Replacement Smoothies** and **Organic Superfoods Acai Bowls!***

***\*Activities***

*Don't jump into anything strenuous or exhausting right after your juice cleanse. Continue to take time to relax and integrate your juice cleanse experience back into your life. Your mind will also be making the transition back to everyday eating habits.*

*Our Cleanse Support Team is always by your side. We are here to ensure that you have a successful cleansing experience.*

*To your health & Success,*

*The Juice Kitchen*