



Pre-Juice Cleanse Instructions

Every great journey starts with thought and preparation. To get the most out of your cleanse, we will ask for the same preparation in order to achieve optimal results. Below are some tips to assist with your journey.

Pre-cleansing will help prepare your body for the detoxification process. The less toxins you have in your body going into your cleanse the better you will feel during your cleanse and post cleanse.

Mindset plays a big part in the juice cleanse process and by preparing ahead of time you will have a winning edge. A juice cleanse is an investment in your health and self-care and you are worth spending the time to live your healthiest lifestyle.

At a minimum, you want to start preparing 48 hours prior to your start date and eliminate the following foods and drinks:

- Dairy (including yogurt)
- Wheat
- Meat and Poultry
- Sugar
- Alcohol
- Coffee
- Diet soda

During your pre-cleanse prep concentrate on eating:

- Fresh Fruits
- Vegetables
- Wild Caught Fish
- Quinoa
- Legumes
- Herbal Teas
- Filtered Water



Great health starts on your plate and by treating your body with respect by choosing foods that will enhance your health you are creating an environment for the best possible results. I promise it will all be worth it in the end.

If you need assistance during your juice cleanse please call us for support and coaching. It is our desire for you to succeed!

What you might experience during your juice cleanse?

If you have never done a juice cleanse before you might feel nervous, anxious and even scared. All those feelings are completely normal and that is why we offer support for any of our customers. Even if you have done a juice cleanse in the past, your experience could be different as our bodies are constantly changing. As your body starts to release toxins there are many different symptoms you could experience. Each day of your cleanse may feel different and certain times of the day may be more challenging than others. This is all to be expected and embraced!

Below are some typical detox symptoms:

- Low energy
- Headaches
- Light Headedness
- Hunger
- Bloating
- Body Aches

Below are some self-care techniques to help you feel better during you juice cleanse:

- Rest as much as Possible.
- Get a Massage
- Drink Herbal Teas
- Soak in a Hot Bath with Epsom Salts and Lavender Essential Oil
- Light Exercise like Walking or Stretching
- Yoga
- Meditation



If you get really hungry, it is ok to snack on the following:

- Apple
- Avocado
- Carrot
- Celery
- Cucumber
- Lettuce

Warning: Our juices have not been pasteurized and may contain harmful bacteria that can cause serious illness in children, the elderly and anyone with a weakened immune system. Please check with your doctor before starting your juice cleanse.