

Health Benefits of Ingredients

Beets	Vitamin C, fiber, potassium (nerve and muscle function), Manganese (bones, liver, kidney, pancreas), Vitamin B (reduce risk of birth defects)
Carrots	Antioxidants, Vitamin A, Vitamin C, Vitamin K, Vitamin B8, folate, potassium, iron, copper, manganese, increases saliva, maintains healthy skin
Apple	Antioxidants, dietary fiber, reduce risk of cancer, hypertension, diabetes, and heart disease
Ginger	Medicinal properties, treats nausea/morning sickness, reduces muscle pain/soreness, anti-inflammatory, lower blood sugar, improve heart disease, reduces menstrual pain, lower cholesterol levels, may prevent cancer, improve brain function
Celery	Antioxidants, beneficial enzymes, Vitamin K, Vitamin C, potassium, folate, and Vitamin B6, improves liver, skin, eye, and cognitive health
Spinach	Lowers cholesterol, high in niacin and zinc, protein, fiber, Vitamins A,C,E, and K, thiamin, Vitamin B6, folate, calcium, iron, magnesium, phosphorus, potassium, copper, and manganese
Broccoli	Dietary fiber, Vitamin B6, Vitamin E, manganese, phosphorus, choline, Vitamin B1, Vitamin A, potassium, copper, a good source of omega-3 fatty acids, protein, zinc, calcium, iron, niacin, and selenium
Kale	Iron, Vitamin K, anti-inflammatory, cardiovascular support, Vitamin A, anti-oxidants, fiber, Vitamin C, omega-3 fatty acids
Parsley	Vitamin K, Vitain C, Vitamin A, folate, iron, good for immune system, flushes out excess fluid, supports kidney function, controls blood pressure
Lemon	Vitamin C, improves skin, weight loss, digestion, prevents kidney stones, good for detox
Berries	Anti-oxidants, keeps memory sharp, fiber, digestion

JUICE FOR LIFE

Juice Cleanse Information



Precautions



Do not try any kind of fasting if:

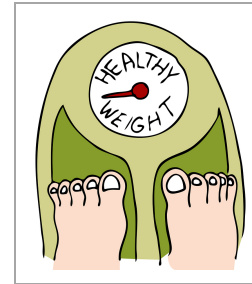
- You're pregnant or nursing
- You are diabetic
- You have any eating disorders
- You have kidney or liver disease
- You are anemic and have low blood pressure
- You have epilepsy or any other chronic conditions that you are being treated by for a doctor
- You have undergone surgery
- You are taking prescription meds

If headaches, dizziness, weight loss, vomiting, diarrhea, low blood pressure, and fainting occur, listen to your body and use good judgement. Discontinue the fast when symptoms persist or worsen

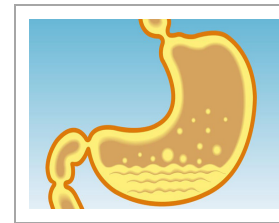
Avoid Strenuous Activity

- Saunas and sweating therapies are sometimes recommended to assist detoxification, but should be used sparingly
- Those fasting should significantly slow down their lifestyles
- Taking time off work, or at least reducing the workload is helpful and getting plenty of rest is a must. Exercise should be kept light, such as walking and gentle stretching

Why Cleanse?

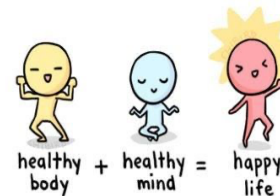


Starting a juice cleanse is a great way to kick start a diet! It reduces your appetite and cleanses the system of any toxins. It also helps you lose weight in the process, giving you more energy. A lot of this will be water weight, but you will notice a change in the number of cravings you have throughout the day



for the next three days!

Juicing allows the stomach to rest, making it work less to extract nutrients. Juice requires less digestive processing as well. The liver also gets a chance to rest because it doesn't have to process toxins found in saturated fats, refined carbs, and foods with additives. You're also giving your brain a rest because your meals are planned out



Juicing also eliminates dairy, wheat, gluten, and fermented foods from your diet. This would allow you to detect any food allergies you may have after cleansing your body and re-introducing them. You are also rehydrating your body, allowing you to function more efficiently, and help insure proper elimination of toxins. Many chronic symptoms such as headaches, rashes, general aches, congested sinuses, and bloating/cramping/gas might decrease.

Preparation

What Should You Do Before You Begin?

Pre-cleansing is key to a successful juice cleanse. Before beginning your cleanse, eliminate meat, caffeine, alcohol, nicotine, sugar, dairy, or wheat from your diet for at least two days. Introduce more and more raw vegetables to your diet so your body doesn't go into shock. Taking a fiber supplement before and not during the cleanse will promote cleansing of the colon in preparation for the fast.

Prep is key to a successful cleanse!

During Your Cleanse

While cleansing, be sure to:

- Consume at least 8 ounces of distilled water a day, and at least 2 cups of herbal tea a day
- A tea with alfalfa, burdock, chamomile (unless allergic to ragweed), dandelion, milk thistle, red clover, and rose hips will rejuvenate the liver and cleanse the blood stream. Senna tea is a wonderful addition
- We recommend eating at least one meal per day consisting of a green salad with no dressing (lemon can be added for flavor)
- Spirulina is recommended during your fast. It's high in protein, contains a wide range of vitamins and minerals, and chlorophyll for cleansing
 - For tablets: 5 tablets, 3 times a day
 - For powder: 1 tsp 3 times a day
- Do not chew gum! The digestive process starts when chewing,

and prompts the body to secrete enzymes into the gastrointestinal tract. However, there isn't enough food in your system to digest, which may cause problems

- If you get hungry, you can include an avocado in your salad or juice to slow down the detoxifying effects and keep you fuller longer without interfering negatively with the cleansing process. You can also eat celery stalks, carrots, or apple slices

Here's what your day will look like:

1 Breakfast Juice

1 Lunch Juice (with an optional green salad)

1 Dinner Juice

*1 Juice will be divided in between meal time as a snack
(Feel free to have tea in between your juices!)*

After the Cleanse

- Make sure to slowly introduce your body back to solid and cooked foods
- Start with eating raw foods (like fruit or steamed veggies).
- Plain foods like salad, rice, or crackers are a good follow up.
 - From our menu, try our salads (without meat), or our side dishes! We have steamed vegetables, rice, and a side salad.

GOOD LUCK AND HAPPY FASTING! COME BACK AND LET US KNOW HOW IT WENT!