

# Juice Cleanse Instructions



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## PREPARATION

### Avoid These as Much as Possible

- Wheat, Breads & Grains Containing Gluten
- Dairy & Egg Products
- Refined Carbohydrates (Breads, White Rice & Pasta)
- Meats & Seafood
- Sugars
- Alcohol, Coffee & Nicotine

A few days before the juice cleanse, try to change your diet to as many raw and steamed vegetables and fruits as possible. When you restrict your diet to juice only, it will be less of an adjustment. For optimal cleanse benefits, it is recommend you include these healthy habits for three days prior to your juice cleanse so your body can transition from solid food to juice.

### Incorporate These 3 Days Before the Cleanse

- Steamed Vegetables
- Gluten-free Grains
- Green Vegan Smoothies
- Fresh Juices
- Salads
- Fruits
- Vegan Soups

To help purify your body before your cleanse arrives, begin each day with a glass of warm water with the juice of one lemon and a maximum of a half-teaspoon of cayenne (optional). This increases the rate of detoxification by opening the circulatory system and alkalizing bodily fluids.

Make an extra effort to hydrate throughout your day with water, at least two liters per day. Drinking water helps set the stage for a smoother cleanse because it allows your cells to eliminate toxins more easily, decreases tiredness, and reduces food cravings.

# SCHEDULE

## Cleanse Schedule

Each day begin your juice cleanse with a glass of warm water with the juice of one lemon and up to 1/2 a teaspoon of cayenne (optional). The lemon juice contains valuable vitamins and minerals to help detox your body and help it become more resistant to some diseases. The vitamin C helps rejuvenate your skin by generating collagen in the tissue. The citric acid helps reduce the risk of heart disease, stomach and oral cancer, and speeds up your metabolism. One hour later you're ready to drink your first juice! Look for the number 1 on the lid. Starting in the morning, we recommend drinking your juices in intervals of about two hours and consuming your last juice (number 6) about two hours before going to bed.

Our juice cleanses are designed to replace meals and snacks. To ensure that your cleansing process is as enjoyable as possible, please make sure to drink plenty of water in between juices and elixirs. It's important to avoid alcohol, caffeine and nicotine while cleansing.

You may experience some detox symptoms. Detoxification occurs when the body rids itself of stored toxins such as metabolic waste, heavy metals and other impurities. Every person's body reacts differently when cleansing. The symptoms range from tiredness, moodiness, coughing, headaches, skin breakouts, nasal congestion and even mild fever.

TIME	DRINK
7:30 am	Water
8:30 am	Juice #1
9:30 am	Water
10:30 am	Juice #2
11:30 am	Water
12:30 pm	Juice #3
1:30 pm	Water
2:30 pm	Juice #4
3:30 pm	Water
4:30 pm	Juice #5
5:30 pm	Water
6:30 pm	Juice #6
7:30 pm	Water
9:30 pm	Water

**Listen to your body! The symptoms listed above are normal, but if they begin to interfere with your everyday life or get worse, please consult your doctor.**

## ENHANCEMENTS

It's great to add wheatgrass shots to your cleanse. They're highly detoxifying and provide large numbers of enzymes, vitamins, chlorophyll, and other nutrients.

Drink at least eight glasses of water in addition to your juices and elixirs. It is also ok to drink fresh coconut water.

Decaffeinated herbal teas are a great option as well.

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.

For more advanced cleanse, please consider doing colonics or enemas as an optimal way to maintain a healthy colon, the body's main channel for eliminating waste.

Take a detoxifying bath with your favorite oils and sea salts.

Dry skin brushes are a fantastic way to support the skin and release toxins during a cleanse.

Exfoliate and sweat. Both help to open pores, get rid of dead skin cells, and stimulate the lymphatic system. Saunas are always a great option.

To keep yourself busy it's great to do a yoga practice. It's just another way to move toxins out of your body.

Finally, spend some time outside. Take a walk, get into nature and get some fresh air into those lungs.

Please remember to take it slow during your cleanse. Treat yourself to a massage, sauna, or simply take a hot bath. We recommend that you keep your exercise regimen to a moderate level and use good judgment whenever you're exerting yourself on a juice cleanse.

# AFTERWARDS

## After the Cleanse

You've hit the reset button and detoxified your system. Now, we want to make sure that you are prepared to maintain and maximize the effects of your cleanse. You are still in a detox mode when you exit this cleanse, so try to be mindful of what you put into your system. As you come out of this cleanse, make sure to drink plenty of water and pace yourself as you slowly reintroduce simple whole foods. We recommend starting with salads, smoothies, soups, and juices, and avoiding processed foods and animal products. This will truly maximize your benefits.

## Post-cleanse Best Practices

- Start by applying pre-cleanse instructions (PREPARATION) for at least 3 days.
- Be sure to chew throughout your food and juices. The act of chewing help to break down food better, also digestive enzymes in saliva assist in breaking down sugars.
- We recommend reducing or eliminating all processed foods. The less processed food, the better for you.
- Do your best reducing animal products.
- Add juices to your daily diet. Definitely in the morning, and at least twice more throughout the day, always half an hour before a meal.
- We recommend juice fasting one day a week.
- Start drinking Wheatgrass
- Create new habits such as: meditation or yoga practice, taking a walk, attending a healthy cooking class, or doing a random act of kindness.

## When to Cleanse Again

A general maintenance diet should include at least 4 detox programs a year, ideally during the change of seasons. When you greet each change of the seasons with a revitalized body and a positive attitude you are less like to feel the effects of season change and you can transition more easily and healthy.

Doing it more times a year can make a big difference not only for health, but also for the quality of our lives. We find many of our customers do quick maintenance programs once a month, and some incorporate it even weekly. It really depends how well you can incorporate it into your lifestyle and how it makes you feel. You know your body the best.

A good 3-7 day juice cleanse is the best way to eliminate toxins from the body. Shorter cleanses are great and will make a difference, however, sometimes they can't get to the root of the chronic problem. A good juice cleanse should clean our excess mucous, old fecal matter, trapped cellular and non-food waste, and inorganic mineral deposits that are part of arthritis.