

# TIPS FOR JUICE CLEANSING



## PRE-CLEANSE

- Start to reduce processed foods, white flour, sugar and alcohol
- Transition off meat and dairy
- Increase intake of leafy greens, raw vegetables, beans, legumes and nuts
- Introduce fresh juice into your diet

## DURING CLEANSE

- Stay Hydrated | Aim to drink 2 to 3 glasses of water along with your juices
- Rest | As you are on a lower calorie load your energy will naturally dip, this will regulate as the cleanse goes on and you will have more energy as the days progress
- Eat If Necessary | Should you feel hungry it's ok to eat, though you should try and keep it as clean as possible; a small salad, some sticks of raw vegetables or a handful of nuts will keep any hunger pangs at bay



## POST-CLEANSE

- We recommend eating small and easily digestible meals, nothing too heavy. We always opt for fresh fish and steamed vegetables
- Reevaluate what you eat and how much better you feel from simply being more selective with what you buy
- Expect increased energy levels and focus



When you are finished your cleanse, we recommend that you continue to drink RAW cold pressed juice as a way of dramatically increasing the total nutrient content of your diet.

