

JUICE CLEANSE

Our cleanse is free from pesticides, preservatives, and any other additives. We only serve fresh raw juice which is why it's made to order the day you pick it up.

Start at 7am every morning and do the following:

Drink a 16 oz glass of water first and **Drink your 7am juice**

Drink a 16 oz glass of water first and **Drink your 10am juice**

Drink a 16 oz glass of water first and **Drink your 1pm juice**

Drink a 16 oz glass of water first and **Drink your 4pm juice**

Drink a 16 oz glass of water first and **Drink your 7pm juice**

No juice or water past 8pm

complete the above schedule per day

The day after you complete the cleanse, slowly start to add food by eating only raw foods such as celery, cucumber, carrots, citrus, and leafy greens. This is an important step! Your body has been used to liquids, so a transition day will help jump start your digestive system and help to prepare it for your regular food intake once again. After that, your digestive system should be ready to go back to eating like usual. Everyone is different, so slowly introducing foods to see how your body reacts is always best.



WHAT YOU ARE DRINKING:

7AM JUICE:

ginger root – lemon – orange – grapefruit

10AM JUICE:

apple cider vinegar - wheatgrass – cucumber – spinach – celery – kale - lemon

1PM JUICE:

maca root - orange – carrot – turmeric - apple

4PM JUICE:

Celery – carrot – apple - beet root – lemon - chlorella - black pepper

7PM JUICE:

cucumber - spinach - lime - kale - pineapple - apple

HOW THIS BENEFITS YOU:



Ginger Root: amazing antibacterial properties, is known for its anti-inflammatory properties and aids in the digestion process.

Citrus: Helps your body absorb nutrients like iron. They are rich in antioxidants, vitamin C and high in fiber.

Apple Cider Vinegar: helps with post meal blood glucose levels as well as preventing harmful bacteria from growing. Aids in weight loss.

Wheatgrass: high in chlorophyll, wheatgrass aids in detoxing the body and helps support liver function. Increased energy levels and better overall health.

Celery: with 12 different antioxidants, celery protects cells and organs from oxidative damage and inflammation. While extremely hydrating, celery is also high in vitamin C and beta carotene.

Cucumber: low in calories and high in vitamin C, vitamin K, magnesium, and potassium. Promoting hydration and aiding in weight loss.

Turmeric: natural anti-inflammatory, digestive agent, and pain reliever. Also helps with liver function and boosts the immune system.

Carrot: excellent source of beta carotene, vitamin K1, fiber, potassium, and antioxidants. Promoting healthy skin and good eye health.

Beet Root: high in nitrates, your body turns nitrates into nitric acid. Therefore, beet juice helps promote blood flow thus lowering blood pressure and increasing stamina.

Chlorella: single celled freshwater alga. Rich in protein, omega 3's, iron, fiber, vitamin C, and the only plant-based form of B12. Cleanses the body of toxins including alcohol and heavy metals.

Black Pepper: release enzymes in the pancreas and intestines, helping to digest fat and carbohydrates. Inhibits muscle spasms in the digestive tract. By slowing the digestion of food, this promotes more vitamin and nutrient absorption.

Apple: fuji apples are high in flavonoids and bioflavonoids. Therefore, providing powerful antioxidant levels and influencing the absorption of vitamin C.

Pineapple: high in vitamin C, bromelain, and manganese. Pineapple helps with tissue repair, as well as reducing inflammation, bruising and pain. Also helps with amino acid digestion and utilization. Helps liver function.

Maca Root: boosts energy and endurance, fights free radicals and regulates hormones.

Leafy Greens: kale is rich in beta carotene and vitamin K, which helps with the absorption of calcium, keeping your bones strong. Spinach is high in folate, vitamin B, and has high levels of potassium which can help maintain a healthy blood pressure. Combining both spinach and kale daily contributes to higher vitamin A, calcium, zinc, and iron in your body.