



Easing Into Your Cleanse

Preparing for your cleanse will definitely make it a more enjoyable experience and less of a shock to your system. For the five days prior to cleansing, try to wean off or eliminate caffeine, added sugar, meat, salt, dairy, and alcohol. The day before your cleanse eat light meals, composed of fresh fruits and vegetables.*

What to Expect During Your Cleanse

Cleansing is a rather personal experience. As toxins are eliminated, people can react very differently. Some clients feel hungry the entire length of the cleanse, while others feel full and satisfied. Some clients feel tired and lethargic, while some have boundless energy. As toxins leave your body you may notice changes in your skin, mood, bowel movements and weight. These changes are normal and should be expected... even red urine from consuming beets. If you feel dizzy, notice an irregular heartbeat or muscle cramps you should consult your health care provider, as these are not normal symptoms.

Daily Schedule:

7:00 am

Drink 8 oz. of warm water with a few drops of fresh lemon juice.

8:00-9:00 am

Enjoy your first Green Juice. It begins your daily detoxification, leaving you feeling refreshed and energized for your day.

11:00-12:00 pm

Add some sweetness to your day with your first Red Juice, while replenishing your stores of vitamins and minerals.

2:00-3:00 pm

Your second Green Juice continues to detox your system with phytonutrients and strengthens your immune system.

5:00-6:00 pm

Your second Red Juice will help you get through your evening, providing energy and another dose of essential vitamins and minerals.

8:00 pm

End your day with our calming Cashew Milk. This drink tastes and feels like "dessert", so savor the flavor and let your body absorb the health benefits of cashews and cinnamon. (This drink is digested quickly, but we recommend finishing two hours before bedtime.) Exercise, massage and sauna are extremely effective detoxification tools. Try to incorporate these activities into your cleanse.

Life Beyond Your Cleanse

After your cleanse gradually introduce solid food back into your diet. Begin with fresh fruit and raw vegetables, then slowly incorporate steamed vegetables, whole grains and poultry/fish over the course of the next few days.

Many people continue to cleanse with the change of seasons, scheduling a cleanse about every three months, while others cleanse one day a week. For some, cleansing becomes a way to "get back on track" after a vacation or a few weeks of unhealthful eating around the holidays.

After your cleanse, our in-house Holistic Health Coach is available to discuss various options with you.

*Cleansing can interfere with certain medications, such as blood thinners. Please consult your health care provider before your cleanse if you are taking any prescription medications.