

INSTRUCTIONS FOR YOUR JUICE CLEANSE

- ✓ Wake up and drink a glass of hot water with lemon
 - Lemon is detoxifying and cleansing. This will help you hydrate and eliminate in the morning
- **Drinking your raw organic cold pressed juice (Consume in 2 hour increments)**
- ✓ Green juice
 - This juice is designed to help begin the cleansing process overall. Lemon helps detoxify the liver and dissolve mucous. Apple helps break down toxins in the intestinal tract. **Celery** is beneficial for respiratory conditions, such as bronchitis and asthma, but also contains coumarin which helps lower blood pressure up to 14% in hypertension patients. It is also a natural laxative and diuretic. Kidneys are supported by celery juice and it can even increase libido!
- ✓ Fruit/beet juice blend
 - This juice is a powerful cleanser, focusing mainly on the liver with the powerful beet juice. Apple, lemon and lime not only add their fair share of nutrients, while beautifully mellowing out the earthy beet flavor and add a little tanginess.
- ✓ Green juice
 - A cup of **kale** juice surpasses the calcium content of a glass of milk. Keep drinking your green juice! **Romaine** lettuce leaves are one of the very low calorie green-vegetables; nonetheless, they are the store house of many phyto-nutrients that have health promoting and disease prevention properties. It produces a classic juice for aiding deep sleep. Vitamins in lettuce are plentiful.
- ✓ Fruit/beet juice blend
 - **Orange** is a delicious and juicy fruit which contains an impressive list of essential nutrients, vitamins, minerals for normal growth and development and overall well-being. **Carrot** is a relative of parsley and celery, and contains loads of carotenes and minerals which contribute to life extension properties as powerful anti-oxidants. Carrot juice is great for eyes and the immune system as it helps out the production and performance of white blood cells.
- ✓ Green juice
 - **Cucumber** is actually a cooling food in the body and is typically 20-degrees cooler than the outside air on a warm day! It is a great natural diuretic, helps regulate body temperature, aids in cell hydration, waste removal and dissolves kidney stones. **Cilantro** is rich in anti-oxidants and many essential volatile oils such as borneol, linalool, terpineol, and dipentene. The juice is also rich in numerous anti-oxidant polyphenolic flavonoids such as quercetin. The herb is a good source of minerals like potassium (helps control heart rate and blood pressure), calcium, manganese, iron (essential for red blood cell production), and magnesium
- ✓ Nut Mylk/Hemp Mylk/Coconut Mylk
 - Almond milk has a high protein content. Protein is essential for growth and development. It is a necessary part of every living cell in the body. Aside from protein, almond milk is also packed with several vitamins and minerals. Almond milk has great cholesterol-lowering effects. It is also effective in reducing the risk of various heart diseases. All these health benefits can be largely attributed to the presence of vitamin E (an excellent antioxidant), magnesium and monounsaturated fats.

Drink plenty of water in between juices. We recommend these juices to be consumed in this order, but feel free to mix it up! Our juices are so healthy you will still get maximum benefits consuming in any order.