

WELCOME TO YOUR NATIVE CLEANSE!

SUGGESTED ORDER TO DRINK YOUR JUICES:

- 1 - green
- 2 - carrot
- 3 - green
- 4 - beet
- 5 - cooling herb
- 6 - magic mylk /
coconut shake

**this order is not required .
if it doesnt suit your needs,
you may change it up**

PRO TIPS FOR CLEANSING:

- 1 - chew your juice
- 2 - add in herbal teas and
vegetable broths (no salt) in
between juices to keep warm
- 3 - set a bedtime to be sure
you get 8+ hours of sleep.
good sleep is essential.
- 4 - ease in & out with pre &
post-cleansing... find our tips
and recipes in our **Cleanse
Guide** located on our
website.

SUGGESTED METHOD FOR DRINKING YOUR JUICES:

drink your Green juice **first thing in the morning**. then, rinse out your bottle, fill it with **filtered h2o** (optional: add a few drops of doTERRA essential oils - we suggest lemon or wild orange) then **sip on that for 2-3 hours**. It is VITAL that you stay hydrated with water in between each juice. When hunger strikes, start your next juice, and **repeat this cycle** until bedtime. finish up your day with your Magic Mylk or Vanilla Coconut Shake, about half hour to an hour before bed. we love adding a drop of doTERRA peppermint oil to these two bedtime drinks because it helps to soothe the stomach and calm your mind for an incredibly restful sleep!

THINGS TO DO ON YOUR CLEANSE:

- get a massage
- go for a walk
- do yoga
- take a warm bath
- try a float tank or
infrared sauna

IF YOU HAVE TO EAT:

- don't fret, you are
human & all is not lost!
- keep it raw & organic
- try a banana or half
an avocado
- have a handful of
raw, unsalted nuts

THINGS TO AVOID ON YOUR CLEANSE:

- caffeine
- heavy exercise
- tempting food
environments
- stress
- eating (if possible)

FAQS

ARE THE JUICES 100 PERCENT ORGANIC?

Yes. Everything we juice is always 100% USDA organic. This is the #1 rule for cleansing, otherwise you are ingesting many of the same pesticide, herbicide and antibiotic residues the body is trying to clear out.

WHAT ARE THE BENEFITS OF A COLD PRESSED JUICE CLEANSE?

There are so many! But to name a few: increased energy levels (without caffeine), healthier and clearer complexion, better sleep, increased mental clarity, strengthened immune system, restored alkalinity, and a regulated colon.

HOW MUCH WEIGHT WILL I LOSE ON THE CLEANSE?

This varies from person to person, and is not always the case. We like to emphasize, however, that the goal of our cleanse is flood the body with live enzymes, vitamins & minerals and to give your body/organs a break from constant digestion and overstimulation. Cleansing will redirect that energy to a detoxification and healing process. A bonus outcome of this is that cleansing ultimately improves your health, mood and appearance if you allow the cleanse to reset your eating habits and make healthier choices afterwards! Our ultimate goal for our cleansers is to be the best version of themselves they can be and to create a sustainable healthy lifestyle.

WHAT IF I CAN'T FINISH ALL 6 JUICES IN ONE DAY?

If you do not finish all 6 each day it is ok. Save them because your hunger level from day to day will fluctuate and you may need more than 6 another day.

WHAT IF I AM EXTREMELY HUNGRY OR FATIGUED?

If you are drinking all 6 and still mildly to extremely hungry, eat raw fruit, vegetables, or raw nuts (not roasted or salted). It will not break the cleanse and will help you continue on and complete your cleanse. Drink lots of water. Even though you are drinking your meals, your body may become slightly dehydrated due to the fact that it is working so hard to detoxify itself. Drinking water will keep your energy up, keep you fuller longer, and keep away any headaches you might experience. You can add lemon or cucumber to it to aid in detoxification.

WHAT IF I ABSOLUTELY CANNOT GO WITHOUT CAFFEINE?

it is best to slowly wean yourself off of caffeine before the cleanse with things like gradually switching to decaf coffee or green tea. this will avoid you having withdrawal headaches during the cleanse. if you absolutely cannot go without it, it may effect the benefits of your cleanse, but all is not lost - just have some black coffee or green tea to ease your headache and carry on with the juices.

I FEEL SICK. SHOULD I CONTINUE WITH THE CLEANSE?

It is not uncommon to feel sick during a juice cleanse. All of the nutrition you are consuming causes your body to go into a state of cleaning and releases toxins to be eliminated by your liver and kidneys. Symptoms vary from upset stomach, to headaches, to flu like symptoms.

If you feel you are too sick to continue please stop the cleanse and consult your physician if necessary. If you stop before you consume all of the juices, keep the remainder in the freezer. Once you are feeling better, we suggest incorporating the remaining juices into your daily diet as a snack or meal replacement.

warning: this product has not been pasteurized and, therefore, may contain harmful bacteria that can cause serious illness in children, the elderly, and persons with weakened immune systems. settling is natural. raw juice is highly perishable and must be kept cold. please do not juice cleanse while pregnant or breastfeeding.