

FAQs

What is a juice cleanse?

A juice cleanse is the process of detoxifying the body by consuming only raw juice and water, which require little digestion. The nutrients are rapidly absorbed by the body, so the digestive system is given a rest, and the energy it would normally use on digestion is used to focus on cleansing.

During your customized juice cleanse, you will consume five (5) freshly extracted, 100% raw fruit and vegetable juices and one (1) cashew milk daily. These six (6) beverages will provide you with clean nutrients and give you the energy you need throughout the day.

Why Cleanse?

In today's chemically dependent lifestyle of long commutes and grab and go meals, harmful toxins from our food, water, and air enter our bodies in high quantities. A buildup of toxins in the body can cause a number of unpleasant symptoms, such as digestive problems, fatigue, irritability, restlessness, headaches, and, has been linked to serious illnesses. A juice cleanse helps to detoxify the body by giving your digestive system a much needed rest from the toxic overload of our daily food consumption and from the exhaustive process of breaking down food for nutrients.

During your customized cleanse, you will enjoy 6 of our bottled juices daily, along with plenty of water. Our 100% raw juice will provide all of your essential vitamins, minerals and nutrients, which are absorbed directly into the bloodstream for instant benefits. Finally, your body can direct its energy into doing what it naturally wants to do; CLEAN, HEAL and REJUVENATE!

What are the benefits of a juice cleanse?

Juice cleansing aids in removing extra toxins and wastes from your body and introduces pure, wholesome vitamins, minerals and nutrients into your system. As a result you may experience:

- A feeling of well-being of the mind and body
- Increased energy and blood flow
- Improved metabolism and digestion
- Rejuvenated complexion
- Elevated mood and sex drive
- Reduced inflammation
- Decreased dependence on unhealthy foods

Are there any unpleasant side effects to a juice cleanse?

There may be some unpleasant physical during your cleanse, but they will most likely be mild and pass quickly. You may experience some of the following:

- Headaches
- Fatigue
- Irritability
- Constipation/Diarrhea
- Dizziness
- Elimination of mucus
- Abdominal cramps
- Increased urinary output

While bothersome, these potential side effects are a sign that your body is eliminating toxins and breaking unhealthy food addictions, which is the desirable outcome of a juice cleanse. However, if you experience any serious adverse reactions, you should break the cleanse immediately and seek medical help.

How long should your juice cleanse last?

Beyond Juice offers a variety of cleanse lengths ranging from one (1) to three (3) days, our most popular being the three (3) day cleanse. We recommend easing into the cleanse with a three-day pre cleanse diet and easing out of the cleanse with a three-day post cleanse diet (see below for more information). We also suggest making 100% raw beverages a part of your daily routine to support your health and wellness goals.

Will I lose weight on the juice cleanse?

Most people lose weight because the calories consumed during the juice cleanse are much less than their normal intake. Also, many of the ingredients in our juice have diuretic properties which help to flush toxins and excess water weight.

Can everybody do a juice cleanse?

While a juice cleanse can be highly beneficial for junk food addicts, health nuts and individuals with varying degrees of dedication to a healthy lifestyle, it is not right for everyone. If you have a medical condition or are taking medication, you should consult your doctor before doing a juice cleanse. Also, we DO NOT recommend juice cleansing before the age of 18 or if you are pregnant or nursing. However, we would still suggest making our 100% raw beverages a part of your lifestyle, whether you are cleansing or not. Routine consumption of our juice will support your health and wellness goals, and keep you looking your best.

Can I cleanse if I am taking medication?

If you take any prescription medication, you should discuss doing a juice cleanse with a medical professional prior to starting.

When or how often should you cleanse?

The answer to this question is different for everyone. A juice cleanse can kick start a change in your diet or help you get back on track after consuming too much over the holidays or on vacation. Many of our customers choose to cleanse as a seasonal routine to help maintain health goals. The frequency of your cleanses depend entirely on you and the needs of your body. Pay attention to your body and to how you are feeling! If you experience digestive problems, fatigue, irritability, restlessness, headaches or just feel out of balance, a cleanse may help you to reach a higher state of well-being.

How do I order my juice cleanse?

We encourage you to order your juice cleanse online at www.beyondjuicedetroit.com/cleanses. You can also order cleanse packs by visiting one of our locations.

Are cleanse packs available at any time?

Please keep in mind when selecting your cleanse date that we provide the cleanse Sunday through Friday.

How will I receive my cleanse?

You have the option to pick up your cleanse pack at any of our locations on the date specified upon order. We also offer delivery service for a \$10 charge, except for in Downtown Birmingham, which is free of charge. Your cleanse pack will be packaged on ice and should be refrigerated immediately upon receipt.

How should I store my juice?

Your juice should be refrigerated. If you need to transport your juice, place the necessary bottles in a cooler with ice to be accessed throughout the day.

How long do the juices keep?

Because our juices are freshly extracted and contain no preservatives, they will keep for 3 days after delivery, as long as they are kept refrigerated or on ice.

How can I prepare for a juice cleanse?

To maximize the benefits of your cleanse and prepare your body for juice cleansing, we recommend making some changes three days prior to your cleanse. Focusing on wholesome foods that are easier for your digestive system to process, such as fresh fruits and vegetables, nuts and seeds, whole grains and plenty of water will help break your dependence on processed foods that contribute to toxic buildup in your system.

During these three days, avoid meat, poultry, eggs, dairy, refined starches (bread, white rice, pasta), sugary foods and beverages, carbonated beverages, caffeine and alcohol, which can all tax your system. Instead of using processed oils to cook foods, try steamed meals and soups. The goal is to keep it clean!

Do I have to drink all six juices daily during the cleanse?

We have formulated your customized cleanse to provide the nutrients needed throughout your day and to promote an optimum detoxification process. To reap the most benefits and nutrients you should drink all of the juices and nut milk.

Does it really matter what order I drink the juices?

We have arranged the juices in your customized cleanse to deliver the type of energy you need when you need it and to optimize the detoxification process. It is important to drink the juices in the order specified. For example, the last beverage of the day, a protein rich cashew milk, will ensure that you are satisfied throughout the night and can obtain restful, restorative sleep.

I'm allergic to cashews – do you have a replacement for the Cashew Milk?

Yes! Please inform us if you have any allergies prior to the cleanse, and we will substitute any necessary beverages with a green juice that will work meet your needs.

Can I have anything other than juice during the cleanse?

Yes. During the cleanse period, in addition to the beverages provided in your customized cleanse, you should drink plenty of water. As an option you may also have herbal teas and low-sodium vegetable broth, if needed.

Can I exercise during my cleanse?

Yes, moderate exercise will help your body to eliminate toxins through your sweat. Don't push yourself too hard, though. If you experience any light-headedness or discomfort while exercising, stop to rest immediately, and seek medical help if needed.

Should I continue to take my multi-vitamins during the cleanse?

We do not suggest taking a multi-vitamin during your cleanse because it is not necessary, and could interfere with the detoxification process. By consuming the six (6) daily beverages provided in your cleanse, you will receive all of the vitamins and minerals required, and these nutrients will be absorbed directly into your bloodstream. Most commercial vitamins are fat-soluble, and most of the vitamins will be flushed out if taken during the cleanse. If your body is eliminating unnecessary vitamins, then it cannot focus on eliminating harmful toxins as efficiently as desired.

Can I drink Kombucha Tea while on the cleanse?

While Kombucha Tea contains probiotics that can aid digestion, it may also contain trace amounts of alcohol, caffeine and sugar. Therefore, we recommend avoiding it during your cleanse.

Can I eat normally after the cleanse is finished?

We recommend that you ease out of your cleanse by introducing solid foods slowly over the 3 days immediately following your liquid diet. Eat small meals filled with wholesome, raw fruits, vegetables, nuts, seeds and whole grains.

When cooking foods, be sure to avoid processed oils or anything deep fried. If you are ready to introduce animal proteins, choose lean meats and fish. Continue to avoid caffeine, alcohol and sugar during this time.

Also, be sure to drink plenty of water, as your body will continue to flush toxins during this post-cleanse period. We recommend continued daily consumption of 100% raw juice after your cleanse to help support your health goals. You did it, and we are confident you will be happy with your results. Stick with healthy choices, and you will feel the benefits of your cleanse longer.

How is your juice made?

We start by choosing the highest quality, fresh, local produce, and extract its juice using both cold press and centrifugal juicer machines. The delicious result is nutrient rich liquid that is free of fruit/vegetable pulp.

Is your juice 100% organic?

No, we are not 100% organic. We do purchase some organic produce and more of it when it is in season. We strive to offer the best quality at a reasonable price point in order to accommodate our customers.

What if I have questions during my cleanse?

Our trained staff is here to answer any questions you may have before, during or after your juice cleanse. Email alexis@beyondjuicedetroit.com anytime for support or to talk about our favorite topic: JUICE!