

## WHY JUICE CLEANSE?

Your body is a magnificent machine. It takes in raw materials - oxygen from the air, and water, carbs and proteins in your food - and utilizes them. Our bodies then eliminate the unneeded toxic byproducts - carbon dioxide, uric acid, lactic acid, and other natural byproducts of digestion and metabolism.

Living in our polluted modern world, our bodies encounter many toxins each day. In the air we breathe, in the water we drink, in the food we eat. Pesticides, heavy metals, residues of molds and fungi are persistent. Our body is in a constant struggle to clear these things out.

Over the years we become more and more clogged and hardened. Gumming up our works, slowing metabolism, causing aging and disease. Thus, we cleanse. The cleansing process helps our body flush these toxins out, leaving us feeling healthier, stronger, and literally rejuvenated - "restored youth".

## WHY DOES IT WORK?

- replace your normal daily meals with our thoughtfully designed cold-pressed juice's, mylks, and blended elixir's.
- eliminate the snacks and stimulants like alcohol and caffeine, and drink plenty of water
- you take care of yourself and get plenty of rest
- you can add in optimal activities like moderate exercise to help the process.

The Juice Supply Slim & Glow (Bridal) Cleanse has been well thought out to cover all the macro nutrient bases. This assures a resting of the bodily digestive system freeing up energy and unclogging pathways preparing the body for assimilation. Importantly, this cleanse delves deep into the micro nutrients, phytochemicals, pre and probiotics, enzymes, co-factors, and whole food derived nutrients which work in synergy to assist, transport, and assure assimilation effectively deep into the bodily tissues, organs, and fluids.

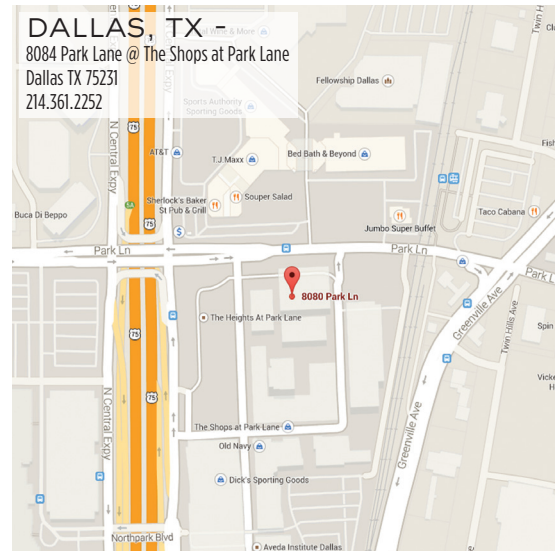
## HOW DO WE DO IT ?

Green is the key to longevity - a diet rich in all-natural plant-based foods, full of bio-available, bio-photon energy. Our cleanses are full of solar-powered goodness, nutrient-dense raw leafy greens, and selection of nuts and fruits for their nutrient-dense healing and adaptogenic powers.

## WHY DO THE JUICE SUPPLY CLEANSE?

- our ingredients are all raw, whole, fresh, organic and local sourced when possible, seasonal, and of the highest quality
- all ingredients have a healing purpose
- we use NO wheat, dairy, meat, gluten, additives, or processed sugars in any of our products

## LOCATIONS



FIND ALL OF OUR LOCATIONS AND  
ADDITIONAL INFORMATION  
<http://www.juicesupply.com>

☎ 800-207-0361

✉ [orders@juicesupply.com](mailto:orders@juicesupply.com)

# JUICE SUPPLY



the  
**JUICE SUPPLY**  
cleanse program

## SLIM & GLOW (BRIDAL) CLEANSE

The Juice Supply treatment is a healthy, delicious and convenient way to clear your system of toxins that slow down your body & mind

**MULTIPLE DAY PROGRAMS  
TO CHOOSE FROM**

<b>1 DAY</b>	clear the pipes
<b>3 DAY</b>	flush and restore
<b>5 DAY</b>	out with the old, being renewed
<b>7+ DAY</b>	full body rejuvenation

## THE DAY'S SCHEDULE

### first thing in the am

Start your day off with the provided bottle of lemon water which contains a full 2 oz of cold pressed lemon juice and alkaline water.

### 8 AM THAI DETOX

*young thai coconut water, pineapple, cilantro, dandelion, lemon, turmeric root*

this first green juice of the day has a bright pleasant taste disguising the deeply cleansing and alkalizing qualities of the cilantro, dandelion, and turmeric root

### 10 AM YOGA PURIST

*swiss chard, cilantro, parsley, dandelion, kale, spinach, celery, cucumber, lemon*

this energizing dark leafy green juice sets you up for a day of cleansing without fatigue due to the individual amino acid content of each leafy green with a touch of lemon to balance the flavor profile

### 12 PM FOREVER GLOWING

*sencha green tea, lemon, coconut, schizandra, astragalus, goji berries, lucuma, vitamin e, raspberries*

The forever glowing is designed with historically proven chinese herbs, schisandra, astragalus, and goji berries. These herbs are known to nourish, smoothen, and brighten the skin. Along with our triple strength brewed organic japanese sencha green tea packed with catechins which kick start the metabolism and have a slimming effect, green tea catechins offer proven anti-oxidant activity. This drink is essentially a beautifying sliming and anti-aging supreme tonic.

### 3 PM PEARL MYLK

*coconut mylk, fresh water pearl powder, chrysanthemum tea*

For nearly six thousand years, the ruling and noble class Chinese women have used finely ground fresh water pearls as an internal beauty treatment. These woman for centuries have been admired for their flawless complexions. It is largely thought it is a direct result from them consuming this pearl tonic herb. This is magically combined with the water of organic fresh cracked young thai coconuts and the meat. This beauty elixir combines the water and meat of a fresh cracked certified young thai coconuts, blended with this elite pearl powder. Rounding out the forever young and beautiful promise of this elixir is chrysanthemum flower. This chrysanthemum flower like pearl has been proven as an eye brighter and beautifier.

### 6 PM EXTINGUISHER

*ginger root, turmeric root, cayenne, pineapple*

This fresh turmeric root based elixir is designed to effect immediate and effective anti-inflammatory, anti-oxidant, anti-aging, and metabolism stimulating properties. Hundreds of studies show turmeric root not only alleviates pain related to many inflammatory issues but when combined with the ginger root, cayenne, and enzyme rich pineapple this mix becomes an effective elixir for reducing inflammatory related puffiness in the skin and bloating in the abdominal region.

### 7 PM CRUCIFEROUS FREE

*spinach, dandelion greens, romaine, celery, cucumber, parsley, cilantro, lemon*

This elegant cruciferous free green juice provides deeply hydrating, nourishing and alkalizing nutrients. Designed without any cruciferous greens to provide balance and avoid alkaloid buildup. Amongst the numerous benefits of green juice, those most relevant to this cleanse are the refreshing, rejuvenating, and youthening qualities which these ingredients impart. Amongst the benefits of this green juice those most desired for this cleanse is the resulting look of fuller, supple, clear, brilliant agelessness. Green juices are exceptionally alkalizing which creates an aura of wellbeing and vitality.

### 8 PM EVENING REJUVENATION

*bulgarian rose water, coconut, mulberries, magnesium, blueberries, holy basil, valerian root, dates, wild canadian hemp protein, probiotics w/prebiotics*

The final elixir of the days cleanse is based on the science of the ayurvedic medical system. The synergy of these ayurvedic herbs combine to assist and ensure a very deeply rejuvenating and restful sleep. These herbs have been chosen to foster reaching the deepest stage of sleep due to their anti-anxiety, anti-stress, anti-tension, and mind calming properties. Deep sleep is perhaps the best beauty tonic of all.

### 8 PM SLEEPY TIME SHOT

*holy basil, valerian root, reishi with reishi spores, bupleurum & dragon bone*

Taken after the Evening Rejuvenation, the Sleepy Time Shot provides for a restful nights sleep. This calming, stress reducing adaptogenic formula provides for the release of constrained liver energy, the enhancement of adrenal functions, and the balancing of blood sugar levels. These functions are hyper-potiated by regulating the immune system and providing anxiolytic and relaxing effects on the brain and modulating the central nervous system enabling a restful nights sleep.

### HOW MUCH DOES IT COST?

1, 3, 5, or 7+ days

\$75.00 per day

## PRE TREATMENT

There are a few things you can do before you begin your cleanse to prepare your body. It's always better to make gradual changes in your diet, so try to ease into these over a few days or weeks if possible.

- Reduced red meat
- Reduced white sugar
- Reduced soda pop
- Reduced white flour products
- Reduced gluten, wheat or yeast
- Reduced caffeine (Green Tea is good, however)
- Reduced alcohol
- Reduced dairy
- Reduced table salt (switch to Himalayan or Celtic sea salt)
- Reduced artificial or processed foods

## POST TREATMENT

Upon completion your biological taste buds should be reset. Your renewed familiarity with "real" food should vanquish your older cravings for less than optimal foods. With your bodies new reorientation we suggest continuing post cleanse with primarily raw living foods. Juices, blended elixirs, and fermented foods should make up the bulk of your new enzyme and probiotic rich daily food choices.

- Start each morning by drinking 1 glass of water with a squeeze of lemon
- Green smoothies for breakfast made with organic almond milk or water
- Eat seed-bearing fruit as your preferred snack (for higher biophoton energy)
- If you only see brown foods on your plate, you need to add color!
- Eat a variety of vegetables, especially wild greens and dark leafy greens like spinach and kale
- Eat iodine rich foods such as kelp to replenish your body's iodine

## WATER, WATER & MORE WATER

try to drink 1 entire 12oz. glass of room temperature purified water between each juice

These statements presented on this menu have not been evaluated by the food and drug administration. These products are not intended to diagnose, treat, cure, or prevent any disease