


 <b>WHEN/WHY SHOULD I CLEANSE?</b>	<b>BEFORE STARTING A CLEANSE</b>	<b>DURING YOUR CLEANSE</b>	<b>TRANSITIONING OUT OF A CLEANSE</b> 
<p><i>When</i> to cleanse is entirely up to you. <i>Why</i> to cleanse boils down to <i>What</i> your goals &amp; realistic expectations are.</p> <p>Some people like to cleanse quarterly to reset the body as the seasons change while others prefer to cleanse on a monthly basis or particularly, after an indulgent weekend or vacation.</p> <p>.....</p> <p>If weight loss is your goal, you may choose to cleanse more frequently over a shorter period of time or simply incorporate juices into an existing clean diet. Listen to your body. If you're feeling sluggish, more bloated than usual or just 'off', it could be your body telling you it's time to perform some maintenance.</p> <p>.....</p> <p>Your daily habits, lifestyle &amp; general diet play a large part in your juicing experience.</p> 	<p><b>3 &amp; 4 Days Before:</b> Begin removing processed foods from your diet. [i.e.: canned foods, bagged snacks or boxed foods, refined sugars, artificially flavored, sweetened or preserved foods, etc..] Try to focus on eating whole foods that include fresh fruit, vegetables, lean meat, grains &amp; legumes. Avoid anything fried. Go for foods that are raw, steamed, poached, grilled or baked. If you drink caffeinated and/or alcoholic beverages regularly, start reducing your consumption.</p> <p><b>2 Days Before:</b> Begin removing meat, poultry &amp; dairy foods. Completely remove alcoholic and/or caffeinated beverages from your diet. Focus on eating a vegetable rich diet and supplement with fish, grains &amp; legumes.</p> <p><b>1 Day Before:</b> Remove all animal products from your diet and focus on a vegetable based diet. Supplement with legumes, grains &amp; nuts.</p>	<p>Try to drink only the juices in your cleanse package.</p> <p>.....</p> <p>Drink at least 8 cups of water.</p> <p>.....</p> <p>Space out your juices like snacks or mini meals, every 2 to 2.5 hours. Set an alarm to help manage your time.</p> <p>.....</p> <p>Engage in light exercise daily or as your body can handle.</p> <p>.....</p> <p>Sleep for 7-8 hours each night.</p> <p>.....</p> <p>If you must eat something other than the juices, we recommend the following:      Snack on water rich vegetables, a small, meatless &amp; dairy free salad without dressing or with a dressing that doesn't contain animal product. Avocado or plain broth might satisfy the full, savory flavors we are used to consuming.</p>	<p><b>1 &amp; 2 Days After:</b> Begin incorporating solid fruits &amp; vegetables, fresh salads, legumes, plant based proteins, vegetable soups, broths &amp; other light vegetarian meals. Avoid animal product, processed foods, alcoholic &amp; caffeinated beverages. *Black or green teas typically contain less caffeine than coffee and are slightly less acidic. If you're jonesing for an energy kick, try tea. Herbal teas, generally are not caffeinated and can be enjoyed throughout your day.</p> <p><b>3, 4 &amp; 5 Days After:</b> Continue to focus on a vegetarian-based diet. If you would like to, begin adding in whole grains, fish and lean meats for one or two meals of the day. Resume to avoid alcoholic &amp; *caffeinated beverages (*see above), fried foods, dairy, processed foods &amp; nutritionally low valued carbs such as pasta &amp; rice.</p> <p><b>6 &amp; 7 Days After:</b> If you'd like to add in other lean proteins such as chicken or pork, do so. Continue to focus on eating whole foods avoiding refined sugars and processed foods. Now that your system is cleaner than when you began, you may notice a single cup of coffee or shot of espresso to be stronger than you remember. The same goes with alcoholic beverages. Intoxication may occur quickly &amp; the end results may be more aggressive than you would have experienced pre-cleanse.</p> 

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