

INSTRUCTIONS



Refresh
Cleanse



Cleanse Instructions

Congratulations! You have taken the first step to detoxifying your cells, cleansing your liver, pancreas and giving your digestive system a much needed break! Remember, it takes some willpower to get your energy via healthy organic fruits, vegetables and raw nut milk. Just keep in mind this is the perfect way to reset and rebalance your carb cravings and get your portions back in line, not to mention your skin will look refreshed, your tummy will lose the bloat and some even report weight loss. If you have been eating a lot of processed food that the body craves it's possible to have an upset stomach. This is not uncommon and should pass without an issue.



Start your day with water and a hot or cold green tea if you like. If you don't like green tea have a warm lemon flush by squeezing $\frac{1}{2}$ lemon in a cup of hot water.

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You will drink one juice drink approximately every 2 hours and finish with a rich, protein nut milk that should leave you feeling satisfied and full until the morning. Headaches can be common the first day as your body sheds toxins and feels hungry for carbohydrates.

It is important that you drink at least 8 glasses of water throughout your day. You may still have a headache on day two as well, and can take an over the counter medication of your choice.

Remember, it is quite a challenge to only drink your energy



source and will take some mental fortitude to sustain the plan, but it is worth it! You may even lose about a 1lb per day and leave your body energized and your skin glowing.

As you transition to eating again it's a great time to make good choices for portion control and attempt to maintain as much of a plant based diet as you can to continue a clean eating lifestyle.

Congratulations on making the choice to give your body the ability to detoxify and rid yourself of cravings for unhealthy foods. All the best and call with any questions!

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Disclaimer: Fresh Juice Bar does not diagnose, treat or claim to treat illness. Individuals with serious illness, taking prescription medicine, or who are pregnant should consult with their physician before starting a juice cleanse. Sorry, no refunds.