

RAW CLEANSE IT'S TIME WE CLEAN UP



CHOOSE CLEANSE FREQUENCY.
Consult our in-house nutritionist if you need help deciding

START WITH CHOOSING YOUR CLEANSE PROGRAM LIGHT & DEEP

WHY?
ALL GOOD. NO BAD.
Feel alkalized, energized & focused. Sleep better & eat better.

WHAT?
6 JUICES PER DAY.
Consume each juice every 2.5 hours. Let the cleanse nourish you with vitamins, anti-oxidants, minerals and living enzymes.



1 PRE CLEANSE

Before you begin your cleanse, give your body a small warm-up for 2-3 days before you cleanse.



HYDRATE
Drink 8 glasses of water to kickstart the cleansing process



EAT RIGHT
Eat fresh fruits, raw vegetables, whole grains, eggs, steamed fish. Avoid alcohol, caffeine, sugar, dairy, red meat and gluten.



SET GOALS
Commit to change in lifestyle. Write down your goals to reveal the intention for your juice cleanse.

2 DURING CLEANSE

The liver, kidneys and your lungs, all work hard to cleanse the system which at times leaves you exhausted. Some tips to help you sail through:



EAT RAW
4 PM hunger pangs are normal. It's a sign that your body is detoxing. If the cravings are T-Rex munch on some fresh fruit, cucumbers or carrots.



HERBAL TEA
Hydration can be boring and 8 glasses are a must. Spice your hydration essentials with a cup of your favourite green tea or coconut water.



WALK
Going for a walk will help you feel active and combat the cravings. If you experience cramps while walking you must drink more water.



REST
Use the cleanse as a time to connect with your body. Give it the rest it requires. Try sleeping early.

3 POST CLEANSE

Slowly introduce your body back into your routine. Begin with small meals, both solids and liquids.



Combine fresh fruits, raw salads, steamed vegetables and olive oil dressing



Include fresh fruit, raw salads, steamed vegetables, eggs and whole grains



Slowly introduce dairy products, steamed cottage cheese or fish. Avoid red meats.

CLEANSE BENEFITS



A Regulated Colon



Increased Energy and Stamina



Increased mental clarity



Better Sleep Patterns



Radiant Complexion, Healthy Hair and Nails

