



Raw Blendz

juices - smoothies - bowls

Fresh & Clean.

Local Juicery & Great Vibes.

CLEANSE GUIDE

www.rawblendzjuicery.com

JUICE

* Get ready to jump-start your long term diet plans and kick bad habits to the curb.

WHY CLEANSE?

Around 70% of your energy is spent on digesting your food everyday. When we drink fresh juice from whole fruits and veggies rather than eat them, it gives our digestive system a break, and allows our bodies to easily absorb the flood of nutrients we are taking in. This break gives our body the time to focus on healing itself and flushing out stubborn toxins and waste.

- Good Nature

Healthy Weight Loss

Jump-start

Only 1000 Calories per day and infused with

super-foods, enzymes and antioxidants to help:

✓ Relieve Bloating

✓ Eliminate Waste

✓ Promote Digestive Wellness

✓ Boost Metabolism

✓ Improve Digestion

✓ Increase Energy

OUR JUICES ARE:

✓ Cold-Pressed

✓ Zero Gluten

✓ Zero Refined or Added Sugars

✓ Zero Preservatives

✓ Zero Artificial Colors

✓ Zero Artificial Flavors

✓ 100% Vegan

✓ 100% RAW

NO CAFFEINE DURING CLEANSE



CLEANSE

Basic 3 or 5 day package:

- 8:00am Decaf-Tea or hot water (helps with digestion, and boosts immune system).
- 9:00am Master Cleanse Juice
- 10:00am water 24oz +
- 12:00 pm Greens of Joy Juice followed by decaf tea or water
- 2:00pm The Wonder Shot
- 3:00pm Daily Glow Juice
- 6:00pm Decaf Tea, allows your body and brain to relax or (POWER SMOOTHIE) if doing " Power Cleanse
- 8:00pm Red Potion Juice
- 9:00pm Drink more water
- Optional : If hungry chew 2 sticks of celery or 1 cup of cucumber slices or 1 cup of Jicama. Small portions of water vegetables are easy to digest and harmless while cleansing.

AFTER CLEANSE

- EAT WHOLE FOODS
- INCORPORATE LOTS OF FRUITS AND VEGGIES TO YOUR DIET
- EAT HEALTHY FATS
- AVOID LACTOSE PRODUCTS AND GREASY FOODS
- WATCH (& REDUCE) YOUR SUGAR INTAKE
- DRINK LOTS OF WATER DAILY

