

# CLEANSE PROGRAM

## STAGE 1 // BEGINNER

### 4 Smoothies and 1 Juice Per Day

Stage 1 offers plenty of variety and keeps your tummy satisfied. This stage is great for beginners and for those looking to cleanse while maintaining a regular routine and busy lifestyle. It is also a good way to prepare for a Stage 2 or Stage 3 cleanse. Drink plenty of water and non-caffeinated herbal tea throughout the day.

#### Timeline:

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Smoothies</b> -Green Harvest -Berry Vitality -Exotic Tropic -Luscious Cacao	<b>Smoothies</b> -Green Harvest -Berry Vitality -Exotic Tropic -Luscious Cacao	<b>Smoothies</b> -Green Harvest -Berry Vitality -Exotic Tropic -Luscious Cacao	<b>Smoothies</b> -Green Harvest -Berry Vitality -Exotic Tropic -Luscious Cacao	<b>Smoothies</b> -Green Harvest -Berry Vitality -Exotic Tropic -Luscious Cacao	<b>Smoothies</b> -Green Harvest -Berry Vitality -Exotic Tropic -Luscious Cacao	<b>Smoothies</b> -Green Harvest -Berry Vitality -Exotic Tropic -Luscious Cacao
<b>Juice</b> -In Harmony	<b>Juice</b> -Detoxifier	<b>Juice</b> -Morning Sunshine	<b>Juice</b> -Vitamin Healer	<b>Juice</b> -Tropic Crush	<b>Juice</b> -Refresh	<b>Juice</b> -Green Glow

## STAGE 2 // INTERMEDIATE

### 3 Juices, 2 Smoothies, and 1 Wellness Shot Per Day

Stage 2 cleanse helps jumpstart the cleansing and healing process while still allowing you to feel satisfied and fulfilled. Enjoy a wellness shot, three juices, and two tasty smoothies each day. Drink plenty of water and non-caffeinated herbal tea throughout the day.

#### Timeline:

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Juices</b> -Blue Heart -Immunity Booster -Green Glow	<b>Juices</b> -Tropic Crush -Detoxifier -Refresh	<b>Juices</b> -In Harmony -Morning Sunshine -Vitamin Healer	<b>Juices</b> -Blue Heart -Immunity Booster -Green Glow	<b>Juices</b> -Tropic Crush -Detoxifier -Refresh	<b>Juices</b> -In Harmony -Morning Sunshine -Vitamin Healer	<b>Juices</b> -Blue Heart -Immunity Booster -Green Glow
<b>Smoothies</b> -Green Harvest -Berry Vitality	<b>Smoothies</b> -Green Harvest -Exotic Tropic	<b>Smoothies</b> -Green Harvest -Berry Vitality	<b>Smoothies</b> -Green Harvest -Exotic Tropic	<b>Smoothies</b> -Green Harvest -Berry Vitality	<b>Smoothies</b> -Green Harvest -Exotic Tropic	<b>Smoothies</b> -Green Harvest -Berry Vitality
<b>Wellness Shot</b> -Antioxidant	<b>Wellness Shot</b> -Mental Clarity	<b>Wellness Shot</b> -Immunity	<b>Wellness Shot</b> -Anti Inflammatory	<b>Wellness Shot</b> -Gut Health	<b>Wellness Shot</b> -Antioxidant	<b>Wellness Shot</b> -Mental Clarity

## STAGE 3 // ADVANCE

### 6 Juices and 2 Wellness Shots Per Day

Stage 3 is for more experienced cleansers and is ideal for those who want a solid and deeper result-oriented cleanse. Drink six juices and two wellness shots per day. Help flush out toxins by doing some light exercise and stretching, and drink plenty of water and non-caffeinated herbal tea throughout the day.

#### Timeline:

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Juices</b> -Blue Heart -Immunity Booster -Green Glow -In Harmony -Morning Sunshine -Vitamin Healer	<b>Juices</b> -Tropic Crush -Detoxifier -Refresh -Loving Green -Morning Sunshine -Green Glow	<b>Juices</b> -In Harmony -Morning Sunshine -Vitamin Healer -Detoxifier -Refresh -Immunity Booster	<b>Juices</b> -Blue Heart -Immunity Booster -Green Glow -In Harmony -Morning Sunshine -Vitamin Healer	<b>Juices</b> -Pure Celery -Balance -Orange Kiss -Garden Stroll -Roots -Inspiration	<b>Juices</b> -Pure Celery -Balance -Orange Kiss -Garden Stroll -Roots -Inspiration	<b>Juices</b> -Pure Celery -Balance -Orange Kiss -Garden Stroll -Roots -Inspiration
<b>Wellness Shot</b> -Antioxidant -Mental Clarity	<b>Wellness Shot</b> -Immunity -Anti Inflammatory	<b>Wellness Shot</b> -Gut Health -Antioxidant	<b>Wellness Shot</b> -Antioxidant -Mental Clarity	<b>Wellness Shot</b> -Immunity -Anti Inflammatory	<b>Wellness Shot</b> -Gut Health -Antioxidant	<b>Wellness Shot</b> -Antioxidant -Mental Clarity

# F&Q

## AM I ONLY GOING TO DRINK THE ITEMS PROVIDED TO ME FOR THE NEXT NUMBER OF DAYS?

YES!

## HOW ABOUT A CUP OF COFFEE?

No.  
Caffeine is a toxic substance, and while cleansing, the body will be aggressively removing it along with many, many other toxins. So, drinking coffee would be counterproductive. Furthermore, the process of cleansing the body is not entirely without discomfort. People who drink a lot of caffeine often develop a headache on and off for at least a day or two while juice cleansing.

## WILL I GAIN ENERGY?

Yes!  
During the first few days of your juice cleanse your body heavily detoxifies. You do this by utilizing the energy usually set aside for digestion. So, as a byproduct of slowing down or stopping your digestive process, you gain lots of energy. Once the detoxification process is in the completion phase, that extra energy is then used to fuel greater brain and body function and harmony.

## CAN I DRINK TEA?

Yes. Stay with caffeine-free varieties such as rooibos or chamomile.

## CAN I EAT SOMETHING SMALL?

No.  
In order to get the greatest benefit from your cleanse, you must abstain from eating any and all food. On a fast, we want to slow or even stop the digestion entirely. With all its energy focused on breaking down the fiber, no cleansing can occur.

## IS THERE AN ORDER I SHOULD DRINK MY JUICE IN?

No order is necessary, the only guidelines are to drink lots of water, drink juice when you feel hungry (every two or three hours), and finally drink your last juice at least three hours before you go to bed. You may drink water or hot tea (without caffeine of course) closer to bedtime.

## HOW LONG SHOULD I CLEANSE?

Three days of juice cleansing will greatly detoxify you. However, it is a very personal experience and some people will take longer to get fully detoxified. It is also dependent somewhat on age. Most people beyond the age of 30 have begun to store toxins in large and dangerous quantities. This will take a little longer to clean out. Seven full days of juice cleansing will purify your blood of bacteria and other harmful parasites. On average, most people over thirty could do with a ten-day cleanse. This ensures complete detox and at least a few days of bountiful energy really helping to restart the system. If you want to continue the journey, twenty days of cleansing offers a great sense of spiritual wellbeing and a complete mental calm. Finally, thirty days on a juice cleanse would be long enough for you to have replaced any and every damaged cell throughout every organ in your body. This is truly amazing. Anything beyond thirty days is icing on the cake for the average person. However, some people may greatly benefit from cleansing for longer periods of time.

## CAN I PICK UP ALL MY JUICE AT ONE TIME?

No.  
When it comes to juice, the fresher the better. So we encourage you to pick-up your juice daily. Plus, this gives us a chance to “check-in” on how you are doing on your cleansing journey.

## WHAT IF I WANT TO STOP A DAY EARLY OR ADD THREE DAYS ONTO MY CURRENT CLEANSE?

No problem. Just always be sure to communicate this to us 24 hours in advance. This will help us to either stop production or increase it per your needs. You just might find that you feel so good on your juice cleanse that you want to keep it going for a few more days. Plus you know that the longer you cleanse the better it is for you. It is not too uncommon for people who are struggling with obesity or have other serious health concerns to do 30 and even 60 days juice fasts. On the other hand, you may want to stop in the middle of a long fast and pick it up again later. Just let us know upon picking up your last day, that you need to put your cleanse on hold and we will set-up a future date to restart.