

Drink your juice the **WAY YOU WANT**

1. On your **own time!**

Choose which package works for you. Drink one, two, or as many as you wish per day: *this is on your time and how you feel depending upon the day.*

Remember our juices are designed to boost your metabolism, flooding the body with an overwhelming amount of nutrients, antioxidants, vitamins and enzymes your body needs daily. **Drink your juice on your own time!**

2. With our **cleanse guide**

Our cleanse guide is available to use as a tool to maximize your results. Your success will depend on how committed you are. **Stick to the cleanse guide for best results.**

Your health is not a joke, at least we don't think it is.

Whenever you are ready to take the next step and get serious about your overall health, OR if you are looking to enjoy great tasting juice which will jump start your immune system, we will be here ready to serve you.



THAWING OPTIONS

OPTION 1:

Place juice into empty container.

Fill container with cold or warm water, NOT HOT. Allow juice to thaw up to 30-45 minutes in container.

Drink and enjoy!

OPTION 2:

The evening before, allow bottles to sit out in room temperature for 4-5 hours to thaw properly. Place back into fridge.

Example: Thaw bottles from 4pm-8pm. Place back into fridge at 8pm. Go to bed, wake up and begin to drink! Don't forget to put juice back into fridge before going to bed.

CAUTION

Remember that it is fresh juice with no preservatives. Once thawed, you have up to 72 hours to drink it all. If you have not drank your juice after 72 hours, throw it out.

SUPREME CLEANSE

Instruction guide

It is now time to pay attention closely as we have instructions and tips below on how to help you complete the juice cleanse successfully!

IT IS PRE CLEANSE TIME!

Why is preparing for a cleanse important? It is important to notify your body of an upcoming change so the transition from food to juice will be much easier on your stomach. If you decide not to do a pre-cleanse, you may shock your body at the last moment and fail to finish the cleanse. In order to get the results our cleanse is designed to do, it is important to cut out certain food groups 24 hours prior from beginning the cleanse.

- We recommend you eat wholesome foods and AVOID foods such as: **Meat, Poultry, Rice, Pasta, Bread, Dairy, Eggs.**
- Foods highly recommended are: **Fruits, Vegetables, Smoothies, Nuts, Salads.**
- And at least **70 ounces of water** throughout the day.

During the cleanse, you will only be drinking our juices and it is important to always stay hydrated every day, especially during our cleanse.

We recommend drinking one gallon a day of alkaline water with a pH balance between 8.5 and 10. Studies have shown that it is difficult for sickness and diseases to live or spread in an alkaline state. We strongly suggest buying alkaline water for your cleanses. It is the only water we drink on a daily basis as a family.

IT IS POST CLEANSE TIME!

Once the juice cleanse has been completed, we have one more step to follow, and this is your POST CLEANSE. It is important to begin introducing organic fruits, vegetables and salads during the first 24 hours after you have finished the cleanse.

Another great soft food we highly recommend is cottage cheese (our favorite). It is easy on the digestive tract and high in protein. Chicken noodle soup is another great one. Once the 24 hours is up on your post cleanse, begin introducing eggs, meats and rice again.



Daily Juice CLEANSE MENU

Begin at 7:00 am



To jumpstart your day the healthy way first drink a glass of warm water with fresh squeezed lemon juice 1 hour prior to your first juice. While drinking the water, eat the **Mineral Sea Salt**. A few minutes later, eat the **Bee Pollen**. When you finish your glass of water it is time to "**Wake Up And Beet It**" and the "**Morning Sunrise**" and drink your daily juices.



8:00 am

MATCHA MATCHA MAN



10:00 am

FARMERS CHOICE



12:00 m

FARMERS PARADISE



2:00 pm

PAPA DRAGON



4:00 pm

DEEP SEA GREEN



6:00 pm

HEART+BODY+MIND=RESET



8:00 pm

CHICKEN BONE BROTH



**These juices are
HIGHLY PERISHABLE.
You must drink them within
72 hours of thawing.*