

BEFORE YOU GET STARTED

Embarking on an organic juice cleanse is not simply about detoxification; it's a journey, an exploration of your body's health. With our vast experience in juice cleansing, our health professionals are here to guide you on this voyage. Welcome to the Creative Juices family! Your commitment to a juice cleanse is the beginning of an exciting new chapter... but what comes next?

The initial step is to assess your current dietary habits and establish the right duration for a pre-cleanse diet. This prepares your body to counter possible detox side effects, which can include fatigue, headaches, body aches, mood swings, anxiety, and irregular bowel movements, among others. In essence, prepare in advance to harvest all the benefits of this detoxification process. Make sure to conduct some research before beginning a health-focused juice cleanse.

Understanding Your Eating Habits + Prepping Your Body for the Cleanse: **Fast Food Fanatic:** You have a penchant for sweet treats and your diet is dominated by sugary foods; fast food is your go-to meal, and soda is your preferred beverage over water.

Our specialists suggest a full week of dietary transition to minimize possible detox side effects. Gradually reduce junk food intake and replace it with healthy options like salads for lunch and fruits for dessert.

PROCESSED FOOD PATRON: You frequently choose pasta from a box, microwaveable meals, and regular fast food dinners, essentially pre-packaged and processed foods.

Allocate 5 days to transition by planning your meals in advance and integrating as many fruits and vegetables as possible.

WEEKEND INDULGER: You maintain a healthy diet during weekdays, but as soon as the weekend arrives, you dive into happy hour deals, lavish Saturday dinners, and extensive Sunday brunches.

Spend 3-4 days detoxing the processed foods and alcohol consumed over the weekend. Opt for a salad instead of french fries and choose water over mimosas.

HEALTH CONSCIOUS: Individual: You're a green smoothie aficionado and constantly on the lookout for the newest superfood trends. But you gave in to temptation and replaced your low-calorie oatmeal breakfast with waffles last week. Time to reestablish your healthy routine! Take 1-2 days to reacquaint your body with clean eating.

PRE-CLEANSE CHECKLIST

Aim to reduce your body's acidity by cutting out or significantly reducing intake of these acid-forming foods:

- Alcohol
- Dairy
- Refined sugars including corn syrup, white, and powdered sugars
- Animal products including bacon, red meats, jerky, sausages, etc.
- Caffeine – limit coffee and completely avoid sodas
- Processed foods - anything boxed, canned, or bagged with artificial flavoring, preservatives, and additives

Plan your cleanse schedule carefully. Choose a week or specific days when you won't be distracted or tempted by extra work or social engagements. Consider this time as a self-care gift for your body to nourish and heal.

DURING THE JUICE CLEANSE

Cleanse, Reset, Restore: Navigating Your Juice Cleanse with Creative Juices Bravo! Your juices have arrived, and it's time to challenge your body and mind. Here, we'll tackle some questions you may have as you embark on your cleanse journey.

When should I thaw my juices? Your juices will arrive to you frozen or Partially to preserve freshness. As they are unpasteurized, the enzymes and beneficial bacteria are very much alive. Freezing right after pressing helps to maintain nutrient integrity.

We highly recommend thawing one day's worth of juices at a time, ideally the day before you intend to consume them. Typically, it takes about 4-6 hours for juices to defrost at room temperature. Once mostly thawed but still cold, transfer the juices, including the vegetable juice, to the refrigerator so you're ready to start in the morning. Avoid overnight defrosting! Once thawed, the juices remain fresh for about 3-4 days.

***Note: Keep juices frozen if you don't plan to start your cleanse immediately! They can remain frozen for up to 6 months.**

When do I consume my juices? The cleanse sequence is designed to help you navigate your day with ease

DAILY JUICE SCHEDULE

1. **Morning (7 AM) - Full Body Cleanse Juice:** Start your day with a green juice loaded with kale, spinach, cucumber, apple, and a hint of lemon. This juice is packed with essential vitamins and minerals to jumpstart your day and stimulate full-body detoxification.
2. **Mid-Morning (10 AM) - Liver Cleanse Juice:** This juice is specially crafted with beetroot, apple, carrot, and a touch of ginger to support liver detoxification.
3. **Lunch (12 PM) - Kidney Cleanse Juice:** Flush your kidneys with a delightful juice made of cranberries, blueberries, and apple, all renowned for their cleansing properties.
4. **Afternoon (3 PM) - Colon Cleanse Juice:** A balanced blend of psyllium husk, apple, and flax seeds to aid in colon cleansing. Remember to consume this juice quickly as psyllium husk thickens over time.
5. **Late Afternoon (5 PM) - Heavy Metal Cleanse Juice:** This potent juice features cilantro and green apple, both known to help your body rid itself of heavy metals.
6. **Evening (7 PM) - Lymphatic Cleanse Juice:** A rejuvenating blend of lemon, ginger, and turmeric. This juice helps to stimulate the lymphatic system and supports overall immunity.

Feel free to adjust the times to fit your schedule.

DETOXING SYMPTOMS

Why do I feel unwell? Detox symptoms, as we mentioned earlier, could be responsible. These can encompass energy dips, potential mood swings, and aches, among others. Your body is actively working to expel accumulated toxins. Additionally, consuming six portions of fruit and veggie juices per day may be a new experience for your body. Don't be alarmed if you start experiencing any of these symptoms. Their intensity largely depends on your body's toxin levels.

Remember, everyone's body responds differently, and you may or may not experience any of these symptoms. Adequate sleep can be beneficial. If sleep is elusive, yoga and meditation might help. Stay hydrated! Drinking up to 8 cups of water per day aids in faster toxin elimination and brings you closer to feeling fantastic.

Listen to your body! If your body reacts adversely to the cleanse, add some solid food to complement the organic juices. Stay attuned to your body's needs, and only do what you can manage.

Can I eat during my cleanse? While the cleanse typically excludes solid food, we allow a small amount of raw nuts or a single serving of vegetables per day (any variety you prefer), lightly salted to balance sodium intake.

Can I have coffee? Concerned about caffeine withdrawal during your juice cleanse? We understand a coffee habit can be hard to break. Thus, moderate consumption of black coffee is permitted! And, as always, stay hydrated with plenty of water.

I'm not hungry but I miss the act of chewing! Take a moment to self-assess. Are you truly hungry, or are you missing the act of chewing? If it's the latter, try to distract yourself. Keep busy—drink water, start a new book, or take a stroll—and you'll soon forget.

If you're genuinely hungry, refer to the snack options mentioned earlier.

Can I exercise during the cleanse? We advise against intense physical activities during the cleanse, as it could overburden your body. Opt for gentle exercises such as stretching or yoga to calm your body and mind.

AFTER YOU FINISH YOUR CLEANSE

Cleanse, Reset, Restore: Post-Cleanse Guidance with Creative Juices Time surely does fly when you're embarking on a rejuvenating juice cleanse journey! Take a moment to applaud yourself for the commitment and effort you've put into enhancing your health. As you wrap up your cleanse, the final stage entails transitioning back into your regular life and dietary habits.

Ease Back In While the temptation to indulge in a juicy steak and a glass of red wine might be strong on day one post-cleanse, remember not to overburden your body and organs during this transition. Doing so may disrupt the internal balance you've worked hard to achieve and could potentially trigger adverse reactions, given that your body hasn't processed such foods in a while.

So, resist the urge to rush back into your previous diet and lifestyle—they're not going anywhere. Honor your body and the purification work it has performed. Avoid alcohol, dairy, red meat, and fried or processed foods during this transition.

Adopt a Healthier Lifestyle Infuse your post-cleanse life with habits you've cultivated during your pre-cleanse and cleanse phases to continue fostering your health—ease off the hit list, consume more fruits and vegetables, hydrate adequately, and continue juicing. Our Maintenance Cleanse is an ideal choice, as it's specifically designed to help you sustain a healthy lifestyle.

Keep a Check on Your Body For those grappling with food allergies or sensitivities, this is an opportune time to monitor and identify potential triggers. This could include sensitivities to wheat, dairy, nuts, soy, etc. Reintroduce these foods one at a time systematically into your diet to pinpoint the potential allergen. For instance, if you notice symptoms like cramping, headaches, or diarrhea after reintroducing dairy, you might be sensitive to dairy products.

Repeat the Cleanse Regular detoxification is a fantastic way to uphold your health. Cleansing peels off layers of toxicity, delving deeper with each round to address different areas of your body. After completing the cleanse, we recommend repeating the process every few months.

