

FOR DURING & AFTER

The Cleanse

During the cleanse



COLD-PRESSED
JUICE



WATER



HERBAL
TEA

After the cleanse



SLEEP



HEALTHY
DIET



WATER

Craving another detox?

We have several other cleanses to choose from! Visit our website and learn about which plan is right for you.

PULPANDPRESS.COM



Ready to Glow Cleanse

Daily Juice List

Drink the following juices throughout the day in this specific order.

DAY 1

- Cherry Hibiscus
- Spicy Lemon
- Hulk
- Lemon Sherbet
- Beta Blaster
- Bliss
- Envy

DAY 2

- Spicy Lemon
- Envy
- Cherry Hibiscus
- Beta Blaster
- Bliss
- Lemon Sherbet
- Hulk

The optimal time between juices is 2-2.5 hours.

If you start your morning at 7:00am, we recommend drinking Juice 1 at 7:30am and continue through out the day every 2 - 2.5hrs.



ALL JUICES MUST BE KEPT
REFRIGERATED BEFORE
AND AFTER OPENING.



PULP&PRESS®

WHAT ARE THE HEALTH BENEFITS OF All Natural Juicing?

General Benefits

BOOST YOUR MOOD & HEALTH



INCREASED MENTAL CLARITY

Cold pressed juices are rich in antioxidants, vitamins, and minerals, helping keep your mind (and body!) in top-performing shape.



REGULATE WEIGHT LOSS

The vitamins and nutrients your body absorbs during a cleanse can help promote healthy and sustained weight loss.



LOSS OF CRAVINGS

A juice cleanse can help you reconnect with your body's true signals of hunger, so you experience fewer unhealthy food cravings.



REDUCED BLOATING

Cold pressed juices are packed with digestive enzymes that work to reduce your stomach's inflammation.



IMPROVED SLEEP

Cleansing helps to rid your body of toxins that disrupt natural sleep patterns and improves your overall sleep quality.



INCREASED ENERGY

You'll experience your energy levels increase as you fill your body with nutritious, plant-powered fuel and cut out food that would usually leave you feeling bloated and sluggish.

* GENERAL BENEFITS ARE TYPICAL OF PAST JUICE CLEANSE CUSTOMERS

Your personal cleansing guide:

KEEP THESE 4 LIFESTYLE AREAS
IN MIND WHEN PREPARING FOR
YOUR CLEANSE.

- 1 Stay conscious of what you eat both during and after your cleanse to give your digestive system a chance to rejuvenate.
- 2 Get enough high-quality sleep to give your body and mind the rest needed to focus on detoxification.
- 3 Ease up on strenuous exercise and focus on moderate activities like swimming, yoga and walking to maintain physical health without overexerting yourself.
- 4 Surround yourself with a clean, organized, and comforting space to achieve stronger relaxation and focus.

Have Questions?

Contact us at support@pulpandpress.com