

BEFORE, DURING AND AFTER

# The Cleanse

## Before the cleanse



**INCREASE  
WATER INTAKE**



**HEALTHY  
DIET**



**LIMIT  
CAFFEINE**

## During the cleanse



**COLD-PRESSED  
JUICE**



**WATER**



**HERBAL  
TEA**

## After the cleanse



**SLEEP**



**HEALTHY  
DIET**



**WATER**

## Don't let your healthy habit stop here

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# The Seasonal Complete

## Daily Juice List

Drink the following juices throughout the day in this specific order.  
For 3 and 5 Day Cleanses, simply follow the same guide for the days listed.

### DAY 1

- Spicy Lemon
- Pumpkin Spice
- Red Monster
- Bliss
- Beta Blaster
- Hulk

### DAY 2

- Hulk
- Spicy Lemon
- Bliss
- Red Monster
- Pumpkin Spice
- Beta Blaster

### DAY 3

- Beta Blaster
- Bliss
- Spicy Lemon
- Pumpkin Spice
- Hulk
- Red Monster

### DAY 4

- Spicy Lemon
- Pumpkin Spice
- Red Monster
- Bliss
- Beta Blaster
- Hulk

### DAY 5

- Hulk
- Spicy Lemon
- Bliss
- Red Monster
- Pumpkin Spice
- Beta Blaster

### DAY 6

- Beta Blaster
- Bliss
- Spicy Lemon
- Pumpkin Spice
- Hulk
- Red Monster

### DAY 7

- Spicy Lemon
- Pumpkin Spice
- Red Monster
- Bliss
- Beta Blaster
- Hulk



ALL JUICES MUST BE KEPT  
REFRIGERATED BEFORE  
AND AFTER OPENING.

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.

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# WHAT ARE THE HEALTH BENEFITS OF All Natural Juicing?

## Preparing for Your Cleanse;

### COMMON FAQs ANSWERED



#### Can I eat while cleansing?

For optimal results, try to avoid solid foods, however, if you must, choose organic fruits and veggies (particularly the ones used in our juices).



#### Do I have to cut out coffee?

If this is not feasible, try to stick to 1 cup of black organic coffee maximum (or green tea).



#### How long do the juices last?

We use a natural process called HPP to preserve our juices giving weeks of shelf life (as long as juices are kept cool). As a result, we can guarantee a minimum of 2 weeks from arrival date to expiry so you have some flexibility when planning your cleanse!



#### How will this cleanse affect my energy levels?

In the first 24 to 48 hours you may notice a dip in energy levels. Ensuring you follow our pre cleanse steps and stay well hydrated throughout the process will help alleviate any symptoms in the early stages.



#### How will this cleanse impact my digestion?

There is no one size fits all response to this question unfortunately. Most see a decrease in regularity as solids are removed and then an increase again once food is introduced.

## 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 Listen to your body! If you feel sluggish, hydrate and rest! Should you have any concerns or questions, we are here to help! Send an email to [support@pulpandpress.com](mailto:support@pulpandpress.com) and our team will send a prompt reply!

## Have Questions?

Contact us at [support@pulpandpress.com](mailto:support@pulpandpress.com)