

# 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 and our team will send a prompt reply!

have questions?

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

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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## 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

- Carrot Ginger  
(PREVIOUSLY BETA BLASTER)
- Spicy Lemon
- Sweet Greens  
(PREVIOUSLY TURBO)
- Sweet Beet  
(PREVIOUSLY RED MONSTER)
- Fresh Beet  
(PREVIOUSLY RINSE & REBEET)
- Pure Greens  
(PREVIOUSLY ENVY)

### DAY 2

- Fresh Beet  
(PREVIOUSLY RINSE & REBEET)
- Pure Greens  
(PREVIOUSLY ENVY)
- Spicy Lemon
- Carrot Ginger  
(PREVIOUSLY BETA BLASTER)
- Sweet Beet  
(PREVIOUSLY RED MONSTER)
- Sweet Greens  
(PREVIOUSLY TURBO)

### DAY 3

- Spicy Lemon
- Sweet Greens  
(PREVIOUSLY TURBO)
- Carrot Ginger  
(PREVIOUSLY BETA BLASTER)
- Fresh Beet  
(PREVIOUSLY RINSE & REBEET)
- Pure Greens  
(PREVIOUSLY ENVY)
- Sweet Beet  
(PREVIOUSLY RED MONSTER)

### DAY 4

- Carrot Ginger  
(PREVIOUSLY BETA BLASTER)
- Spicy Lemon
- Sweet Greens  
(PREVIOUSLY TURBO)
- Sweet Beet  
(PREVIOUSLY RED MONSTER)
- Fresh Beet  
(PREVIOUSLY RINSE & REBEET)
- Pure Greens  
(PREVIOUSLY ENVY)

### DAY 5

- Fresh Beet  
(PREVIOUSLY RINSE & REBEET)
- Pure Greens  
(PREVIOUSLY ENVY)
- Spicy Lemon
- Carrot Ginger  
(PREVIOUSLY BETA BLASTER)
- Sweet Beet  
(PREVIOUSLY RED MONSTER)
- Sweet Greens  
(PREVIOUSLY TURBO)

### DAY 6

- Spicy Lemon
- Sweet Greens  
(PREVIOUSLY TURBO)
- Carrot Ginger  
(PREVIOUSLY BETA BLASTER)
- Fresh Beet  
(PREVIOUSLY RINSE & REBEET)
- Pure Greens  
(PREVIOUSLY ENVY)
- Sweet Beet  
(PREVIOUSLY RED MONSTER)

### DAY 7

- Carrot Ginger  
(PREVIOUSLY BETA BLASTER)
- Spicy Lemon
- Sweet Greens  
(PREVIOUSLY TURBO)
- Sweet Beet  
(PREVIOUSLY RED MONSTER)
- Fresh Beet  
(PREVIOUSLY RINSE & REBEET)
- Pure Greens  
(PREVIOUSLY ENVY)



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 throughout the day every 2 - 2.5hrs.