

# 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)

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

See what else we're pressing! Visit our website and discover more fresh flavours you'll love at

[PULPANDPRESS.COM](http://PULPANDPRESS.COM)

# the 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
- Tropical Smoothie (PREVIOUSLY MONSOON)
- Sweet Beet (PREVIOUSLY RED MONSTER)
- Berry Smoothie (PREVIOUSLY BLISS)
- Carrot Ginger (PREVIOUSLY BETA BLASTER)
- Tropical Greens (PREVIOUSLY HULK)

### DAY 2

- Tropical Greens (PREVIOUSLY HULK)
- Spicy Lemon
- Berry Smoothie (PREVIOUSLY BLISS)
- Sweet Beet (PREVIOUSLY RED MONSTER)
- Tropical Smoothie (PREVIOUSLY MONSOON)
- Carrot Ginger (PREVIOUSLY BETA BLASTER)

### DAY 3

- Carrot Ginger (PREVIOUSLY BETA BLASTER)
- Berry Smoothie (PREVIOUSLY BLISS)
- Spicy Lemon
- Tropical Smoothie (PREVIOUSLY MONSOON)
- Tropical Greens (PREVIOUSLY HULK)
- Sweet Beet (PREVIOUSLY RED MONSTER)

### DAY 4

- Spicy Lemon
- Tropical Smoothie (PREVIOUSLY MONSOON)
- Sweet Beet (PREVIOUSLY RED MONSTER)
- Berry Smoothie (PREVIOUSLY BLISS)
- Carrot Ginger (PREVIOUSLY BETA BLASTER)
- Tropical Greens (PREVIOUSLY HULK)

### DAY 5

- Tropical Greens (PREVIOUSLY HULK)
- Spicy Lemon
- Berry Smoothie (PREVIOUSLY BLISS)
- Sweet Beet (PREVIOUSLY RED MONSTER)
- Tropical Smoothie (PREVIOUSLY MONSOON)
- Carrot Ginger (PREVIOUSLY BETA BLASTER)



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.