



# 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 real break.
2. Get enough high-quality sleep to give your body and mind the rest needed to power through the cleanse.
3. Ease up on certain activities and increase others to stay fit and calm without the risk of over-exerting yourself.
4. Surround yourself with a clean, organized, and comforting space to achieve stronger relaxation and focus.

Have Questions? Contact us at [london@pulpandpress.com](mailto:london@pulpandpress.com)

# 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/OUR-CLEANSSES](http://PULPANDPRESS.COM/OUR-CLEANSSES)



# The Green Cleanse



## DAILY JUICE LIST

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

### Day 1

1. Citrus Celery
2. Envy
3. Hulk 2.0
4. Citrus Celery
5. Tart
6. Surge

### Day 2

1. Eclipse\*
2. Hulk 2.0
3. Citrus Celery
4. Surge
5. Tart
6. Envy

### Day 3

1. Citrus Celery
2. Envy
3. Hulk 2.0
4. Citrus Celery
5. Monsoon
6. Envy

### Day 4

1. Eclipse\*
2. Hulk 2.0
3. Citrus Celery
4. Surge
5. Tart
6. Citrus Celery

### Day 5

1. Citrus Celery
2. Envy
3. Hulk 2.0
4. Citrus Celery
5. Bliss
6. Surge

*\*Do not drink Eclipse 2 hours  
before or after taking medication.*



*All juices must be kept refrigerated  
before and after opening.*

The optimal time between juices is 2-3 hours.

If you start your morning at 7:30 am, we recommend drinking Juice 1 at 8 am, Juice 2 at 10:30 am, Juice 3 at 1 pm, Juice 4 at 3:30 pm and Juice 5 at 6 pm, and Juice 6 at 8:30 pm.