

DETOX WITH JUICE

Experience the
Healing Power of a
Juice Cleanse





Benefit for Body Health

The idea behind a juice cleanse is to consume only fresh fruit and vegetable juices for several days. Some benefits include:

- **Detoxification:** Juices are packed with vitamins, minerals, and antioxidants that can help support the body's natural detoxification processes. Drinking only juice for a period of time can give the digestive system a break and help flush out toxins from the body.
- **Weight loss:** A juice cleanse can help jumpstart weight loss by reducing calorie intake and increasing the consumption of nutrient-dense foods. However, any weight loss experienced during a juice cleanse is usually temporary and may not be sustainable in the long term.
- **Increased nutrient intake:** Juices can provide a concentrated source of nutrients, including vitamins, minerals, and antioxidants, that may be lacking in a typical diet. Consuming a variety of juices during a cleanse can help ensure adequate nutrient intake.

What You Will Experience

During a juice cleanse, you may experience some symptoms such as hunger, headaches, fatigue, and irritability, as your body adjusts to the new diet. You may also experience frequent bowel movements or diarrhea due to the high fiber content in the juices, and some people may also experience temporary weight loss due to the low calorie intake. In addition, cravings may be completely gone.

After the juice cleanse, you may feel more energized and have a heightened sense of mental clarity. However, the weight loss is likely to be temporary, and any benefits of the cleanse may not be sustained if you return to unhealthy eating habits after the cleanse. It is also important to note that juice cleanses may not be suitable for everyone, especially those with certain medical conditions, such as diabetes or kidney disease.



Recommendation



2 grams of
L-carnitine
per day



Slowly go back to
food by eating
small portions
after the cleanse



Hold breath for 3–4
seconds while
contracting
stomach muscles to
reduce hunger

Ingredients

1 Celery

2 Cucumber, Fresh Mint,
Kale, Lemon, Pineapple

3 Orange, Carrots, Ginger,
Turmeric, Apple Cider Vinegar

4 Beets, Apple, Grapefruit

5 Green Apple, Spinach, Lemon

6 Almond Milk, Dates, Cinnamon, Salt,
Pea Butterfly, 1/3 Banana, Chia Seeds

6 Juice/day

It is best to juice fruits and vegetables at home rather than buying pre-packaged juices, as many store-bought juices contain added sugars. By juicing at home, you have control over the ingredients and can ensure that you are consuming fresh, whole fruits and vegetables without any added sugars or chemicals.

The first five juices require a juicer, as they involve extracting the liquid from fruits & veggies. However, the last juice may be made using a blender instead of a juicer.

