

Thrive and Revive

Juice Cleanse Support Guide





Welcome!

Congratulations on taking this step to enhance your health.

Clients often ask us *why* they should cleanse. The reality is that no matter how cleanly we eat, we live in a toxic world. Before we even open our mouths to take a bite of food, we are exposed to vehicular and industrial pollution in the air and toxins in our cleaning products and cosmetics. Not to mention the havoc wreaked on the body by stress. So unfortunately, the question is not 'am I toxic?' but rather 'how toxic am I?'

Not that long ago in historical terms we didn't have processed foods, mass agriculture, or the levels of pollution we face today. Our bodies are wired with natural detox mechanisms, but they have not evolved fast enough to keep up with the increasing toxic load. When the body's natural detoxification systems reach their limit, we begin to experience symptoms of over toxicity, including:

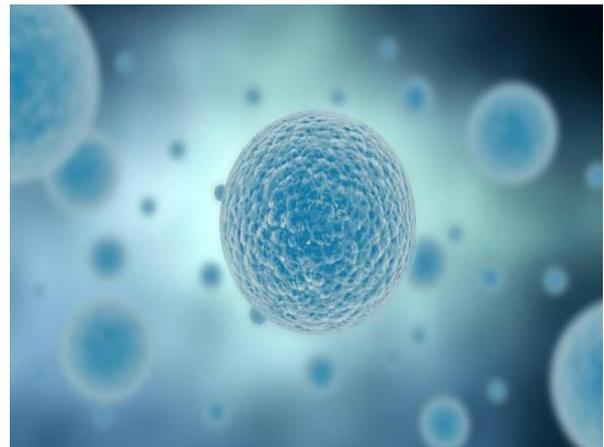
- Fatigue
- Foods allergies or intolerances
- Skin problems
- Weight gain/inability to lose weight
- IBS, constipation, or irregular bowel movements
- Hampered immunity
- Headaches or other pains
- Hormonal imbalances
- Depression, anxiety, constant mood swings
- Trouble sleeping
- Low sex drive
- Sugar cravings



Even if you aren't experiencing any symptoms, it is great to cleanse seasonally to give the body's detox organs a break. By following this program, you will be releasing the toxins that have found their way into your organs, fatty tissues, and blood.

Good health rests on the condition of our cells. Healthy cells require the following essential components:

- a. Oxygen*
- b. Nourishing foods rich in vitamins, minerals, and antioxidants*
- c. Adequate hydration*
- d. Well-functioning detoxification pathways.*



When you are not getting these four building blocks for cell regeneration, you will not feel your best. Doing a juice cleanse is a great way to support your cells in all four ways.



The Benefits of a Juice Cleanse

Alkaline foods are foods that raise the amount of oxygen the blood takes in.

The body is naturally slightly alkaline, but consuming too many acidic foods and drinks (including sugar, caffeine,

and mucous-producing foods such as dairy and glutinous grains) can disrupt its pH balance. Being out of balance makes us more susceptible to illness. Because most vegetables and fruits are alkaline, juicing is a great way to take in more alkaline foods.



When we juice, the vegetables and fruit are broken down and become easier to digest and more readily available for absorption. In addition, the vegetables and fruits consumed in this cleanse are very nutrient dense and will flood your system with vitamins, minerals and other nutrients.



Juicing is also an excellent way to hydrate as you will be drinking your juice throughout the day.

A juice cleanse replaces meals with juice, allowing your body to rest from breaking down food and freeing it to concentrate on the detoxification process. In addition to allowing your digestive system



to rest, this program also supports the detoxification organs in your body.

In this program, you will be drinking 6 high quality juices per day. Moving forward after the cleanse, keep in mind that drinking a juice a day is an easy way to alkalize the body and purge it of acid wastes that can lead to headache, bloating, and fatigue.



Pre-Cleanse



Ideally, at least 2-3 days of “pre-cleanse” is suggested,

which includes an overall reduction of caffeine, alcohol, sodas, sugar, unnatural sweeteners, and processed foods.

Many people struggle with reducing coffee. Caffeine withdrawal often manifests itself as headaches. Here’s a good way to support your body into easing off of caffeine:

- Start by filling your cup with $\frac{1}{2}$ regular coffee and $\frac{1}{2}$ decaf.
- Reduce the amount of coffee each day by $\frac{1}{4}$ until you are only drinking only decaf
- Choose an organic decaf, which will be free of toxins and processed naturally. We like [this](#) one, or choose another brand at your local health food store.

You can also exchange coffee for yerba mate or organic green tea, which are rich in beneficial antioxidants. They still contain caffeine, however, so should be consumed in moderation and as a way to bridge the gap from where you are now to your cleanse.



It's also time to start cutting out the sugar too, *especially* if you crave it. Sugar depletes the body of minerals and nutrients. We often crave sugar when we feel tired or want to reward ourselves, so start to tune into when you crave sweets and brainstorm how to be prepared for those moments.

If you are hooked on soda:

- Reduce by ½ cup a day during your pre cleanse.
- Try making naturally fizzy drinks by taking 1 cup seltzer water, add a shot of blueberry concentrate, the juice of one lime, and a drop or two of natural [stevia](#).
- Look for [Kevita](#), which is naturally fermented coconut water, or Kombucha, fermented tea. Both can be found in Whole Earth and Whole Foods (and even some supermarkets). Look for brands that contain no more than 2g sugar per serving.

As you reduce caffeine, sugar, artificial sweeteners, processed foods, and breads, you may experience a bit of resistance. Given that the food industry spends a lot of resources to come up with addictive flavor combinations, food addiction is more common than you might think.



During the Cleanse

During the heart of the cleanse, plan to drink your juices about every 2 - 2.5 hours. Ideally, you will finish your last juice a couple hours before bed. At least half your juices for the day are veggie only



(no fruit) and we encourage you to rotate these with your fruit/veggie blends.

What to expect/withdrawal

Some people experience increased vitality from the beginning of the cleanse while others may feel some detox symptoms as they go through the cleanse. If you experience any withdrawal or detox symptoms such as headaches, bloating, fatigue, nausea, or irritability, do not worry! These symptoms will not last long, and they can be alleviated with the tips and detox tools below. Remind yourself that the discomfort is a sign that your body is getting healthier as it releases these toxins.



Tips and Detox Tools

- 1. Drink more water:** Though you are taking in fluids with your juices, you can also stay hydrated by drinking water, enough to make your urine nice and clear. When your body releases toxins, it also flushes out excess fluids from your cells. Pure filtered water is your best bet, with the addition of the juice of a lemon or lime to enhance elimination and change up the taste.
- 2. Take an Epsom salt bath:** This is a sure-fire way to get a natural dose of magnesium into the body and sweat out toxins. It's also a great way to relax. Add 2 cups Epsom salts and ½ cup baking soda to a warm bath. Feel free to add a few drops of lavender or any other essential oils of your choice. Soak for at least 20 minutes.
- 3. Use a tongue scraper:** This simple but effective device scrapes away the mucus that builds up on the tongue. [Tongue cleaners](#) are available on Amazon.com or many pharmacies, grocery or health food stores. Start at the back of the tongue and scrape forward rinsing off the scraper each time. This is best done first thing in the morning.



4. Get moving: In terms of exercise, focus on light exercises which can help your lymphatic system move toxins out of the body. Two of our favorites include yoga and rebounding. Rebounding involves jumping on a therapeutic mini trampoline. The vertical motion is more effective than horizontal motions (such as walking/jogging), for draining your lymphatic system of toxins. Without adequate movement, cells are left stewing in their own waste products and starving for nutrients. Rebounding has been reported to increase lymph flow by 15 to 30 times. Yoga poses that stretch, twist, and compress all parts of the body help eliminate impurities from different organs and allow oxygenated and nutrient-rich blood to flow through the organs.

5. Write in a journal each night or keep a gratitude journal, which has been proven to increase feelings of positivity and happiness

6. Take it easy! Remember your body is doing a lot of work detoxing and you are not eating your usual fare. Though you certainly don't need to stay home or avoid working, try not to schedule too much on your calendar during these three days to give your body the rest it deserves.



If Bowels Get Sluggish

For optimal results, you want to maintain healthy bowel movements (elimination 1-3 x day). Though everyone will respond differently to cleansing, it is not unusual to experience some constipation. If this happens to you, try a couple of the following:

- Take an epsom salt bath (magnesium, which helps alleviate constipation, will be absorbed into your skin).
- Take magnesium citrate, up to 400 mg in the evening.
- Include 1,000 mg of vitamin C.
- Drink warm water with lemon in the morning before your first juice of the day.
- Abdominal massage - gently massage your abdomen in a circular motion while lying down. Do this clockwise which follows the direction of your large intestine. Be sure to proceed slowly and gently.



If Hunger Strikes

If you find you are feeling really hungry look at the following tips.

- **Rule out boredom/habit.** We are so used to eating certain foods at certain times; be sure your “hunger” is actual physical hunger and not just a need to eat, procrastinate, or engage in a social event.
- **Rule out thirst.** As discussed earlier, your body is doing a lot of work to release toxins and needs to stay hydrated. Sometimes hunger is confused with thirst so rule this out first.
- **If you still feel you need something to eat, try one of the following which can help re-stabilize blood sugar:**
 - Add 1 teaspoon of ground chia or flax seeds to one of your juices. Both options will provide a little fiber, anti-inflammatory omega-3 fatty acids and antioxidants without changing the taste. Plus, healthy fats take longer to digest and help keep blood sugar levels stable, helping you feel fuller, longer.
 - Munch on some sliced cucumber to allow for a “chew” factor.
 - Have a small handful of almonds (10-12) which will provide a dose of protein and fat to keep blood sugar at bay. Eat them slowly and chew them very well. Do this only once per day if needed.
 - Take half of a small avocado, pull out the pit, and eat out of the shell. If you like, sprinkle with a little cayenne (which can be a metabolic booster).





Transition – Post Cleanse

When transitioning off your juice cleanse, pay close attention to how you feel. We suggest taking it slow. Because you have not had solid food in 3 days, start with small amounts and eat slowly. Be sure to chew everything *very* well. Chewing is a critical part of the digestive process. Because of our fast paced lifestyles, most people grossly under-chew their food. Read more about the importance of chewing [here](#).

Sometimes when you are away from a food for a while (especially gluten, dairy, eggs, corn, or soy) and then bring it back in, you may experience a reaction. This could be a sign of a food sensitivity which



may require further investigation ([contact us](#) if you want some support with this). Signs of a food sensitivity may include poor sleep, digestive issues, skin breakouts, headaches, a shift in mood, or a dip in energy. Be sure to write down any of these as you move back into whole foods.



Final Words

Food is fuel. That may sound like an obvious statement, but often we reach for food as a quick fix without thinking of its effect on our bodies. Eating living foods, such as fresh, organic vegetables, gives you vitality. These foods are full of live rich enzymes and provide energy—supporting you to rid yourself of cravings and that afternoon slump. In contrast, chemicals found in nitrates and foods loaded with hormones deplete you of energy.

Robust physical health is the first step to leading a happy life. No matter how great things are going for you at work or in your relationships, if you don't feel well, you won't be able to enjoy them. Waking up every day bursting with energy will give you the clarity and stamina to pursue your dreams.

Please keep in touch and share your success stories with us to let us know how your life has changed thanks to cleansing!

With much love,

Jane and Stephanie

[The Nourishing Gurus](#)



A LOVING DISCLAIMER

This content is not intended to diagnose or treat any diseases.

It is intended to be provided for informational, educational and self-empowerment purposes ONLY.

Please consult with your doctor or wellness team if you have any questions regarding this whole foods program, and then make your own well-informed decisions based on what is best for your unique genetics, culture, conditions, and stage of life.

PLEASE NOTE: All contents within this guide are based on our personal knowledge, opinions, and experience as nutritionists. Please consult your doctor regarding medications or medical advice.

