

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.

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



# The Seasonal 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

- Monsoon
- Spicy Lemon
- Eclipse
- Red Monster
- Turmeric Elixir
- Pumpkin Spice
- Very Berry

### DAY 2

- Spicy Lemon
- Eclipse
- Monsoon
- Very Berry
- Pumpkin Spice
- Red Monster
- Turmeric Elixir

### DAY 3

- Turmeric Elixir
- Monsoon
- Spicy Lemon
- Pumpkin Spice
- Very Berry
- Eclipse
- Red Monster

### DAY 4

- Monsoon
- Spicy Lemon
- Eclipse
- Red Monster
- Turmeric Elixir
- Pumpkin Spice
- Very Berry

### DAY 5

- Spicy Lemon
- Eclipse
- Monsoon
- Very Berry
- Pumpkin Spice
- Red Monster
- Turmeric Elixir

### DAY 6

- Turmeric Elixir
- Monsoon
- Spicy Lemon
- Pumpkin Spice
- Very Berry
- Eclipse
- Red Monster

### DAY 7

- Monsoon
- Spicy Lemon
- Eclipse
- Red Monster
- Turmeric Elixir
- Pumpkin Spice
- Very Berry

\*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 2–2.5 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.

PULP&PRESS®

# 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.

DO SOMETHING GOOD

## 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 Surround yourself with a clean, organized, and comforting space to achieve stronger relaxation and focus.

\* GENERAL BENEFITS ARE TYPICAL OF PAST JUICE CLEANSE CUSTOMERS

## Have Questions?

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

