

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

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The Holiday

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

- Ginger Wellness Shot
- Beta Blaster
- Spicy Lemon
- Turbo
- Red Monster
- Rinse + Rebeet
- Hulk
- Turmeric Wellness Shot

DAY 2

- Ginger Wellness Shot
- Rinse + Rebeet
- Hulk
- Spicy Lemon
- Beta Blaster
- Red Monster
- Turbo
- Turmeric Wellness Shot

DAY 3

- Ginger Wellness Shot
- Spicy Lemon
- Turbo
- Beta Blaster
- Rinse + Rebeet
- Hulk
- Red Monster
- Turmeric Wellness Shot

DAY 4

- Ginger Wellness Shot
- Beta Blaster
- Spicy Lemon
- Turbo
- Red Monster
- Rinse + Rebeet
- Hulk
- Turmeric Wellness Shot

DAY 5

- Ginger Wellness Shot
- Rinse + Rebeet
- Hulk
- Spicy Lemon
- Beta Blaster
- Red Monster
- Turbo
- Turmeric Wellness Shot

DAY 6

- Ginger Wellness Shot
- Spicy Lemon
- Turbo
- Beta Blaster
- Rinse + Rebeet
- Hulk
- Red Monster
- Turmeric Wellness Shot

DAY 7

- Ginger Wellness Shot
- Beta Blaster
- Spicy Lemon
- Turbo
- Red Monster
- Rinse + Rebeet
- Hulk
- Turmeric Wellness Shot



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 through out the day every 2 - 2.5hrs.



PULP&PRESS®

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.

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 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 and our team will send a prompt reply!

Have Questions?

Contact us at support@pulpandpress.com