

# 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.

## 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](mailto:support@pulpandpress.com) and our team will send a prompt reply!

## have questions?

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

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

See what else we're pressing!  
Visit our website and discover  
more fresh flavours you'll love at

[PULPANDPRESS.COM](http://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

- Spicy Lemon
- Pumpkin Spice
- Sweet Beet  
(PREVIOUSLY RED MONSTER)
- Berry Smoothie  
(PREVIOUSLY BLISS)
- Carrot Ginger  
(PREVIOUSLY BETA BLASTER)
- Tropical Greens  
(PREVIOUSLY HULK)

### DAY 2

- Tropical Greens  
(PREVIOUSLY HULK)
- Spicy Lemon
- Berry Smoothie  
(PREVIOUSLY BLISS)
- Sweet Beet  
(PREVIOUSLY RED MONSTER)
- Pumpkin Spice
- Carrot Ginger  
(PREVIOUSLY BETA BLASTER)

### DAY 3

- Carrot Ginger  
(PREVIOUSLY BETA BLASTER)
- Berry Smoothie  
(PREVIOUSLY BLISS)
- Spicy Lemon
- Pumpkin Spice
- Tropical Greens  
(PREVIOUSLY HULK)
- Sweet Beet  
(PREVIOUSLY RED MONSTER)

### DAY 4

- Spicy Lemon
- Pumpkin Spice
- Sweet Beet  
(PREVIOUSLY RED MONSTER)
- Berry Smoothie  
(PREVIOUSLY BLISS)
- Carrot Ginger  
(PREVIOUSLY BETA BLASTER)
- Tropical Greens  
(PREVIOUSLY HULK)

### DAY 5

- Tropical Greens  
(PREVIOUSLY HULK)
- Spicy Lemon
- Berry Smoothie  
(PREVIOUSLY BLISS)
- Sweet Beet  
(PREVIOUSLY RED MONSTER)
- Pumpkin Spice
- Carrot Ginger  
(PREVIOUSLY BETA BLASTER)

### DAY 6

- Carrot Ginger  
(PREVIOUSLY BETA BLASTER)
- Berry Smoothie  
(PREVIOUSLY BLISS)
- Spicy Lemon
- Pumpkin Spice
- Tropical Greens  
(PREVIOUSLY HULK)
- Sweet Beet  
(PREVIOUSLY RED MONSTER)

### DAY 7

- Spicy Lemon
- Pumpkin Spice
- Sweet Beet  
(PREVIOUSLY RED MONSTER)
- Berry Smoothie  
(PREVIOUSLY BLISS)
- Carrot Ginger  
(PREVIOUSLY BETA BLASTER)
- Tropical Greens  
(PREVIOUSLY HULK)



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.