



during-cleanse etiquette

Part of this experience will be about learning some tips that you can carry forward and incorporate into your daily life experience. Below are some of our favourites.

Listen to and follow your body.

Don't force anything.

If you do not want to finish certain items, you have the freedom to do so. However, the more you flush yourself with these bottles of joy, the more cleansing will take place. In addition, you will feel more full or satisfied if you consume what we are giving you. Follow the protocol as best you can.

Hot water.

Begin each day by adding the juice of 1 whole lemon in 500 ml of water. The general effect produced will be to flush the liver and the kidneys. This is a perfect way to start your morning, on the cleanse or not, as it is alkalising and extra hydrating. Feel free to add lemon to your drinking water all day long.

Water.

Nothing replaces water, including the most gorgeous fresh juices and herbal tea. We know you are going to be drinking more than you probably ever have in one day, however it is vital that you also hydrate your body with water (filtered, if possible). Water is needed for all functions in the body, and helps flush acidic waste. Think about adding lemon, cucumber slices, or sea salt for an extra kick. The best times to drink your water are first thing in morning and throughout the day in between juices and smoothies.

Order of things.

We include an approximate *time schedule*; follow it as best as you can. Customize it to suit your schedule. *Drink items in numbered sequence*. There is a method to our madness. Please do not add water to anything. Fresh pressed juices are powerful, and we do not want to dampen this magic. In addition, *stop consuming anything two hours before bedtime*. This will pave way for an easier process on the body, as well as prevent (hopefully) you getting up in the middle of the night to go to the bathroom.

Spice things up.

You may add in ginger (fresh ginger root is ideal), cayenne pepper, and fresh lemon to any of the items.

Shake it up.

Since liquids tend to settle, shake 'em up before drinking for a tastier experience.

*Another trick: use a spoon with your smoothie. Might enhance the overall experience.

Chew the juice?

YES! As digestion begins in the mouth, we even want to chew our liquids. In addition, we never want to gulp down fresh juice. This can cause unwanted gas and bloating. So take your time, swish it around, and be kind to your belly in the process.

Tea Time.

Herbal teas are recommended, and you can enjoy as much as you like. IF you are detoxing from caffeine, there are few options to help you along: green tea, white tea, and yerba mate. *Remember that stevia is the only sweetener allowed.

Sleep.

It is of utmost importance to get enough zzz's. Cleansing is hard work and requires energy. We recommend taking it easy when necessary, and not pushing yourself.

The cleanse process.

In this world, there really are no absolutes. Each cleanse you engage in will yield different cleanse reactions and results. We can never predict how the body will react, what the body is ready to let go of, and so on. So be easy on yourself and go with the flow.

Attitude is everything.

Maintain a positive attitude and remind yourself of the big picture: healthy, happy cells equal healthy, happy life.