

## *What is a Juice Cleanse?*

A juice cleanse, or juice fast, is a cleansing method where a person drinks only juices for a period of time. This gives the digestive system a break, not only from alcohol and other heavy foods, but also simply from metabolising solid food.

A juice cleanse containing only high-quality, organic juices is also known as a 'juice feast' due to the high amount of vitamins and minerals being consumed.



## *What is a cold-pressed juice?*

Cold-pressed describes the method of juice extraction. Fruits and vegetables are pulverised into a pulp using a slow press process. The live juice is then extracted to preserve the maximum amount of vitamins, enzymes, minerals and trace minerals. The flavour and quality of the juice are unequalled by any other juice extraction and it is cleaner, healthier and crisper.

In contrast to the cold-pressed method, the traditional centrifugal juicer extraction involves a high-speed cutting blade and strainer that heats the produce and causes oxidation, destroying vital nutrients, and leaving much of the liquid in the pulp. The juice needs to be consumed as soon as you make it with a centrifugal juicer because of the oxidation that occurs.

Because air is not forced into the juice during cold-pressed extraction, the juice will keep for up to five days with refrigeration while maintaining a high level of nutrients.

## *What are the benefits of a juice cleanse?*

Minimising your amount of solid food intake allows your digestive system to focus on cleansing. It helps to clean out toxins, it helps to release old, rotting food that has dried up in the intestines and and it provides loads of nutrients that your body can easily utilise to reset and renew.

Living in a fast-paced world means we tend to overeat and under-chew. This can cause the body to pass food without fully breaking it down meaning we don't get all the nutrients out of each meal we consume.

This fast eating puts extra stress on the digestive system which can lead to other symptomatic issues like bloating, constipation, lack of energy and craving processed and/or sugary foods.



## *How long should I cleanse for?*

The length of a detox depends on your reasons for doing a juice cleanse, the outcome you're seeking and the current state your body is in. We do believe at least a three-day cleanse is best to help you get the real benefits of fasting, however, we recommend you consult with a naturopath or a health professional to get a specialised recommendation for your situation.

A one-day cleanse is a great reboot when done as regularly as weekly or fortnightly. If you feel like you need a quick boost, feel free to call the cafes to check whether there is enough stock to pick up immediately rather than waiting for delivery.

## *How do I prepare for a juice cleanse?*

To get the most out of your experience, and to minimise the side effects you experience, we recommend preparing your body in advance. Avoiding caffeine, sugar and alcohol for three days leading up to your cleanse will greatly minimise your detox symptoms once you start.

To get even more out of your cleanse, start cutting back seven days in advance, then throughout the week eliminate dairy, meat and processed foods.

Remember, a juice cleanse is a great way to support your body in a detox, but it's not a quick fix to health. Not preparing your body in advance and then not coming off a detox gradually can cause harm and stress on your body and will not provide the usual health benefits.

## *Will I Get Detox Symptoms?*

During a cleanse, the body is essentially tearing out all of the "bad stuff" and rebuilding with new material. To make room for that, the bad stuff needs to leave, and how it makes its exit may cause detox symptoms.

For example, when the body eliminates coffee, symptoms usually include headaches, nervousness, and shakiness. When protein, meats, and fats are eliminated, you may experience skin blemishes and body odour. It's hard to say who will and who won't experience detox symptoms, but generally, the more "bad stuff" you currently consume, the more you'll feel it when you stop.



## How do I choose a cleanse?

We offer three cleanses to suit various levels; Thrive, Intense and The Ultimate. All three have their own purpose to suit both new and experienced cleansers. Each cleanse comes with the option of juicing for one, three or five days. Here's a bit of info about each program...

### Thrive Cleanse

*7 Juices, 1 Almond Milk & 1 Health Shot / per day*

The Thrive Cleanse is a great option for anyone doing their first cleanse. You'll harness the power of organic vegetables, but with a lower intensity as you'll get a good balance of fruit juices as well. The Thrive Cleanse is great for people who want to ease their way into the detoxification process because it's not as much of a shock on the body as a more advanced cleanse would be.



### Intense Cleanse

*7 Juices, 1 Almond Milk, 1 Health Shot & 1 Activated Charcoal / per day*

The Intense Cleanse is the next step up from the Thrive Cleanse and is great for getting a deeper detoxification. It's also a great option for people who already live a fairly healthy lifestyle and simply want a little reboot. The Intense Cleanse is a great starting point for people who are planning to do a longer detox. They may start on the Intense Cleanse then continue onto The Ultimate to go even deeper.



### The Ultimate

*7 Juices, 1 Almond Milk, 1 Health Shot & 1 Activated Charcoal / per day + 3 Grasses of Life Products - Superbiotic Greens, Daily Greens Boost & Black Minerals*

The Ultimate Cleanse is the deepest of our juice cleanses. It is higher in vegetable juice so has a lower total sugar content. The Ultimate Cleanse is the one to go for if you're ready to go "all in". It can help new and seasoned cleansers take their health and well-being to the next level as they'll also get the benefits of probiotics and added nutrients from the naturopathically formulated Grasses of Life products.



## Our Promise

We're passionate about providing you with wholesome, organic nutrient-rich juices free of pesticides, herbicides, insecticides and fungicides. Our bodies work best without chemicals, so we create organic products to make it easy for you to live a clean lifestyle.



## Ready To Start?

If you're ready to purchase a cleanse, head to our website to place your order:  
[www.evolveorganic.com.au/cleanses](http://www.evolveorganic.com.au/cleanses)

