



1, 3 & 5 (or more!) -Day JUICE CLEANSE PROGRAM Guidelines & Information

What is an organic juice cleanse?

Juice Cleansing at TRUE JUICE is a complete organic food-replacement program which detoxifies your body, cleans out your digestive system, energizes you, and calms your mind. One, 3 and 5 day options are available, and may be renewed or continued over and over if desired. The participant switches from solid food to liquid food, getting all of their necessary nutrients from raw fruit and vegetable juices. As an added bonus, join our private CLEANSE Facebook group during your cleanse to get questions answered by our on-site Certified Health Coach, and/or just to chat with other Cleansers ☺ about their experiences. Message us via our "True Juice Organic" Facebook page and ask to be added ☺

Can I get all my energy & nutrients from juice? Don't I need to eat something for energy?

Fresh juice is a great source of vitamins, minerals, enzymes, proteins, carbohydrates and chlorophyll. It provides enough energy to maintain a normal life and protects your body against the stress and toxins in our environment.

"Imagine eating a meal of spinach, parsley, sprouts, tomatoes, lemon, celery, radishes, green pepper, and cucumber. Ordinarily, considering the normal state of our digestive systems, we would be lucky to digest 70 percent of it. But once you extract and drink the liquid portion of these vital foods, you can absorb up to 99 percent of the food value even if you have weak digestion." - Diana Christianson in *The Three Day Juice Cleanse*. "Take carrots for example," Diana continues, "It takes a pound of carrots to make a 10½ oz drink of carrot juice. Can you consume that many carrots? No. Yet all the enzymes, water soluble vitamins, minerals and trace elements in those carrots are extracted and condensed into the glass of juice."

HOW do I actually DO the Cleanse and prepare to start one?

First choose day(s) that would be convenient for you to do a cleanse. Doing it during work is recommended, as free time is a bit harder when you are not eating at first. The days prior, try to cut out as much coffee and alcohol as you can. Reduce animal food/products and eat more veggies. No eating fried, junk or processed foods or anything equivalently unhealthy at least 2-3 days before.

It is suggested to add a touch of pure sea salt (or better yet, Himalayan Pink Salt) to supplement the sodium the cleanse lacks. Most people think salt is bad for you, but the truth is that TOO much table salt (sodium chloride) is bad for you, not natural sea or pink salt with a full balanced mineral profile. When you don't get any sodium at all, it's also not healthy. Add a tiny pinch of natural salt to one of the green juices daily, is our suggestion.

But what about Protein?

There are many food options for this nutrient. While you won't be getting as much protein as you would on a meat-based diet, the vegetable and fruit juices in our cleanse provide your body with more than enough protein to function fine. Many vegetarian sources of protein include leafy green vegetables, seeds, and nuts. We encourage you to augment your juice days with raw, organic nuts and seeds if you are concerned about protein intake during your cleanse, but really, you should be fine and it's best to forgo all solid foods during a cleanse for full detox results.

"Most plant foods contain protein and, in fact, it would be very difficult to design a vegetarian diet that is short on protein. Excess dietary protein may lead to health problems" Diana Christianson says in her cleanse book, "It is now thought that one of the benefits of a vegetarian diet is that it contains adequate, but not excessive protein."

What if I have a family, a career, or school? Do I have time for a juice cleanse, and will I be physically able to handle a normal day?

All of us have very busy schedules in today's world. Juice Cleansing forces us to devote healing time to our bodies and minds. While it would be ideal for juice-cleansers to be able to put their daily duties on hold for a few days, it is not usually realistic (unless you start your cleanse at the beginning of vacation or weekend); but, our cleanse programs will work with any schedule. If you drink all juices + extras provided every 2-3 hours, you should not be hungry. As our bodies finally get all of the nutrients they need (and then some) via the nutrition loading of a juice cleanse, they crave less. Enough energy will be provided through the juices in the cleanse for you to perform a normal day's tasks. However if your body is highly toxic, rest during your first and second days if you feel the need. We suggest suspending any ultra-strenuous gym visits or heavy duty exercising until your cleanse is over, regardless of the length of the cleanse. Light exercise (like walking 30 mins a day) is good and encourages a more efficient detox, if you feel like engaging.

What if I have an illness, disease, or some other health problem. Should I do the juice cleanse?

If you have a chronic health problem or disease, we always suggest that you consult with your health care professional before starting the cleanse, as we would hope you would do with any other new diet or exercise program. Many studies have shown, however, that fasting (juice-fasting) when your body is fighting an illness boosts your body's ability to heal itself. According to Paul C Bragg, one of the authors of *The Miracle of Fasting*, illnesses and disease are the symptoms of the body trying to cleanse itself. "The proper name for [illness] is 'acute healing crisis'. Now that you know why this acute healing crisis occurs, you should do nothing to stop the cleansing process except to fast....fast to help cleanse your body!"

What exactly do you drink on a TRUE JUICE cleanse? And how much?

Our Standard Cleanse contains 6 of our most popular raw nutrient-packed juices, PLUS a triple-filtered Infused Water (with herbs, fruit and veggies). Different packages are available (see below) Most of the juices contain greens, apple, ginger, carrot and lemon: all powerhouse detoxifiers! If there is an item you wish to leave OUT of your juices, please let us know when signing up for a cleanse in the space provided. All drinks come in 12 ounce, lidded, recyclable, BPA-free bottles (*please help us be good stewards of our planet, and recycle them all). So, you will be consuming seven, 12-ounce drinks per day that we make for you.

Our Cleanse Program Options (repeatable):

1 Day STANDARD, Organic, Raw, Cleanse (\$45.95 + \$15 Carrier refundable deposit)

6 Fresh, 12 oz Juices + 1 Infused Alkalinizing Water

A quick reset for your system. Great for Beginners. Many make this a monthly ritual!

3 Day STANDARD, Organic, Raw Cleanse (\$127.50 + \$15 Carrier refundable deposit)

18 Fresh, 12 oz Juices (picked up daily in groups of 5) + 3 Infused Alkalinizing Waters

Major toxin flush. Take your cleansing to the next level!

5 Day STANDARD, Organic, Raw Cleanse (\$199.50 + \$15 Carrier refundable deposit)

30 Fresh, 12 oz Juices (picked up daily) + 5 Infused Alkalinizing Waters

For the ultimate detox. Great for a seasoned juicer. We salute you, cleanser!

Optional Add-on's & Packages:

- Balance Package (Standard + a CBD Wellness Shot each day) : **Add 6.95 / day**
- Immune Kicker Package (Standard + an Immune Boost Shot each day) : **Add 4.50 / day**
- Mylk It Up! (Standard + a creamy Turmeric Horchata daily...to change it up a bit): **Add 4.95/ day**

note:* our **Cleanse Packages are designed for maximum nutrient load featuring a vast array of vegetables to give you the rainbow of phytonutrients your body needs to function optimally. Any substitutions (for instance, swapping out our carrot/apple/lemon/ginger for an extra beet-focused juice in its place) will incur a **\$2/day upcharge per swap**. Want all 6 of just one flavor each day?: **+\$12/day**

More Q & A:

Q: So, again, am I only going to drink juice and water for the next 1-five days?

A: Yes.

Q: How about a cup of coffee?

A: No. Caffeine is a stimulant. While cleansing, the body will be aggressively removing harmful toxins. Drinking stimulants, such as coffee, would be counterproductive.

Note: People who have a routine of drinking a lot of caffeine prior to cleansing often develop a headache on and off for at least a day or two while on a juice cleanse. If this happens, drink more water and rest...do not stop drinking your juice, it is doing what you need it to do! Better yet, wean off of coffee the week before your cleanse.

Q: Will I gain energy?

A: Yes! During the first couple days of your juice cleanse, your body heavily detoxifies. When toxins begin to leave your body, your body will begin to utilize the energy usually set aside for digestion. So, as a byproduct of slowing down or stopping your digestive process, you gain lots of energy. Once the detoxification process begins, that extra energy is then used to fuel greater brain and body function. Your frequency of visits to the bathroom will change (becoming more frequent). This is normal and just means that your body is getting rid of more junk! Soon not only more energy, but a feeling of serenity that many term a "Nutritient Euphoria" may even settle in.

Q: Can I drink tea?

A: Yes. Stay with caffeine-free varieties such as ginger, dandelion or chamomile. Green tea has caffeine. Dandelion has an added detox quality. ☺

Q: Can I drink a smoothie or eat something small?

A: No. Remember in order to get the greatest benefit from your cleanse, you must abstain from eating food. On a juice cleanse, you want give your digestive system a well-deserved break. For example, a smoothie has lots of fiber in it. Fiber is something the body has to breakdown. If the body is trying to focus its' energy on breaking down the fiber, not much cleansing can occur. Fiber with a regular diet is crucial for good health and to aid digestion. With a juice fast, your body absorbs nutrients directly and immediately without having to digest as usual, so your digestive system gets a well-deserved break. Adding fiber back in will slow detoxification a bit. But, if you can't stand not chewing, stick with one small portion of raw organic veggies (like carrot sticks)...or a few slices of celery with a bit of pink salt sprinkled on it per day. ☺

Q: Should I drink my juices in any certain order?

A: No order is necessary. We do recommend that you start each day drinking your infused water at least 20 minutes (or longer) before your first juice. This revs up your metabolism and wakes up your colon. Other than that, just drink juice whenever you feel hungry (every two or three hours), and drink your last juice at least three hours before you go to bed. Drink water/herb tea* each day also, but drink it 20 minutes before any juice or 1-2 hours between juices so it does not dilute the juice's nutrient density. You may also drink half a juice and save the other half for a later time that day, and you can even mix juices together to create your own varieties, ... just consume them all within a 24 hour period. You may drink organic hot tea (without caffeine of course) closer to bedtime as a "nightcap". *Sweeten only with **organic** stevia. On the go? Keep them on ice.

Q: How long should I be on a cleanse?

A: One day will help you process the junk you had yesterday out quickly and more efficiently. Three days of juice cleansing will begin to detoxify you. However, it is a very personal experience and some people may juice longer to get fully detoxed. Most people beyond the age of 30, or those who eat primarily processed conventional foods (not organic, nor fresh) may have more stored toxins in larger, health-inhibiting quantities.

These participants would likely benefit from a longer cleanse. Five - 7 full days of juice cleansing will seriously begin to support the purifying of your blood, cells and organs.

A 10-day cleanse ensures a full detox and will give you several days of bountiful energy that really helps reboot your system and change your palate so that you CRAVE healthful foods and break the cycle of wanting junk. If you want to continue the journey, 20 days of cleansing offers a great sense of well-being and a complete mental calmness. Finally, 30 days on a juice cleanse would be long enough for you to have replaced damaged cells throughout every organ in your body. If a lot of weight loss is your goal, this will do it for you, the healthy way.

(see film recommendation at the end of this paper for inspiration)

Q: Can I pick up all of my juice at one time?

A: When it comes to juice, the fresher the better. So we arrange with you to pick-up your juice daily. Plus this gives us a chance to “check-in” on how you are doing with your cleansing journey. If you are going out of town or wish to pick up 2-3 days juices at a time (but no more than 3 as nutrient load begins to decline in the bottle after 72 hours), we can do that...just let us know at sign-up.

Q: What if I want to stop a day early or add 2 to 5 days to my current cleanse?

A: No problem. Just always be sure to communicate this to us 24 hours in advance. This will help us to either stop production or increase it based on your needs. You just might find that you feel so good on your juice cleanse that you want to keep it going for a few more days. Plus, you know that the longer you cleanse the better it is for you. It is not uncommon for people who are struggling with obesity or have other serious health concerns to embark on a 30 or 60 day juice cleanse. To amend your program call: 541-441-4541

*Refunds can not be given. Credits for days suspended can be given with at least 24 hours notice

What might I experience on a Cleanse?

The first day or two, as mentioned above, you may feel a bit cranky or head-achy, or even a bit sluggish, depending on your eating/drinking habits before starting... but your body is getting a nutrient blast and finally able to detox a lot of junk out of your cells and organs ! Think of this brief annoyance as a good thing. After the 3rd day of a cleanse, most begin to feel and see some or many of the amazing results listed below.

What are the benefits I can expect?

Juice Cleanses support overall health and immunity in a variety of ways. During and after a 3-5 day juice cleanse, you will notice many of these positive outcomes:

Rest and Revitalization of certain organs (particularly the Stomach, Liver, Intestines)

Boost in Energy

Deeper Sleep

Mental Clarity

Glowing Skin, Hair, & Nails

Improved Mood

Weight Loss

More Regulated Colon

Reduction in Bloating

Intense Hydration

A Pronounced Desire to Eat Healthier Post-Cleanse

If you haven't already, we recommend you watch the documentary, **Fat Sick & Nearly Dead ...** catch it on Netflix and be truly inspired to jump in to your cleanse!

Disclaimer: Again, we recommend you consult with your physician before beginning our juice cleanse, the same as you should before starting any other exercise or nutrition program. These statements have not been evaluated by the Food and Drug Administration. It is not the intention of TRUE JUICE, LLC or its agents to diagnose, treat, cure, or prevent any disease.



True Juice Cleanse Program Agreement

I wish to purchase a 1 3 or 5-Day **(circle one)** Juice Cleanse Program from True Juice which will include 6 raw, fresh, 12 oz vegetable & fruit juices PLUS one triple-filtered Infused Water per day.

****See Section below for various Package Options to choose from as add-ons to our Standard Package.**

I agree to pay a \$15 juice-carrier deposit today in addition to the cleanse product cost, understanding that it will be refunded to me when I return it at the end of my Cleanse. Also, if I fail to pick up my juice at the assigned time/day without notifying True Juice at least 24 hours in advance to cancel, I understand that I cannot get a credit of any amount already prepaid. If I change my mind mid-cleanse and wish to stop or suspend the Cleanse to a future date, a credit in the form of a True Juice gift certificate equaling the \$\$ amount balance of days/Cleanses not already made for pick up. Again, 24 hours notice must be given to cancel or suspend and Cleanse Package pickup. There are no refunds on Cleanses.

I understand that I have been encouraged to consult with my health care practitioner before beginning the juice cleanse, the same as I should before starting any other exercise or nutrition program. I know that the benefits of a Cleanse vary by individual reflecting the reality of bio-individuality and that the statements and information contained in the **True Juice Cleanse Guidelines** have not been evaluated by the Food and Drug Administration.

I also understand that it is not the intention of TRUE JUICE, LLC or its agents to diagnose, treat, cure, or prevent any disease.

My First Cleanse Program Juice Pick-up Day and Time is:

Start Day/Date: _____ Time: _____ Duration?: 1 / 3 / 5 / _____ Days
(Options: M-F ...choose to pick up either @ 9-10am OR 4-5pm / Saturdays ... 10am-2pm)

Printed Name: _____ Phone Number: _____

I wish to purchase (check one): ☐ Standard Package ☐ Balance Package (adds CBD shots...+ \$6.95/day)
☐ Immune Package (adds Immune Boost Shots...+4.50/day) ☐ Mylk It Up! (adds Turmeric Horchatas...+\$4.99/day)
☐ Swaps? (+\$2/each swap per day) - ☐ One Flavor Only each day (adds + \$12/day)

Explain any daily Juice Swap or Leave-out: _____

Cleanse Customer Signature: _____ Date: _____

Below line to be filled out by True Juice Crew only

Amount Paid: _____ Form of Payment: CASH / CARD Deposit paid? : yes / no Crew Initials: _____

☐ **Standard:** 45.95 / 127.50 / 199.50 ☐ **Detox & Balance** (+CBD shot): 52.90 / 148.35 / 234.25
☐ **Immune Kicker** (+ Immune Shot): 50.45 / 141.00 / 222.00 ☐ **Mylk It Up** (+Horchata) : 50.90 / 142.35 / 224.25
☐ **Any Juice SWAPS???** (add \$2 per swap per day): _____ ☐ One Juice Flavor Only (add \$12/day) _____

Picked Up Juices? (Crew Initials): Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____ Day 5 _____ More _____