

1, 2 or 3 Day Cleanse

What is a Cleanse?

A cleanse is a short term detoxifying diet made up of high quality fruit and vegetable juices and/or foods that flush toxins out of your system. With specifically designed detoxifying juices a cleanse will assist in resetting eating habits, eliminate cravings and kick start a healthy diet. This system is suggested for both regular cleansers and those new to the cleanse experience.

Before the Cleanse:

Two or three days prior to beginning your 3 day cleanse eliminate meats, dairy, coffee, alcohol, sugar, and white flour as you maximize uncooked fruits and vegetables. This will help your body transition for optimal results.

After the Cleanse:

Once you've provided your digestive system with some much needed rest and relaxation, and your body has rid harmful toxins, its best to ease back into a sustainable healthy diet. Start by consuming your morning smoothie, incorporate salads and snack on raw water based fruits like apples, oranges or grapes. Gradually reintroduce heavier foods one at a time with each meal to give your body a chance to catch up. Most importantly be mindful and listen to what your body tells you.

Why avoid protein during a cleanse? The pancreas sends out enzymes that break down protein into amino acids which puts your body through a straining process. This is one of many reasons why meat, dairy, beans, nuts, seeds, oils, avocado is not recommended when cleansing or detoxifying your body. Think of cleansing as giving the body restorative rest and relaxation.

For pickup each morning as early as 7:30am on weekdays and 8:30am on weekends. Please call ahead.

1 DAY CLEANSE – \$50.00 2 DAY CLEANSE – \$90.00 3 DAY CLEANSE – \$132.00

CLEANSE MENU

WHEATGRASS SHOT – \$3.50 Start the day with a wheatgrass shot
(Best taken alone and on an empty stomach)

BREAKFAST – BRAINS & BEAUTY – \$8.50 Coconut water, blueberry, raspberry, banana
This smoothie supports memory and brain function, while its anti-aging properties rejuvenate hair and skin.

MID MORNING – CARDIOVASCULAR – \$7.00 Carrot, beet, apple, ginger
This juice sends extra nutrients and oxygen to your cells, promotes circulation in your body and will have you energized for the rest of your day.

LUNCH – LYMPH – \$7.00 Lemon, apple, apple cider vinegar, cayenne pepper
The lymph system is the sanitation department of the city we call our body – drink this for lunch so you can improve the function of your lymph while boosting immunity.

MID AFTERNOON – KIDNEY – \$7.00 Dandelion, apple, beet, apple cider vinegar
Drink down your afternoon juice and flush out harmful toxins while strengthening the most important organs in the body.

DINNER – DETOX SALAD – \$10.50
Mesclun salad, fresh: kale, spinach, dandelion, tomato, raw french string bean, shredded carrot, scallion, bell pepper, orange topped with homemade dressing, and a drizzle of apple cider vinegar.
Avoid anything cooked, oils from nuts and meat during your cleanse.

NIGHTTIME – CELLULAR – \$7.00 Apple, parsley, alfalfa, celery
End the day by relaxing your trillions of cells, while strengthening and flushing them of toxins.