



### **What is a Juice Cleanse?**

Juice cleansing is when a person consumes only fresh fruit and vegetable juices, with little to no food. A juice cleanse can last from 1 day to several days or weeks. A juice cleanse floods your body with a variety of nutrients that support the removal of toxins from the body.

### **Who should do a Juice Cleanse?**

Everyone! It is a great way to super-charge your nutrient intake. A juice cleanse is especially recommended for those who are feeling bloated, sluggish, and dependent on cravings of caffeine and junk food. A juice cleanse is also recommended after periods of overindulgence and heavy food consumption—i.e. holidays and vacations—in order to re-set your body and get back on track with a healthy eating routine.

### **What are the benefits of a Juice Cleanse?**

Everyone will respond differently to a juice cleanse and benefits will vary. Benefits may include: improved digestion, increased nutrient intake, better sleep, clear complexion, increased energy, hydration and weight loss. A juice cleanse helps to detoxify the body—when you eliminate toxins from your system your entire body reacts positively, both internally and externally.

*\*Please note that results will vary depending on a number of factors, such as age, gender, current diet and state of health.*

### **What does the Freshii Juice Cleanse consist of?**

4 juices and 1 salad daily. The 4 juices are to be consumed throughout the day, spaced 2.5-3 hours apart. The salad is to be consumed in the evening for dinner. Freshii offers 1, 3 and 5 consecutive day cleansing programs—each day of the cleanse is identical.

### **Why does the Freshii Juice Cleanse include food?**

The Freshii Juice Cleanse is a modified cleanse—not limiting cleansers to liquid only, but also incorporating solid food. This makes it perfect for both first time and seasoned juice cleansers. A modified cleanse is a great way to introduce yourself to the cleansing process, and gain confidence in a new healthy eating routine.

### **Can I substitute the salad for another juice?**

This is not recommended, as the juice cleanse is designed specifically so that your body is consuming an appropriate amount of nutrients while on the cleanse.

### **Can I remove the goat cheese from the Metaboost salad?**

Of course. You can remove the goat cheese and substitute it for another ingredient. Suggestions: extra portion of an ingredient included in Metaboost salad (i.e., mangos or carrots), avocado or any green vegetable.

### **What if I get hungry during my Juice Cleanse?**

Try increasing your water intake. Herbal teas are also allowed. It is important to listen to your body and do what feels right for you. If you do get hungry, reach for raw fruits & vegetables, and raw, unsalted nuts or seeds.

### **Can I drink coffee while on the Juice Cleanse?**

This is not recommended, as the caffeine and acidity of coffee may hinder the detoxification process. If you drink coffee regularly, it is best to reduce your intake in the days before you cleanse in order to minimize potential withdrawal symptoms. If you rely heavily on caffeine, green tea is recommended as an alternative to coffee while on a juice cleanse.

### **Will I lose weight on the Juice Cleanse?**

Weight loss is often a result, but is not the intention of a juice cleanse. The purpose of cleansing is to detoxify your body, flood your body with nutrients and kick-start a healthy eating plan.

### **Does it really matter the order in which I drink the juices?**

Yes. The order in which you consume your juices will affect how you absorb and digest nutrients. For example, it is always best to drink a greens juice (e.g., Green Energy) first thing in the morning. Drinking a green juice on an empty stomach allows the powerful nutrients of juice to be rapidly absorbed.

### **How should I prepare for the Juice Cleanse?**

Preparation is key! In the days leading up to your cleanse, limit your intake of meat, processed foods, refined sugars, alcohol and caffeine. Increase the amount of fresh fruits and vegetables in your diet to help jump-start the cleansing process.

### **Will I experience any side effects while on the Juice Cleanse?**

Everyone will respond differently to a juice cleanse. You may experience detoxification symptoms including nausea, dizziness and/ or headaches. These detoxification symptoms are a sign that the body is eliminating toxins. The best way to reduce symptoms is to prepare for your cleanse appropriately and stay-well hydrated.

### **How do I transition off the Juice Cleanse?**

You should ease out of the cleanse the same way that you eased into it. Meaning that meat, processed foods, refined sugars, alcohol and caffeine should be kept to a minimum. Take the days after the cleanse as an opportunity to continue the detoxification process. Stick to fruits, vegetables, soups, smoothies and gluten-free grains. Gradually reintroduce lean proteins back into your diet. Continue to drink Freshii juices in addition to a healthy diet.

If you jump right back into making unhealthy food choices, you will hinder the progress you made while cleansing. Use the Freshii Juice cleanse as a chance to kick-start a healthy diet and break old habits of making poor food choices.

### **What if I have questions during my Juice Cleanse?**

Email [andie@freshii.com](mailto:andie@freshii.com) for support.