



CLEANSE GUIDE

by native cold pressed

The FULL GUIDE including FAQs, tips, recipes & more

● NATIVECOLDPRESSED.COM ●

WHY *cleanse*

POSSIBLE BENEFITS INCLUDE:

- Encourages healthy digestion by rebalancing gut microflora
- Decreases inflammation in the whole body
- Reduces toxic build-up in vital organs and digestive track
- Extremely rich in vitamins, nutrients, essential minerals, and antioxidants which are easily absorbed into the bloodstream
- Nutrients help fight disease, support immunity, and may reduce the risk of cancer
- May decrease body weight and BMI
- May reduce cravings for calorie-dense foods
- May reduce amount of bad gut bacteria
- May boost mood and energy
- May clear break outs
- May reduce bloat
- May alleviate constipation
- May increase immune function



organic ONLY

Drinking raw, organic juice floods your bloodstream with a high concentration of live enzymes, vitamins, and minerals without putting any strain on the digestive system. It is especially important for your juice to be 100% organic since it is going straight into your bloodstream. Organic produce is also shown to contain higher levels of nutrients and antioxidants vs its conventional counterpart. Consuming conventional juice while cleansing may put you at risk for consuming harmful chemicals that would negate the benefits of cleansing all together.

CHOOSE YOUR *cleanse*

THE FULL CLEANSE

Suggested for those who are used to juicing & want to forgo any solid food

CLEANSE NO. 1 | \$73/DAY

Six Juices Per Day & Suggested Order:

- **Special Green** (apple, kale, collards, cabbage, cucumber, ginger, lemon, mint)
- **Sweet Carrot** (carrot, apple, orange, lime)
- **Special Green** (apple, kale, collards, cabbage, cucumber, ginger, lemon, mint)
- **Sweet Beet** (beet, apple, ginger, lemon)
- **Cooling Herb** (celery, cucumber, fennel, apple, parsley, mint)
- **Magic Mylk** (raw almonds, raw cashews, blue majik algae, dates, vanilla bean, filtered h2o, himalayan salt)

CLEANSE NO. 2 | \$73/DAY

Six Juices Per Day & Suggested Order:

- **Strong Green** (kale, chard, collards, cabbage, celery, parsley, lemon, himalayan salt)
- **Strong Carrot** (carrot, E3LIVE)
- **Strong Green** (kale, chard, collards, cabbage, celery, parsley, lemon, himalayan salt)
- **Strong Beet** (beet, celery, parsley, lime)
- **Cooling Herb** (celery, cucumber, fennel, apple, parsley, mint)
- **Vanilla Coconut Shake** (raw coconut meat, raw coconut water, vanilla bean)

THE MINI CLEANSE

Suggested for those new to juicing. Small steps for lasting change!
Mix in small, healthy meals throughout cleanse.

MINI NO. 1 | \$36/DAY

Three Juices Per Day & Suggested Order:

- **Special Green** (apple, kale, collards, cabbage, cucumber, ginger, lemon, mint)
- **Sweet Carrot** (carrot, apple, orange, lime)
- **Sweet Beet** (beet, apple, ginger, lemon)

MINI NO. 2 | \$36/DAY

Three Juices Per Day & Suggested Order:

- **Strong Green** (kale, chard, collards, cabbage, celery, parsley, lemon, himalayan salt)
- **Strong Carrot** (carrot, E3LIVE)
- **Strong Beet** (beet, celery, parsley, lime)

TIPS & *suggestions*

PRE-CLEANSE

2-3 days before your cleanse:

- Cut out alcohol, refined starches and sweets, meat, and dairy.
- The day before the cleanse, cut out most soy, legumes, and grains.
- By eliminating inflammatory, processed foods from your diet 2-3 days prior to your cleanse allows the juice to work its wonders to the full potential.
- Fill your body with wholesome, healthy foods the days leading up to your cleanse can decrease the shock effect your body may go through during the cleanse from the drastic changes in diet and caloric intake.

PRE-CLEANSE SAMPLE MENU

Breakfast: Oats | 1 cup GF oats, 2 cups water/milk-substitute. (If microwaving, stir in oats and cook on high for 2 min. If using stovetop, bring liquid to a boil then turn on low and stir until thickened - about 5 min). Once oats are ready, add your toppings! Suggested: chia seeds, nut butter, bananas or berries

Lunch: Salad | greens (kale, spinach, chard, arugula), veggies (cucumber, carrots, beets, tomatoes, red onion), additions (nuts, seeds, lentils, hummus, berries) | Dress with olive oil, lemon juice or apple cider vinegar, sea salt, & fresh herbs

Snack: Carrots & hummus, apple with 1 tbsp nut butter or 2 tbsp *raw almonds*

Dinner: Vegan soup with a side of quinoa & veggies





DURING THE CLEANSE

1. Suggested order to drink:
 - *Green**
 - *Carrot**
 - *Green*
 - *Beet**
 - *Cooling Herb*
 - *Magic Mylk / Coconut Shake*
 2. Add in herbal teas and vegetable broths (no salt) in between juices to keep warm.
 3. Set a bedtime to be sure you get 8+ hours of sleep. Good sleep is essential.
 4. Cleanse for a total of 3-5 days.
- *Mini Cleanse order to drink***

SUGGESTED SCHEDULE

- Drink green juice first thing in the morning.
- Then, rinse out the bottle, fill with filtered lemon water to sip for 2-3 hours. It is VITAL to stay hydrated with water in between each juice.
- When hunger strikes, start your next juice, & repeat until bedtime.
- Finish the day with a Magic Mylk or Vanilla Coconut Shake, about 1/2-1 hour before bed.



TIPS &

& suggestions

POST-CLEANSE

We know that you're probably hungry, but it's important to gently re-introduce foods into your diet. Slowly easing your way back to foods will help you continue to feel the benefits of your cleanse & maximize its effectiveness. The best way to do this is to start by following up your juice cleanse with raw & blended foods (smoothies, soups, salads) for the first 2-3 days, then adding in cooked & whole foods thereafter.

POST-CLEANSE SAMPLE MENU

Breakfast: *Raw chia pudding* | prepare to soak overnight: 3 tbsp chia seeds, banana (mashed), 1 cup unsweetened nut milk, 1 cup fresh or frozen mango, 1 tsp ground turmeric, 1 tsp ground cinnamon

Lunch: *Salad* | greens (kale, spinach, chard, arugula), veggies (cucumber, carrots, beets, tomatoes, red onion), add-ons (nuts, seeds, lentils, hummus, berries) | Dress with olive oil, lemon juice or apple cider vinegar, sea salt, & fresh herbs

Snack: *Apple* with 1 tbsp nut butter or 2 tbsp *raw almonds*

Dinner: *Zucchini noodles* | 1 spiralized zucchini, 1 cup cooked chickpeas with dressing/sauce made from 1 avocado, 2 tbsp basil, 1 clove garlic, 1 tbsp lemon juice, sea salt & pepper

WHAT TO *expect*

- Juice cleansing is the process of temporarily replacing food with cold pressed juices in order to reset the body, reclaim your health & maximize your body's ability to heal itself. ***Over the course of your 3 to 5 days of cleansing, your body will experience many different sensations and changes - some uncomfortable and some invigorating- but all due to the release of toxins in your body.***
- In many cases you will feel worse before you feel better during day 1 & 2. Your body is adjusting and detoxifying. This is normal! Some people report nausea, headaches, fatigue, moodiness or hunger pains. ***Don't forget to stay hydrated by drinking water in between juices.***
- By day 2-3, most people report that they've turned the corner and now have greater energy, more mental clarity and no longer feel hungry. ***Responses vary by individual.***
- ***TIP: Chew your juice!*** This helps with absorption. Each juice should take 20-30 min to consume. Drink filtered water or herbal tea between juices to keep those toxins flushing out!



THANK YOU FOR TRUSTING US WITH YOUR CLEANSE JOURNEY!

We recommend cleansing 4 times per year to boost metabolism, and reset your digestive system. Our team is on stand-by ready to answer any questions you may have and here to assist you along the way until your next cleanse.

Share some photos of your cleanse with us and tag @signative on Instagram!

common FAQ'S

Are the juices 100% organic?

Yes. Everything we juice is always 100% USDA organic. This is the #1 rule for cleansing, otherwise you are ingesting many of the same pesticide, herbicide and antibiotic residues the body is trying to clear out.

What are the benefits of a cold pressed juice cleanse?


There are so many! But to name a few: increased energy levels (without caffeine), healthier and clearer complexion, better sleep, increased mental clarity, strengthened immune system, restored alkalinity, and a regulated colon.

How much weight will I lose on the cleanse?

This varies from person to person, and is not always the case. We like to emphasize, however, that the goal of our cleanse is flood the body with live enzymes, vitamins & minerals and to give your body/organs a break from constant digestion and overstimulation. Cleansing will redirect that energy to a detoxification and healing process. A bonus outcome of this is that cleansing ultimately improves your health, mood and appearance if you allow the cleanse to reset your eating habits and make healthier choices afterwards! Our ultimate goal for our cleansers is to be the best version of themselves they can be and to create a sustainable healthy lifestyle.

What if I can't finish all 6 juices in one day?

If you do not finish all 6 each day it is ok. Save them because your hunger level from day to day will fluctuate and you may need more than 6 another day. Store the remainder in a freezer safe container leaving ample room for your juice to expand. Do not freeze juice in bottles! Glass is not recommended for freezing.



100% ORGANIC, 100% OF THE TIME

common FAQ'S

What if I am extremely hungry or fatigued?

If you are drinking all 6 and still mildly to extremely hungry, eat raw fruit, vegetables, or raw nuts (not roasted or salted). It will not break the cleanse and will help you continue on and complete your cleanse. Drink lots of water. Even though you are drinking your meals, your body may become slightly dehydrated due to the fact that it is working so hard to detoxify itself. Drinking water will keep your energy up, keep you fuller longer, and keep away any headaches you might experience. You can add lemon or cucumber to it to aid in detoxification. We recommend also drinking vegetable broth or grass fed bone broth for added nutrients, minerals, & electrolytes. Blending your juices with bananas, berries, avocado, or coconut is always a great option for extra calories.

What if I absolutely cannot go without caffeine?

It is best to slowly wean yourself off of caffeine before the cleanse with things like gradually switching to decaf coffee or green tea. This will avoid you having withdrawal headaches during the cleanse. If you absolutely cannot go without it, it may effect the benefits of your cleanse, but all is not lost - just have some black coffee or green tea to ease your headache and carry on with the juices.

I feel sick. Should I continue with the cleanse?

It is not uncommon to feel sick during a juice cleanse. All of the nutrition you are consuming causes your body to go into a state of cleaning and releases toxins to be eliminated by your liver and kidneys. Symptoms vary from upset stomach, to headaches, to flu like symptoms. If you feel you are too sick to continue please stop the cleanse and consult your physician if necessary. If you stop before you consume all of the juices, keep the remainder in a freezer safe container leaving ample room for your juice to expand. Once you are feeling better, we suggest incorporating the remaining juices into your daily diet as a snack or meal replacement.



NEED SUPPORT? CONTACT INFO@NATIVECOLDPRESSED.COM



Marring

- Do not cleanse without first consulting your physician.
- Cleansing is NEVER recommended for children & adolescents, pregnant or nursing women.
- Elite athletes who need a high-caloric intake should consult doctor & trainer before cleanse.
- Cleansing is not recommended for people with diabetes, kidney disease or liver disease due to negative physiological responses.