

 RESET Juice Cleanse Guide

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

A juice cleanse is a natural detox program where you consume fresh, nutrient-rich juices and avoid solid foods for a set period. The purpose is to allow your digestive system to rest, provide your body with vital nutrients, and help eliminate toxins. This reset promotes healing, balance, and improved overall wellness.

#### **Why Might You Need to Cleanse?**

In today’s world, toxins from processed foods, environmental pollutants, and daily stress can overload the body. A cleanse helps reset your system, giving you:

* Improved digestion and nutrient absorption.
* Increased energy and mental clarity.
* Clearer skin and reduced inflammation.
* A fresh start to establish healthier habits.

#### **How To Know If You Need to Cleanse**

You may benefit from a cleanse if you’re experiencing:

* Fatigue or low energy.
* Digestive issues like bloating or irregularity.
* Cravings for sugar and processed foods.
* Brain fog or lack of focus.
* Skin issues such as dullness or breakouts.
* Difficulty losing weight or maintaining a healthy balance.
* Poor sleep patterns.

### **What is the RESET Cleanse?**

Our **RESET Cleanse** is designed to help you recharge, energize, simplify, eliminate toxins, and transform your health. This cleanse features **5 nutrient-packed juices** and a **powerful detox shot**, carefully crafted to deliver maximum nutrition while giving your digestive system a rest.

#### **RESET Acronym**

* **R:** *Rest*– Allow your digestive system to take a break and reset naturally.
**E:** *Energize* – Recharge your body with nutrient rich juices.
**S:** *Simplify* – Eliminate toxins and excess in your body for easier digestion.
**E:** *Elevate* – Raise your energy, clarity, and overall wellness.
**T:** *Transform* – Step into a healthier, more vibrant version of yourself.

#### **What Makes Our RESET Cleanse Special?**

1. **Holistic Approach**: Each juice is thoughtfully curated to provide a balance of vitamins, minerals, and antioxidants that nourish your body and support natural detoxification.
2. **Premium Ingredients**: Made with fresh fruits and vegetables—always cold-pressed to preserve maximum nutrients.
3. **Balanced Variety**:
	* Hydrating greens to alkalize and replenish.
	* Root vegetables to energize and support circulation.
	* Tropical fruits for sweetness and an immune boost.
	* Spices like turmeric, cayenne, and ginger to stimulate metabolism and aid digestion.
4. **Convenient and Simple**: Our juices are perfectly portioned for your day, and the program is easy to follow, whether you’re new to cleansing or experienced.
5. **Aligned with Your Goals**: Whether you’re looking to kickstart a healthy lifestyle, reset after indulgence, or just feel lighter and more vibrant, this cleanse meets you where you are.

### **Choose Your RESET Cleanse Duration**

Our RESET Cleanse is flexible to meet your needs. Whether you're looking for a quick reset or a deeper detox, we offer 1, 2, or 3-day cleanses, with extended options available by request.

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#### **1-Day Cleanse: *Quick Reset***

* *Who is it for?*
	+ Beginners or those new to cleansing.
	+ Anyone needing a light, quick reset after indulgence (e.g., weekend treats or holiday meals).
* *What to Expect:*
	+ A gentle detox to boost energy, improve focus, and reduce bloating.

#### **2-Day Cleanse: *Moderate Detox***

* *Who is it for?*
	+ Those looking to extend their reset for deeper benefits.
	+ Individuals who want to reduce inflammation and gain more clarity.
* *What to Expect:*
	+ Enhanced digestion, improved hydration, and noticeable skin and mood improvements.

#### **3-Day Cleanse: *Full Rejuvenation***

* *Who is it for?*
	+ Experienced cleansers or those seeking a complete detox.
	+ Anyone wanting a deeper reset for lasting results.
* *What to Expect:*
	+ Comprehensive detoxification, mental clarity, reduced cravings, and a lighter, more vibrant feeling overall.

#### ***Extended Cleanses (By Request)***

* *Who is it for?*
	+ Long-term cleansers or those addressing specific health goals.
	+ Individuals who want to build a personalized cleanse routine.
* *What to Expect:*
	+ A customized plan tailored to your detox and wellness needs.

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**Pre-Cleanse: Preparing Your Body (1-3 Days Before)**

Prepare your body for detox by eating light, whole, plant-based meals:

* Focus on fresh fruits, vegetables, and smoothies.
* Avoid caffeine, alcohol, processed foods, and refined sugars.
* Drink plenty of water and herbal teas.

#### ***Lets Cleanse!!***

Each cleanse day consists of **5 nutrient-packed juices** and a **powerful detox shot**. Juices should be consumed every **2-3 hours** or when you feel hungry. Throughout the day, stay hydrated by drinking **spring water** (or coconut water for added hydration and electrolytes) and enjoy **herbal teas** or **warm lime water** for extra detox support. These beverages keep your body replenished and energized while promoting gentle detoxification.

**How To Store Your Juices**

Keep juices refrigerated and consume them within the recommended time frame (5 days in fridge, up to 2 weeks in freezer)

### ***Example: A Day on the RESET Cleanse***

Here’s a suggested timing schedule to guide you through your cleanse day. Adjust as needed to fit your routine:

**This is an example schedule. You may drink the juices at your own pace when you feel hungry, but we recommend that you follow this order of flavors and drink them at least 2-3 hours apart for optimal digestion and absorption.**

**7:00 AM**: **Detox Shot (You will have chosen 1 of the 3 options for your cleanse)**

 **I AM Growing- Elderberry, ginger, lime, clove**

**I AM Healing- Orange, turmeric, ginger, lime, cayenne pepper, black pepper**

**I AM Alive- Apple, ginger, lime, blue spirulina**

* Take your detox shot first thing in the morning on an empty stomach.
* Ingredients like ginger, spirulina, lime, or turmeric stimulate digestion and kickstart detoxification.
* **Optional**: Follow with warm lime water or herbal tea for extra hydration and detox support

**If you take supplements this would be the time to take them in between your shot and first juice**

**8:00 AM**: **Juice 1 – I AM Nourished**

* *Ingredients*: Green Apple, Celery, Cucumber, Kale, Ginger, Lime, Parsley
* **Why**: This hydrating and alkalizing juice provides essential nutrients to energize your morning.

**10:30 AM**: **Juice 2 – I AM Love**

* *Ingredients*: Beets, Orange, Apple, Ginger, Turmeric
* **Why**: Beets support circulation, detoxification, and liver function. This earthy juice sustains energy mid-morning.

**12:30 PM**: **Juice 3 – I AM Grateful**

* *Ingredients*: Orange, Carrots, Apple, Ginger, Lime
* **Why**: Packed with vitamin C and beta-carotene, this juice boosts immunity and keeps your energy up.

**3:00 PM**: **Juice 4 – I AM Vibrant**

* *Ingredients*: Pineapple, Lime, Ginger, Turmeric, Black Pepper, Cayenne Pepper
* **Why**: This juice’s spicy kick boosts metabolism and keeps you feeling refreshed during the afternoon.

**6:00 PM**: **Juice 5 – I AM Energized**

* *Ingredients*: Pineapple, Orange, Apple, Mango, Lime, Turmeric, Black Pepper
* **Why**: A sweet and satisfying tropical juice to close your cleanse day with a light energy boost.
* **Optional:** Have a cup of herbal tea

### **Tips for the Day**

* **Hydration**: Drink plenty of water or herbal teas between juices.
* **Light Activity**: Engage in gentle yoga, stretching, or a short walk to stimulate circulation.
* **Rest**: Take time for relaxation, meditation, or journaling to support emotional and physical detox.

### **Post-Cleanse (1-3 Days After)**

Transition gradually back to solid foods:

1. Start with light, plant-based meals like fruits, veggie soups, and smoothies.
2. Gradually reintroduce whole grains, nuts, and seeds.
3. Avoid processed foods, caffeine, and alcohol to maintain the benefits of your cleanse.

***Daily Cleanse Affirmations***

* *I am releasing what no longer serves me and welcoming vitality.*
* *My body is resilient, capable, and healing with every sip.*
* *I am nourishing my mind, body, and spirit with love and care.*
* *Detoxing is my way of showing gratitude to my body.*
* *I trust my body’s ability to reset and restore.*
* *I am letting go of toxins and negative energy, making room for light.*
* *I honor my body by giving it what it needs to thrive.*
* *Each day of this cleanse, I grow stronger, lighter, and more vibrant.*
* *I am aligned with health, balance, and well-being.*
* *My body deserves this reset, and I am proud of myself for doing it.*

***CLEANSE MOTIVATION***

**Trust the process!:**

 Your body is working hard to reset and heal—be patient and kind to yourself.

**Stay hydrated:**

 Spring water/ coconut water is your best friend during a cleanse along with your juices. Sip often to keep things flowing.

**Breathe deeply:** Cleansing is not just physical—it’s emotional too. Take a moment to inhale peace and exhale stress.

**Visualize your goal:**

 Picture yourself vibrant, energized, and glowing—it’s just around the corner!

"Listen to your body." Rest when you need to and move gently to support your reset.

**Celebrate small wins:**

 Every sip and every healthy choice brings you closer to your best self.

**You’re stronger than your cravings:**

 Remember, this cleanse is a short journey for long-term health.

**Keep it positive:**

Think of this cleanse as a gift to your body—it’s thanking you with every step!

***Happy Cleansing!!! You’ve Got This!!! We <3 You And Are Always Rooting For You!!***