

CLEANSE FAQs

What is a juice cleanse?

A juice cleanse is the process of detoxifying the body by consuming fresh juice and water, which require little digestion. The nutrients are rapidly absorbed by the body, so the digestive system is given a rest, and the energy it would normally use on digestion is used to focus on cleansing.

During your juice cleanse, you will consume six (6) fresh fruit and vegetable juices and one (1) **Almond Milk** daily while drinking plenty of water between each juice. You may also consume herbal teas and broths throughout the day if needed.

Why Cleanse?

In today's chemically dependent lifestyle of long commutes and grab and go meals, harmful toxins from our food, water, and air enter our bodies in high quantities. A buildup of toxins in the body can cause a number of unpleasant symptoms, such as digestive problems, fatigue, irritability, restlessness, headaches, and, has been linked to serious illnesses. A juice cleanse helps to detoxify the body by giving your digestive system a much needed rest from the toxic overload of our daily food consumption and from the exhaustive process of breaking down food for nutrients.

During the juice cleanse, you will enjoy 7 of our bottled beverages daily along with plenty of water. The essential vitamins, minerals and nutrients from the juice are absorbed directly into the bloodstream for instant benefits. Finally, your body can direct its energy into doing what it naturally wants to do; CLEAN, HEAL, REST and REJUVENATE!

Is your juice 100% organic?

Yes! We are excited to announce that our new juice line is 100% Organic. We strive to offer the best quality at a reasonable price point in order to accommodate as many customers as possible.

What are the benefits of a juice cleanse?

Juice cleansing aids in removing extra toxins and wastes from your body and introduces pure, wholesome vitamins, minerals and nutrients into your system. As a result you may experience:

- A feeling of well-being of the mind and body
- Increased energy and blood flow
- Improved metabolism and digestion
- Rejuvenated complexion
- Elevated mood and sex drive
- Reduced inflammation
- Decreased dependence on unhealthy foods

Are there any unpleasant side effects to a juice cleanse?

There may be some unpleasant physical pain during your cleanse, but they will most likely be mild and pass quickly. You may experience some of the following:

- Headaches
- Fatigue
- Irritability
- Constipation/Diarrhea
- Dizziness
- Elimination of mucus
- Abdominal cramps
- Increased urinary output

While bothersome, these potential side effects are a sign that your body is eliminating toxins and breaking unhealthy food addictions, which is the desirable outcome of a juice cleanse. However, **if you experience any serious adverse reactions, you should break the cleanse immediately and seek medical help.**

How long should your juice cleanse last?

Beyond Juice offers a variety of cleanse lengths ranging from one (1) to three (3) days, our most popular being the two (2) day cleanse. We recommend easing into the cleanse with a three-day pre cleanse diet and easing out of the cleanse with a three-day post cleanse diet (see below for more information). We also suggest making fresh juice a part of your daily routine to support your health and wellness goals.

Will I lose weight on the juice cleanse?

Most people lose weight because the calories consumed during the juice cleanse are much less than their normal intake. Also, many of the ingredients in our juice have diuretic properties which help to flush toxins and excess water weight.

Can everybody do a juice cleanse?

If you have any concerns or questions on whether this is right for you – always consult your doctor before doing this juice cleanse.

While a juice cleanse can be highly beneficial for junk food addicts, health nuts and individuals with varying degrees of dedication to a healthy lifestyle, it is not right for everyone. If you have a medical condition or are taking medication, you should consult your doctor before doing a juice cleanse. Also, we DO NOT recommend juice cleansing before the age of 18 or if you are pregnant or nursing. Nor is it recommended if you are under weight, have low blood pressure, or are closely watching your blood sugar. However, we would still suggest making our fresh

beverages a part of your lifestyle, whether you are cleansing or not. Routine consumption of our juice will support your health and wellness goals, and keep you looking your best.

Can I cleanse if I am taking medication?

If you take any prescription medication, you should discuss doing a juice cleanse with a medical professional prior to starting.

When or how often should you cleanse?

The answer to this question is different for everyone. A juice cleanse can kick start a change in your diet or help you get back on track after consuming too much over the holidays or on vacation. Many of our customers choose to cleanse as a seasonal routine to help maintain health goals. The frequency of your cleanses depend entirely on you and the needs of your body. Pay attention to your body and to how you are feeling! If you experience digestive problems, fatigue, irritability, restlessness, headaches or just feel out of balance, a cleanse may help you to reach a higher state of well-being.

How do I order my juice cleanse?

Instores, online, or the app!

Are cleanse packs available at any time?

Yes!

How should I store my juice?

Your juice should be refrigerated. If you need to transport your juice, place the necessary bottles in a cooler with ice to be accessed throughout the day.

How long do the juices keep?

Our juice now has a few weeks shelf life instead of three days. It has gone through the High Pressure Processing (HPP), which takes the freshly juiced fruit and vegetable juice and cold water pressure is applied to the sealed bottle of fruit and vegetable juice. It is an all-natural food preservation which provides customers with fresh nutritious and naturally flavorful food that is safe to eat. HPP does not alter the nutrients, flavor or texture of our fresh juices.

How can I prepare for a juice cleanse?

To maximize the benefits of your cleanse and prepare your body for juice cleansing, we recommend making some changes three days prior to your cleanse. Focusing on wholesome foods that are easier for your digestive system to process, such as fresh fruits and vegetables, nuts and seeds, whole grains and plenty of water will help break your dependence on processed foods that contribute to toxic buildup in your system.

During these three days, limit meat, poultry, eggs, dairy, refined starches (bread, white rice, pasta), sugary foods and beverages, carbonated beverages, caffeine and alcohol, which can all tax your system. Instead of using processed oils to cook foods, try steamed meals and soups. The goal is to keep it clean!

Why should I drink the hot water with lemon first thing in the morning?

Drinking warm water with lemon first thing in the morning can help flush the digestive system and rehydrate the body. This is a great way to start your cleanse every day and a practice to continue after cleansing.

Do I have to drink all seven juices daily during the cleanse?

Every person's body is different, so listen to yours. If you find it is too much to drink – then stop but continue to drink plenty of water. You may want a little more juice later in the day or even the next day, so save it in case you need to add more the next day.

Does it really matter what order I drink the juices?

The order is a suggested order to drink your juice but customize it as you feel necessary. We have arranged the juices in your cleanse to optimize the detoxification process. For example, the last beverage of the day, a protein rich **almond** milk, will ensure that you are satisfied throughout the night and can obtain restful, restorative sleep.

I'm allergic to almonds – do you have a replacement for the Almond Milk?

Yes! Please inform us if you have any allergies prior to the cleanse, and we will substitute any necessary beverages with a green juice that will work meet your needs.

Can I have anything other than juice during the cleanse?

Yes. During the cleanse period, in addition to the beverages provided in your cleanse, you should drink plenty of water between each juice. Hunger is sometimes disguised as dehydration, so try drinking water to see if the hunger subsides. As an option, you may also

have herbal teas and low-sodium broth, if needed. You may also try drinking a little of your **Almond** milk to help with the hunger any time during the day. Finally, if you need more to supplement the juice, don't worry you not negating the benefits of the juice cleanse and will still be gaining the benefits. Try eating just a little of the following to see if it helps you get by.

- Vegetable and fruit smoothie
- Vegetable puree
- A few stalks of celery
- Half of a cucumber
- 1/4th of an avocado

Can I exercise during my cleanse?

Yes, light exercise will help your body to eliminate toxins through your sweat. Don't push yourself too hard, though. A cleanse is meant to allow your body to rest. If you experience any light-headedness or discomfort while exercising, stop to rest immediately, and seek medical help if needed.

Can I eat normally after the cleanse is finished?

We recommend that you ease out of your cleanse by introducing solid foods slowly over the 3 days immediately following your liquid diet. Eat small meals filled with wholesome, raw fruits, vegetables, nuts, seeds and whole grains.

When cooking foods, be sure to avoid processed oils or anything deep fried. If you are ready to introduce animal proteins, choose lean meats and fish. Continue to avoid caffeine, alcohol and sugar during this time.

Also, be sure to drink plenty of water, as your body will continue to flush toxins during this post-cleanser period. We recommend continued daily consumption of 100% fresh juice after your cleanse to help support your health goals. You did it, and we are confident you will be happy with your results. Stick with healthy choices, and you will feel the benefits of your cleanse longer.

What if I have questions during my cleanse?

Our trained staff is here to answer any questions you may have before, during or after your juice cleanse. Email support@beyondjuiceryeatery.com anytime for support or to talk about our favorite topic: JUICE!