

FOR DURING & AFTER

The Cleanse

During the cleanse



**COLD-PRESSED
JUICE**



WATER



**HERBAL
TEA**

After the cleanse



SLEEP



**HEALTHY
DIET**



WATER

Craving another detox?

We have several other cleanses to choose from! Visit our website and learn about which plan is right for you.

PULPANDPRESS.COM



The Seasonal Complete

Daily Juice List

Drink the following juices throughout the day in this specific order. For 3 and 5 Day Cleanses, simply follow the same guide for the days listed.

DAY 1

- Monsoon
- Spicy Lemon
- Eclipse
- Red Monster
- Turmeric Elixir
- Pumpkin Spice
- Very Berry

DAY 2

- Spicy Lemon
- Eclipse
- Monsoon
- Very Berry
- Pumpkin Spice
- Red Monster
- Turmeric Elixir

DAY 3

- Turmeric Elixir
- Monsoon
- Spicy Lemon
- Pumpkin Spice
- Very Berry
- Eclipse
- Red Monster

DAY 4

- Monsoon
- Spicy Lemon
- Eclipse
- Red Monster
- Turmeric Elixir
- Pumpkin Spice
- Very Berry

DAY 5

- Spicy Lemon
- Eclipse
- Monsoon
- Very Berry
- Pumpkin Spice
- Red Monster
- Turmeric Elixir

DAY 6

- Turmeric Elixir
- Monsoon
- Spicy Lemon
- Pumpkin Spice
- Very Berry
- Eclipse
- Red Monster

DAY 7

- Monsoon
- Spicy Lemon
- Eclipse
- Red Monster
- Turmeric Elixir
- Pumpkin Spice
- Very Berry

*DO NOT DRINK ECLIPSE 2 HOURS BEFORE OR AFTER TAKING MEDICATION.



ALL JUICES MUST BE KEPT REFRIGERATED BEFORE AND AFTER OPENING.

The optimal time between juices is 2-2.5 hours. If you start your morning at 7:00am, we recommend drinking Juice 1 at 7:30am and continue throughout the day every 2 - 2.5hrs.



PULP&PRESS®

WHAT ARE THE HEALTH BENEFITS OF All Natural Juicing?

General Benefits

BOOST YOUR MOOD & HEALTH



INCREASED MENTAL CLARITY

Cold pressed juices are rich in antioxidants, vitamins, and minerals, helping keep your mind (and body!) in top-performing shape.



REGULATE WEIGHT LOSS

The vitamins and nutrients your body absorbs during a cleanse can help promote healthy and sustained weight loss.



LOSS OF CRAVINGS

A juice cleanse can help you reconnect with your body's true signals of hunger, so you experience fewer unhealthy food cravings.



REDUCED BLOATING

Cold pressed juices are packed with digestive enzymes that work to reduce your stomach's inflammation.



IMPROVED SLEEP

Cleansing helps to rid your body of toxins that disrupt natural sleep patterns and improves your overall sleep quality.



INCREASED ENERGY

You'll experience your energy levels increase as you fill your body with nutritious, plant-powered fuel and cut out food that would usually leave you feeling bloated and sluggish.

DO SOMETHING GOOD

Your personal cleansing guide:

KEEP THESE 4 LIFESTYLE AREAS IN MIND WHEN PREPARING FOR YOUR CLEANSE.

- 1 Stay conscious of what you eat both during and after your cleanse to give your digestive system a chance to rejuvenate.
- 2 Get enough high-quality sleep to give your body and mind the rest needed to focus on detoxification.
- 3 Ease up on strenuous exercise and focus on moderate activities like swimming, yoga and walking to maintain physical health without overexerting yourself.
- 4 Surround yourself with a clean, organized, and comforting space to achieve stronger relaxation and focus.

* GENERAL BENEFITS ARE TYPICAL OF PAST JUICE CLEANSE CUSTOMERS

Have Questions?

Contact us at support@pulpandpress.com