



JUICE CLEANSE GUIDE

COLD-PRESSED JUICES AND HEALTHY FOOD

JUICE
— TO —
BOOST

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AMSTERDAM

BOOST YOUR BODY • BOOST YOUR MIND • BOOST YOUR SOUL

Juice Cleanse guide

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What is a Juice to Boost Cleanse?

A juice cleanse is the process of giving your digestive system a break and detoxifying the body by consuming only vegetable and fruit juices, water, booster shots and Herbal Teas. It's about what you don't eat and drink so your body can work optimally on healing itself. As the fiber in our cold-pressed juices is removed it makes it easier for your body to absorb all the nutrients.

What are the benefits of a Juice to Boost Cleanse?

In today's fast paced, increasingly processed world, our bodies are on overload. We consume copious amounts of nutritionally void, overly processed convenience foods and have strayed from eating wholesome food in its most valuable forms. Toxins in our food, water, and air are entering our bodies faster than we can eliminate them. Especially living the city life. While maintaining optimum nutritional balances, a Juice to Boost Cleanse allows your digestive system time to catch up, eliminating toxins and wastes quickly and naturally. During this process, the wholesome nutrients present in Juice to Boost's raw ingredients support and encourage the body's natural processes. There is a wide array of positive, pleasant side effects that you may experience as a result of a Juice to Boost cleanse: increased energy, mental clarity, restorative sleep, a healthy glow, improved metabolism, weight loss, strengthened immunity, reduced allergies, normalized blood pressure, elevated mood and sex drive, less unhealthy cravings, or a feeling of lightness.

Detoxes may shift you away from bad habits (like too much coffee, alcohol, and fatty foods) and help foster healthier habits after you're done.

How long should you juice?

This question is two-fold. Juice to Boost offers cleanses starting from 1 day up to 5 days (or repeated for even up to 1 month). We recommend easing into your cleanse with a three-day pre cleanse diet and easing out of the cleanse with a three-day post cleanse diet. AND we recommend making juicing part of your regular diet – it is a great way to get in your veggies and the benefits can be amazing.

How is juice cleansing different from fasting?

Juice to Boost cleanses provide your body with the valuable nutrients it needs to function and flourish, and perform optimum detoxification, while reducing the work required by the digestive system. Your body can focus on cleansing itself, supported by the array of vitamins and nutrients Juice to Boost's juices provide and may enjoy increased energy and a great start to a healthy lifestyle. Harsh, traditional fasts using water and flavorings like lemons deprive your body of much needed nutrients. Without the appropriate vitamins and minerals, your detox organs struggle to function, your energy is decreased, and you are left feeling empty, undernourished, and lethargic.

Is juice cleansing just a fad?

The most respected health practices encourage regular cleansing in order to promote vitality, longevity and a peaceful state of mind. Long before processed "convenience" foods, high stress lifestyles, and impurities in the environment, people had been detoxing and practicing gentle cleanses as a means to a healthier lifestyle. Unlike traditional water and lemon cleanses and other deprivation fads, Juice to Boost cleanses also provide your thirsty body with tons of antioxidants, nutrients and vitamins. Thankfully, juice cleanses and detoxes are being rediscovered by society today as a way to help promote good health, energize our bodies and look and feel younger.

Doesn't my body cleanse and replenish nutrients naturally?

By nature, our bodies are cleansing, detoxifying and healing imbalances on a daily basis. And while our natural cleansing processes are designed to support our health and wellbeing, the modern routine of eating nutritionally void restaurant meals and take out, late night snacking, and in general hurried attitude, upsets the natural balance. Consumption of alcohol, caffeine and medications overload the cleansing process, and pollution further complicates the situation. So while cleansing is a natural process, we are overloading our bodies and causing harmful build-ups and imbalances like allergies, poor digestion, weight gain and fatigue and aches. Often unintentionally, we deprive our bodies of the vitamins, minerals and antioxidants found in whole, unprocessed foods and meals made from scratch. Juice to Boost's Juices offer our digestive systems a break and a chance to fill up on those invaluable nutrients our bodies crave.

How will I feel during a cleanse?

Responses to Juice to Boost cleanses are as varied as the wonderful people that choose to take part in them. While there are some standard "side effects," your experience will be unique. You may look forward to heightened energy, improved sleep, clarity of mind, and a healthy glow. Many Juice to Boost Juice cleansers experience a decrease in unhealthy cravings, improved metabolism, some weight loss, strengthened immunity, reduced allergies, and normalized blood pressure. While the large majority of "side effects" you're likely to experience during a Juice to Boost Juice cleanse are positive, it is possible that you will display some not so pleasant symptoms during the cleanse. Juice to Boost cleanses are specifically designed to minimize negative effects; however you may experience headaches, fatigue, or irritability. Abdominal cramping, increased urinary output, bowel upset and elimination of mucus are not uncommon. If you are currently consuming mostly processed foods or are participating in a lengthy cleanse, you may find that these negative symptoms are more pronounced. Keep in mind that while these symptoms may be unpleasant, they are a direct result of your body taking the cleanse as an opportunity to eliminate toxins and restore natural balances with the help of the Juice to Boost Juices. If you experience any serious adverse reactions or you are not sure you should break the cleanse immediately and seek medical attention.

Will I need to use the bathroom constantly?

Since a Juice to Boost Juice cleanse directly impacts your digestive system, it is normal to expect changes in bowel habits, however there is no reason to be concerned. During your juice cleanse it is important to maintain and encourage regular bowel movements, as this is the means by which your body eliminates waste and toxins. It is not uncommon for the bowel to actually slow during a cleansing so be aware of your body, and if necessary, encourage elimination with a supplement. Experts advise that optimal elimination occurs two to three times per day, so while being sensitive to your body's needs and avoiding aggressive tactics, keep the goal in mind during a juice cleanse. Naturally when you consume more liquids you will urinate more. This is your body's natural way of flushing toxins from your body. Your daily life should not be interrupted during a Juice to Boost cleanse, but keep the goal of a successful cleanse in mind.

Will I lose weight?

While the goal of the Juice to Boost cleanse is ultimately to replenish sorely needed vitamins and nutrients and to detoxify your body, you may find that weight loss and reduced bloating are welcome side effects. If you are already fairly health conscious and slim, you may find that your body simply does not have excess weight to lose. If you are carrying excess weight or leading a diet low in nutrients and high in processed foods, it is possible that you will see changes on the scale while you rejuvenate and heal your body with a Juice to Boost cleanse. Because the Juice to Boost cleanse provides more than adequate vitamins and nutrients, you will not encounter a dangerous loss of weight, and we always recommend being aware of responding to your body's clues.

What about fiber and protein?

One of the reasons you're likely to experience an increase in energy during your cleanse is that the cleanse reduces the amount of fiber you ingest. While fiber is a helpful aide, it does slow down digestive processes and expends important energy. The lack of fiber in the Juice to Boost cleanses give your body time to work hard at flushing toxins out while giving you an energy boost! And, a plant-based diet like a Juice to Boost cleanse isn't completely void of the proteins your body needs to thrive. As a bonus, plant proteins assimilate much better in your body. Amino acids, the building blocks of protein, are found in all the fruits and vegetables used to make your Juice to Boost cleanse.

Who should cleanse?

Ideal for any active adult (over the age of 18), or any adult looking to get active, Juice to Boost cleanses are designed with you in mind. If you're looking to jump-start your health, detoxify your body, and increase your energy, a Juice to Boost cleanse may be right for you! We want to be part of your healthy lifestyle and we're glad you chose Juice to Boost for your cleanse. That being said, there are some conditions that are not compatible with a juice cleanse – we do invite you to explore our selection of Juice to Boost Juices for everyday consumption. Just because a cleanse isn't recommended doesn't mean you can't benefit from the wholesome goodness Juice to Boost's raw juice selection. Please be sure to review the next question, "Who Should Not Cleanse?" and consult your health care provider before embarking on your cleanse.

Who should not cleanse?

Juice to Boost does not recommend participation in a juice cleanse by anyone under the age of 18. During pregnancy and nursing, a Juice to Boost cleanse is not appropriate due to the increased nutritional and caloric needs of your body and those of your growing baby. If you suffer from any of the following, we strongly recommend that you consult with a physician before committing to any cleansing program: chronic degenerative disease, hypothyroidism, anemia, diabetes, low blood sugar, heart failure, kidney failure, liver failure, epilepsy, eating disorders such as anorexia nervosa or bulimia, low blood pressure, compromised immunity. And remember, just because a cleanse isn't in the cards right now doesn't mean that you can't benefit from the full selection of wholesome, raw Juice to Boost products.

When should I cleanse, how often, and for how long?

There are no black and white guidelines to tell you when, for how long, and how often you should participate in a Juice to Boost cleanse. The answer is different for everyone. We encourage you to start a cleanse when you need to facilitate change, feel run down, or have overindulged. Juice to Boost cleanses are also a great way to combat a common cold, so at the first sign of the sniffles, consider beginning a cleanse. Juice to boost offers a variety of cleanse lengths ranging from one (1) to five (5) days, our most popular being the Three (3) Day Cleanse. Some of our customers enjoy the benefits of cleansing so much that they choose to extend a cleanse by ordering additional days. Keep in mind that Juice to Boost does recommend a pre cleanse and post cleanse period in order to optimize the outcome, so these days should be factored into your cleanse cycle. The frequency of your cleanses depend entirely on you and the needs of your body. Some Juice to Boost customers partake seasonally, some twice a year, some monthly, but ultimately the recurrence is up to you. Pay attention to the needs of your body and you'll find that developing a routine that works for you is simple.

When can I start?

You can start your Juice to Boost cleanse whenever you are ready! Our juice cleanse is designed to assimilate nearly seamlessly into your everyday life, so you don't have to worry about drastically changing your schedule before beginning a cleanse. Keep in mind that Juice to Boost strongly recommends following our pre and post cleanse guidelines in order to prepare you physically and mentally for the cleanse, and optimize the results of your cleanse. The pre cleanse preparation period and diet last three (3) days.

What about diet and exercise?

Of course, diet and regular exercise are valuable tools in starting and maintaining a healthy lifestyle. We're given a set of tools to thrive and survive, and there's no reason we can't use all of them! Even while maintaining a healthy diet and exercising regularly, we need to allow our bodies a total break from processing even healthy food so that it can focus its natural processes on cleansing and detoxification. A juice cleanse is a great way to allow our bodies the time they need to cleanse, to kick start a healthy lifestyle, and achieve balance between modern conveniences and better choices. One of the potential benefits of a juice cleanse is an increase in energy, and you may find yourself eager to get moving. We recommend following your standard exercise routine, or exploring yoga.

What if I'm taking medication?

Contacting your healthcare provider before beginning a Juice to Boost cleanse is always suggested, and in the event you are taking any medication or supplement it is imperative.

How long do the Juice to Boost Juices keep?

Please consume within 3 days. Keep Refrigerated.

Get Hungry?

During a Juice to Boost cleanse you may find yourself hungry. The fact of the matter is if you are accustomed to consuming large amounts of filling solid food, your body will need to adjust. The good news is that the hungry feeling should be fleeting and that there are ways to cope with the hunger. Try to drink your juices slowly, maintaining awareness of the fact that you are consuming a nutritious raw juice that will benefit your body. See if you can shift your perception of the juice cleanse from depriving yourself to providing your mind and body with a wholesome, balanced meal. You are always welcome to consume water and decaffeinated herbal teas as needed

Cheat?

If your resolve slips and you find you've broken your Juice to Boost cleanse, don't beat yourself up. You and your cleanse are a work in progress. Try your best to avoid a slip by consuming each juice with mindfulness, considering it a wholesome, nutritionally balanced meal, rather than a substitute for a meal. See if you can embrace the new empty sensation in your stomach and ponder your hunger. If you really MUST eat something, try to tame the munchies with a few celery stalks, 8 raw almonds, a couple of cucumber slices, warm vegetable broth or a half a cup of black coffee. Get back on track with your next Juice to Boost bottle as soon as possible, and think about all the great vitamins and nutrients you are providing your body.

Feel Yucky and Uninspired?

Don't give up! Remind yourself that by committing to a Juice to Boost Juice cleanse, you are giving yourself a great present. Even though you may initially feel as though you are depriving your body, remember that you are actually allowing your body to rest, and ingesting healthy, wholesome, raw juices that are filled with vitamins, nutrients and antioxidants that your body craves.

Don't want to drink all Juice to Boost Juices?

Juice to Boost Juice cleanses are formulated not only to promote an optimum detoxification, but to give you all the calories and nutrition that your body needs to have a great day. To reap the most benefits, you should enjoy all juices in the order directed, or as close to possible. If you're struggling, remember that as your body adjusts and begins absorbing the wholesome nutrients the Juices provide it will likely begin to develop a taste for them.

Personalize your cleanse

We have designed our Create your Own Juice Cleanse on our website in a way that you can choose from a few options given. This will make the variation bigger if you were to do the cleanse for longer time, so you will get optimal variation of nutrients. It's up to you to make your cleanse as green as you wish or easier by implementing more fruit juices.

How to prepare for a juice cleanse?

You gain the most benefits when you follow all the steps. One of the key steps – and a great way to boost those benefits – is to ease into the cleanse by following a gentle, vegan diet for three days before you start.

The pre-cleanse recommendations below will help your body prepare for the cleansing process and all of its amazing benefits.

Focus on whole foods.

Fill your meals with:

- vegetable soups
- salads
- fresh fruit
- nuts
- whole grains
- herbal teas

During your pre-cleanse try to avoid:

- processed foods – that means anything that contains preservatives, colorings, flavorings, stabilizers and additives
- caffeine – coffee, black tea, energy drinks, and chocolate
- alcohol – wine and spirits
- dairy and animal products – milk products, red meat, pork, poultry, fish or deli products
- sugar – products with sugar as well as sugar added to coffee or tea
- wheat – think gluten free
- eggs, peanuts and peanut butter
- condiments and processed cooking oils – think clean and lean

What to eat after a juice cleanse

What to eat after a juice cleanse is just as important as the cleanse itself . . .

During the cleanse you have reset, rid and re-built by drinking nourishing 100% raw, cold-pressed juice blends, and AVOIDING solid food. Now that the cleanse is complete, you are ready to reintroduce solids into your body.

But not so fast!

Be gentle on your system. SLOWLY add solid foods back into your daily diet. Here are some suggestions on what to eat on days one through five after your juice cleanse:

Take it slow.

Stick to fresh squeezed juice, cucumber, celery, avocado or vegetable broth. Continue to hydrate with water and herbal teas.

Keep it raw.

Eat raw fruits, raw (or lightly steamed) vegetables (mostly greens), and seeds.

Light starch, please.

Now you can add salads (more raw than cooked) and small portions of brown rice or starchy vegetables like sweet potatoes and squash

Reintroduce lean meats and fish.

Now you can eat anything and everything you want...

...NOT! Now that you've cleansed, you don't want to undo all of your hard work. Hopefully you'll take what you've learned after your walk on the wild and raw side of food and apply it to your everyday eating habits. The benefits of juicing are amazing – stick with it by adding Juice to Boost Juice into your daily diet.

JUICE CLEANSE PACKAGES

BOOST YOUR BODY CLEANSE / Per Day: 35,- + with 2 shots of choice 39,-

Our Basic Cleanse is tailored to those who are new to juicing and want to restore and rebalance their lives to a healthier state. The juices in this cleanse have slightly more calories than the Advanced Cleanse. It will detox your body, promote weight loss, eliminate toxins, and much more.

2 x 1,2 Liter bottles Kangen Water, Spicy Lemonade, Hangover fix, Sunshine, Daily Super Green, Carrot Juice, Red Lipstick, Rhubarb Delight, Blue Flirt, Raw Chocolate.

BOOST YOUR MIND CLEANSE / Per Day: 35,- + with 2 shots of choice 39,-

Our Intermediate Cleanse is tailored to those who have maybe done a juice cleanse before, but are still not ready for the Advanced version. The juices in this cleanse have slightly less calories than the Basic Cleanse. The benefits include, inner cleansing, increased energy, eliminate toxins, and much more.

2 x 1,2 Liter bottles Kangen Water, Spicy Lemonade, Cleansing Green, Daily Super Green, Rejuvenation, Carrot Juice, Green XXL, Hydration, Hangover Fix, Raw Chocolate.

BOOST YOUR SOUL CLEANSE / Per Day: 35,- + with 2 shots of choice 39,-

If you are an experienced juicer or you are seeking our lowest sugar juice options, our Boost your Soul cleanse may be your perfect juice cleanse. The synergistic combination of cold pressed juices in the Boost your Soul Cleanse, deliver more plant protein from leafy greens and less fruit than the other Boosting cleanse options.

2 x 1,2 Liter Bottles Kangen Water, Spicy Lemonade, Cleansing Green, Green Garden, Daily Super Green, Carrot Juice, Green XXL, Watermelon Juice, Hydration, Raw Chocolate.

How to order:

At the shop we will be happy to assist you with purchasing a cleanse right away.
To reserve a cleanse Give us a call or e-mail for pick at your given time.

020 370 84 01 // info@juicetoboost.com

Juices are to be picked up daily for maximum freshness.

For Allergies or other preferences for a different selection of Cold-pressed juices we will be happy to assist you with creating a cleanse suitable for you.