



# CLEANSE GUIDE



CREATED BY NATIVE COLD PRESSED

# WHY CLEANSE?

**BACKED BY RESEARCH,  
PROVEN EFFECTIVE**

Juice cleansing has been researched extensively and has shown to have many benefits. It encourages healthy digestion by rebalancing the gut microflora and decreasing inflammation in the whole body. It consequently reduces intestinal and colon inflammation as well. Raw organic juice is extremely rich in vitamins, minerals, and antioxidants which can be easily absorbed because digestion is not taking place. These compounds in combination help fight disease, support immunity, and may reduce the risk of cancer.

Of course, one of the most obvious and most desirable benefits of cleansing is decreasing body weight and BMI. Juice cleansing does this by not only reducing your cravings for calorie-dense foods, but it also reduces the amount of bad bacteria in the gut that have been linked to obesity. Additionally, cleansing has been shown to boost mood and energy, clear break outs, reduce bloat, alleviate constipation, and increase immune function and improve digestion.



## WHY ORGANIC?

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.



## 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. Be prepared to not feel your best the first 1-2 days of the cleanse as your body adjusts. Some people report headaches, fatigue, moodiness or hunger pains. Try your best to rest and 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



# OUR CLEANSSES

HAND-CHOSEN  
BY OUR FOUNDERS



## THE FULL CLEANSE

### CLEANSE NO. 1 / \$65/DAY

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

### CLEANSE NO. 2 / \$64/DAY

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

+Recommended to add 1 Immunity Shot per day



## THE MINI CLEANSE

### MINI NO. 1 / \$32/DAY

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

### MINI NO. 2 / \$32/DAY

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

# TIPS & SUGGESTIONS

## PRE-CLEANSE

### TIPS

#### 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, 1 tbsp chia seeds, banana, 1 tsp cinnamon, top with 1 tbsp nut butter & berries

**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:** 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

### TIPS

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 h2o (optional: add a few drops of doTERRA essential oils - we suggest lemon or wild orange) then 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. We love adding a drop of doTERRA peppermint oil to these two drinks because it helps soothe the stomach & calm the mind!

# OUR CLEANSSES

100% ORGANIC,  
100% OF THE TIME

## POST-CLEANSE

### TIPS

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



# FAQ'S

**NEED SUPPORT? CONTACT OUR TEAM  
AT [INFO@NATIVECOLDPRESSED.COM](mailto:INFO@NATIVECOLDPRESSED.COM)**

**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.

**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.

**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 the freezer. Once you are feeling better, we suggest incorporating the remaining juices into your daily diet as a snack or meal replacement.





**THANK YOU FOR TRUSTING  
NATIVE COLD PRESSED  
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. Don't forget to share some photos of your cleanse with us and tag @nativecoldpressed on Instagram!