

METABOLIC CLEANSE



The High Shot doses of cayenne, ginger and turmeric will spike your metabolism, improve immunity, kick start the fat burning process whilst the calming greens, beets and carrot flushes the system to reduce bloating.

Before you cleanse

If you have any medical issues, it's best to check with a GP before juice cleansing. The cleanse is not suitable for diabetics, pregnant or breastfeeding women. If possible, eliminate caffeine two or more days before you cleanse to minimise any caffeine headaches.

Storing Juices

It's important to refrigerate juices at 1-4 degrees as they are fresh and unpasteurised.

Each glass bottle weighs 600g and is 19.5cm in height. We recommend creating space in the fridge before the juice arrives in multiple compartments to distribute the weight.

All juices are made on the same day, yet they will vary in expiry dates, this is because some juice combinations last longer than others.

How to cleanse

It's simple. Suggested times to enjoy your juices:

METABOLIC CLEANSE

8am or waking	Celery
9.30am	High Shot
11.30am	Lush
1.30pm	Rave
3.30pm	High Shot
5pm	Celery
6pm	Bling
7.30pm	Lush

Keep active

Your cleanse program will keep you alert and feeling great. It's important to be in tune with your own body and adjust your exercise to suit.

Keeping active during your cleanse will:

- increase your nutrient absorption
- improve your metabolism
- accelerate detoxing as the toxins are removed more efficiently and, if you're after weight loss, say no more.

Body Checks

Most will notice a 1-2kg weight loss after Day 1. This is your body eliminating excess fluid. The weight loss after this will be less each day as there will be less fluid, but more permanent body fat loss. You should have at least 1 bowel motion daily as toxins can be re-absorbed through the walls of your bowels, if not, please drink more water to aid the cleansing process. If cleansing during cooler weather, you may feel the cold more than usual; this is because your daily calories, carbs and protein have been reduced. It will only be temporary so please keep warm with extra clothing.

Showering toxins away

You can assist your body to remove toxins by using a body scrub whilst showering. Just like some chemicals, toxins can be absorbed and expelled through the skin, so try an all-over body scrub using a bathing loofah and body wash in the shower. You will feel absolutely squeaky clean and fresh. If your skin is feeling dry, apply a light coating of natural olive oil or your favourite moisturiser.

Hunger Plan

The Juice Culture Cleanse Program is designed to be consumed without any foods. Additional fluids are recommended in the form of still water, sparkling water or herbal teas. If you experience any hunger pangs, they can be minimized by snacking on raw chopped vegetables. A small handful of almonds will also get you through a hungry phase. (7 almonds = 50 calories)

Celery and High Shot TIPS

- Celery juice on its own is an excellent hydrator, however, if you prefer, can be mixed with juices.
- Enjoy celery juice as a soup by microwaving in a cup/bowl, can be seasoned with sea-salt & cracked pepper (do not boil).
- Make a raw clean celery tea by adding 2 parts hot water to 1 part celery juice.
- High Shots can be enjoyed straight-up, mixed with juices or as a tea by adding hot water.

After the cleanse

Continue with lots of raw fresh vegetables along with good quality lean protein and complex carbohydrates.

