



How to Do a 3-Day Juice Cleanse

Pre-Cleanse (1-week prior):

- Transition your diet – weed out processed foods and “junk” foods and replace them with whole foods (raw veggies, fruits, nuts (in moderation), seeds, whole-grains, organic proteins, and healthy fats) See “Anti-inflammatory Diet” and/or “Mediterranean Diet”.
- Begin to eat smaller portions than usual – be mindful while eating, with no distractions. Eat slowly, thoroughly chewing your food.
- Incorporate regular, non-strenuous exercise into your routine – walking, swimming and yoga are ideal ways to work and stretch the body. The key here is not to over-work your body.
- Make sure you’re drinking enough clean water which is key to flushing out toxins in the body.
- Add digestive enzymes at every meal to support and optimize the digestion of carbohydrates, fats and proteins.

Cleanse Time:

Begin your day with 8 ounces of warm water with lemon – about an hour later have your first juice. Be sure to drink juice every 2 – 2.5 hours to support your body in feeling full and satiated. Here is an outline of your juices:

1. Not Your Old-Fashioned Lemonade
2. Spicy Wabbit Juice
3. Arizona Green Goddess
4. Copa Beet Refresher
5. Newbie Green
6. Nourishing Almond Mylk

After you drink your Newbie Green juice, it’s your choice whether to have some warm vegetable broth, or a light soup prior to drinking your almond mylk.

Adjunct-Supportive Cleansing (the following assists in the process of cleansing):

- Dry Brushing
- Light exercise – stretching, yoga
- Meditation & Prayer – take the time to be quiet – relax
- Body Work (massage, facial, colonic) – various forms of body work are supportive to the cleansing process and help the body to relax

- Daily Enemas (1 – 3 colonics will eliminate the need for daily enemas)
- Infrared Sauna (1x per day for 20-30 minutes)

Post-Cleanse:

The day after your cleanse ease back slowly into eating solid foods. Preparing a smoothie as your first meal is ideal and/or a light vegetable soup. Incorporate animal proteins back into the diet at around day 3, post-cleanse. It is important to listen to your body. This is also a great time to identify potential food sensitivities. Now would be an ideal time incorporate dietary enzymes and a probiotic to support and enhance the digestion, absorption and assimilation of carbohydrates, proteins and fats; and additionally, to support the immune system.

Ask us about our EVOLVE YOUR BODY RESET Lifestyle Cleanse Program

Next, celebrate what you've accomplished! You just put a lot of concentrated nutrition into your body, and you gave your digestive tract a needed break, plus you had the discipline and empowerment to do it!

THANK YOU FOR CHOOSING LOTUS EVOLUTIONS JUICERY & SPA FOR YOUR CLEANSE JOURNEY!

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If you have any additional questions, and/or you're looking to follow our work, please refer to the following:

www.lotusevolutions.com