



# 3•DAY Juice CLEANSE

A juice cleanse is a “stay-cation” for your body – giving your digestive system a vacation from the energy-consuming work of processing heavy foods, additives, alcohol, caffeine and chemicals. By allowing the body to catch up on old work and eliminate the toxic by-products of day-to-day living, you set a new bar for feeling light, clear and energized.

**breathe's** popular three-day juice cleanse program gives your body the opportunity to rest and reboot. During your cleanse, we provide fresh, organic juices and/or smoothies, and by offering two different options, you can choose the program that best fits your needs.

## **breathe's. Classic Juice Cleanse**

Each day, you can pick up six made-to-order drinks, allowing you to ease into a juice cleanse by creating your custom combination of juices and fruit smoothies. Organic vegetables and fruits are juiced using our centrifugal juicer and are most potent when consumed soon after being prepared.

## **breathe's. Cold-Pressed Juice Cleanse**

The 3-step cold processing method of juicing claims to create the freshest, most nutrient-dense juices due to the slow, non-heat producing process. These juices are pressed and bottled daily in-house. When stored in your refrigerator, these juices will maintain 100% integrity for 3-5 days. This cleanse is perfect for the individual who is ready to do a total juice cleanse (without smoothies); this option has the benefit of exceptional product stability for several days and the ease of less frequent juice pickups.

*“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.”*

~ Dr. Ann Wigmore



## supporting you:

We provide six fresh, organic juices/smoothies per day (for a total of 18 during the course of the cleanse).

For the classic cleanse, you have the flexibility to pick up all six at once or stagger your daily pickup times throughout the day.

For the cold-pressed cleanse, you have the convenience of picking up all 18 drinks the day before you start the cleanse (these juices will retain the highest nutrient value throughout your cleanse).

With all cleanses, you can supplement with fresh, organic fruits and vegetables as you wish.

## when do I need to place my order

Planning your cleanse in advance guarantees that **breathe.** can fully support you, plus gives you the opportunity to prepare for the cleanse (by building in time for you to ease off of caffeine, processed foods, etc., if applicable to you).

## how do I place my order?

We advise that you stop into one of our juice bar locations to fill out your menu and receive information to support you during the cleanse. Both the classic and cold-pressed juice cleanses are offered at our juice bar locations

Thank you for choosing to participate in **breathe's**, 3-Day Juice Cleanse. As a courtesy to other participants, we require a minimum of 72 hours notice to cancel for a full refund. Due to the nature of a program where ingredients are purchased and juices are prepared, no-shows and cancellations within 72 hours of your pickup time will not be refunded or transferred to different dates/program. Also, we do not offer pro-rated refunds for missed days of the cleanse.

## commonly asked questions:

### what are toxins?

Toxicity occurs when you ingest more chemicals and unnatural substances than the body can utilize and eliminate. Toxins disturb the balance (homeostasis) of our body. Healthy immune and elimination functions can handle everyday exposure to toxins; it is the over-abundance of toxins that can wreck havoc on our bodies, our food choices or cravings, and our ability to maintain balance.

### who should detoxify?

Almost everyone needs to detox and rest their body from time to time — some more than others.

### who should refrain from cleansing?

Anyone with the following conditions should refrain from the 3-day cleanse:

- underweight
- cardiac arrhythmia
- pre/post surgery
- low immunity
- cardiac conditions
- nutritional deficiencies
- pregnancy
- cancer
- low blood pressure
- nursing children
- peptic ulcers

### how will I feel during the cleanse?

As the body “catches up” with processing and eliminating waste some people may notice headaches, fatigue, irritability, mucous congestion or mild aches and pains. Others might feel none of those symptoms, but may be immediately uplifted with increased energy and a feeling of lightness. If you are a daily coffee drinker and don't wean off before the cleanse, you will most likely experience a headache from caffeine withdrawal.

### can I stay active?

Yes. Listen to your body. Adjust as necessary.

**for more information, stop into breathe yoga.**

**or call us at 585.248.9070**

