



RECLAIMING YOUR HEALTH

With healthy juices and smoothies

GUIDE

Thank you for entrusting your health to Ambrosia Juicery as you begin/continue on your journey to health and wellness! Inside you'll find an easy-to-follow guide that'll help you along the way!

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Cleansing Guide

Purpose of cleansing

To begin, cleansing is not simply a process to lose weight, as it seems that is the popular belief. Cleansing is meant to help the organs responsible for cleaning the body; such as the kidneys, liver, lymphatic system, digestive system, etc. perform their job more efficiently. Because the body is now cleaning itself more efficiently it will eventually begin to remove toxins. One of many side effects of removing accumulated toxins from the body is the loss of excess weight; in other words, weight loss is a byproduct of **RECLAIMING YOUR HEALTH**.

Always remember that your body will undergo various changes for the better when you begin to treat it with love. Some of these changes will be challenging to maintain. We are all human and sometimes we may be swayed off our path...but remember that it's never too late to start again. Healthy living is not a phase, it is a lifestyle.

Prep

Before starting the cleanse, it is suggested to fast or intermittent fast (IF). There are many different ways of fasting and you may choose any that suits you. Fasting or "IF" gives your body ample time to digest any foods that may be in the digestive tract and to expunge it. Fasting or "IF" one day before the cleanse is sufficient. My favorite way to "IF" is to not consume any foods or beverages for 16 hours. Do what works for you!



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Instructions

-The cleansing program (3, 5 or 7 days) will consist of six 16oz bottles in total; juices (3) and smoothies (3) daily.

-There is no particular order in which to consume the products, but it is recommended to drink as such: 1 bottle of juice in the morning and 1 bottle of a smoothie in the morning.

-Each product should be consumed at least one hour apart. The reason being is that the time allows your body to digest properly without interference from other juices/smoothies. The smoothies are heavier than the juices and should hold you over for a longer period of time.

-Repeat this process for the afternoon and the evening.

-You may also drink natural spring water while cleansing (highly suggested).

The Process

-If you feel overwhelmingly hungry, it is perfectly fine to dine on plant-based whole foods.

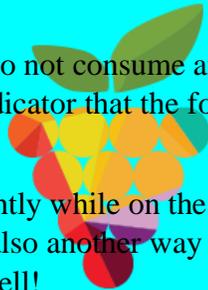
-Veggies and fruits are fine; again, consume the (solid) foods one hour after the juice/smoothie. It is also suggested to snack on foods such as walnuts, dates or salads (no dressing).

-Do not consume any processed foods during the cleanse or breads/wheat.

-In addition, do not consume any meat or animal byproducts (dairy/yogurt/eggs/etc.).

-If any solid foods are consumed, do not consume any juices/smoothies until the food has digested and you feel hungry again. An indicator that the food has digested is that you've had a bowel movement.

- It is recommended to exercise lightly while on the cleanse. Sweating is not only the body's natural way of cooling down; it is also another way the body expels toxins. There are a host of other benefits from exercising as well!



Ambrosia **The Juices/Smoothies**

Hug Me (juice)- This juice is a bit on the bitter side, but it is nutrient dense. Suggest drinking this one first thing in the morning.

Heartbeet (juice)- This juice is a bit on the sweeter side, but not refined sugar sweet. Suggest drinking this one in the afternoon as it can help boost energy levels.

Chlorophyll (juice)- This juice isn't bitter but not overly sweet. A green juice in every sense of the word; it provides a plethora of vitamins and minerals.

Banana Cream Pie (smoothie)- This smoothie is filled with healthy fats that'll nourish your body. Suggest drinking this one in the afternoon as it has the potential to fuel you during the busiest part of your day.

Royalty (smoothie)- This smoothie is anti-oxidant and fiber rich. An excellent product to help support the digestive tract and bowel movements. Suggest drinking this smoothie in the evening as it is light.

Fruit Scrub (smoothie)- This is a citrus packed smoothie. It helps provide energy and is also great for helping clean the digestive tract.

(Note: All cleansing smoothies are made with natural spring water)

Completed...now what?

-Congrats on completing your cleanse!! Now that you've cleansed and helped your body function as designed, you may feel much better physically and mentally!!

-Continue to treat your body with love. Avoid as much processed foods as possible.

-It is okay if you aren't vegan or live a plant-based nutrition lifestyle. But do try to increase your intake of fruits and vegetables and leafy greens while reducing your intake of meats and animal byproducts.

-Cleanse every 3-4 months to help your body expel toxins while feeding your body the nutrients it needs.



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