

Welcome to the **Good Neighbor Juice** cleanse program. The journey you are about to embark on has the potential to provide you with the insight you have been preparing for. In order to help you jump in with both feet, I have put together this basic guide.

Your cleanse program consists of 5 juices per day. Start each day off with 16oz of room temperature water as soon as you get out of bed (Optionally you can add 1 tbls of lemon juice). Water fires up your metabolism, hydrates you, helps your body flush out toxins, gives your brain fuel, and may even make you eat less. After finishing your water, wait about 30 mins before you drink your first juice. To reduce cravings and stay hydrated, drink at least 12oz of water between drinks.

“The advantages of increased energy, strengthened immunity, reduced risk of disease, strong bones and the glowing complexion that is the evidence of great health can all be yours when fresh fruit and vegetable juices form a substantial part of your daily diet.” -
Micheal T. Murray, N.D

Suggested Daily Drinking Regimen

1. When you wake up: Lukewarm water- *Optional*, splash of fresh lemon juice.
 2. 8 – 9 a.m. | **Chia Aide**
 3. 10:30 –11:30 a.m. | **Forest Green** or **Good Green**.
 4. 1 – 2 p.m. | **Detox Demarest** or **Heart Beet**
 5. 3–4 p.m. | **Forest Green** or **Good Green**.
 6. 6pm and onwards | **Detox Demarest** or **Heart Beet**
- Drink at least 12 oz of water between each drink, it helps with the cravings.***



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Stages of Cleansing

Days 1-2

The first wave of cleansing is usually the worst. Headaches, dizziness, nausea, bad breath, glazed eyes, and a heavily coated tongue are signs of the first stage of cleansing. Hunger can be the most intense in this period unless an enema is used, which quickly assists the body into the fasting state by ending digestion in the colon.

Days 3-7

The skin may become oily as rancid oils are purged from the body. People with problem-free skin may have a few days of pimples or even a boil. A pallid complexion is also a sign of waste in the blood. You may feel hungry for the first few days of the cleanse. This effect is temporary. The desire to eat will disappear. Lack of hunger may last 40 to 60 days, depending on whether you are on water or juice. The body embraces the cleanse and the digestive system is able to take a much-needed rest, focusing all of its' energies on cleansing and healing. White blood cell and immune system activity increases. You may feel pain in your lungs. The cleansing organs and the lungs are in the process of being repaired. Within the intestine, the colon is being repaired and impacted feces on the intestinal wall start to loosen. Shortly after the detoxification period you will bounce back with renewed energy and vigor. This is a strong indication that you are much less toxic than when you began this journey. From that point on, the cleansing periods will shorten and you will feel longer periods of renewed energy and calm. Your eyes will clear and your skin will glow. I hope that as you end your juice cleanse you take the opportunity to really look hard at your diet and see if you can use this experience to enhance your life from the inside out.



If this is your first time, you will likely have many questions. No worries, we have compiled the following list of **FAQs** for you;

Q: Am I only going to drink juice and water for the next five days?

A: Yes. Due to the nature of the modern supply chain for food, our foods are highly processed and contain toxins in small amounts that accumulate in the body overtime. These toxins harmful to the body and adversely affect is function. This is an opportunity to detoxify your body and reduce/eliminate these toxins. In order to do so It's critical that you stick to the regimen under this program or you run the risk of getting marginal results. Don't cheat yourself!

Q: Will I gain energy?

A: Yes! During the first few days of your juice cleanse, your body heavily detoxifies. When toxins begin to leave your body, your body will begin to utilize the energy usually set aside for digestion. So, as a byproduct of slowing down or stopping your digestive process, you gain lots of energy. Once the detoxification process begins, that extra energy is then used to fuel greater brain and body function as well as harmony. Your frequency changes. The body becomes a serene place, where you feel safe and sure.

Q: How about a cup of coffee?

A: No. Caffeine is a toxic substance inside the body. While cleansing, the body will be aggressively removing any and all harmful toxins. Drinking more toxins, such as coffee, would be counterproductive. Please be aware that the process of cleansing the body is not entirely without discomfort.

For example, people who have a routine of drinking a lot of caffeine



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prior to cleansing often develop a headache on and off for at least a day or two while on a juice cleanse.

Q: Can I drink tea?

A: Yes. Stay with caffeine free varieties such as rooibos or chamomile.

Q: Can I drink a smoothie or eat something small?

A: No. In order to get the greatest benefit from your cleanse, you must abstain from eating any and all food. On a juice cleanse, we want to slow or even stop the digestion entirely. For example, a smoothie has lots of fiber in it. Fiber is something the body has to breakdown. If the body is trying to focus its' energy on breaking down the fiber, no cleansing can occur.

Q: Is there an order I should drink my juice in?

A: No order is necessary. The only guidelines: drink lots of water, drink juice when you feel hungry (every two or three hours), and drink your last juice at least three hours before you go to bed. You may drink water or hot tea (without caffeine of course) closer to bedtime.

Q: How long should I cleanse?

A: Three days of juice cleansing will greatly detoxify you. However, it is a very personal experience and some people may juice longer to get fully detoxified. It is also dependent somewhat on age. Most people beyond the age of 30 have begun to store toxins in large and dangerous quantities.

This will take a little longer to clean out. Seven full days of juice cleansing will purify your blood of bacteria and other harmful parasites. I have found that on average most people over 30 will benefit more from a 10 day cleanse. A 10-day cleanse ensures complete detox and will give you at least a few days of bountiful





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energy that really help restart your system. If you want to continue the journey, 20 days of cleansing offer a great sense of spiritual well being and a complete mental calmness. Finally, 30 days on a juice cleanse would be long enough for you to have replaced any and every damaged cell throughout every organ in your body. This is truly amazing. Anything beyond 30 days is “icing on the cake” for the average person. However, some people may greatly benefit from cleansing for longer periods of time.

If you have any additional questions please feel free to call or text me directly.

