

## JUICE CLEANSE GUIDE

Juice cleansing enables the body to naturally go into detox mode while flooding it with live nutrients and enzymes.

We like to think of Meraki's cleanses as a juice feast, a holiday for the body, the ultimate indulgence. As we live, eat, and breathe, we accumulate toxins in the body. It's important to take the time to remove these toxins, as they can lead to both physical and mental imbalances.

We spend an enormous amount of energy on constant strain of digestion. When we stop eating solid food our organs are free to redirect blood and energy to the brain, the skin, the liver, and other neglected areas.

You may experience better sleep patterns, higher energy, clearer eyes, healthy skin, reduced inflammation and increased antioxidant benefits.

The cleanse will help you gently rid your body of impurities, regain an alkaline balance, normalize digestion and metabolism, and feel full of energy.

Our Fresh Start and Green Cleanse are made to support your body in its detoxification process as you go about your daily routine.

The Meraki Juice Cleanse is 100% organic, raw (unpasteurized), cold-pressed juice made from the freshest fruits and vegetables. No HPP. No additives or preservatives.

## BEFORE YOU CLEANSE

In order to prepare your body to be flooded with detoxifying nutrients, enzymes, and minerals, we recommend that you shift your diet a few days before the juice cleanse begins.

It is best to eliminate the following items three days prior to cleansing:

- Caffeine
- Alcohol
- Nicotine
- Refined sugar
- Animal products
- Wheat

If you can spend these few days consuming raw foods, broths, vegetables, juices and smoothies, and drinking lots of water, it will only lead to a more comfortable cleanse.

## DURING YOUR CLEANSE

Within the first 24-hours of abstaining from solid foods, the body enters a state of detoxification. Energy that was used for digestion is now redirected to cleansing.

Continue to hydrate with water and herbal teas between juices. We recommend fruit juices in the morning. Participate in gentle activities such as yoga, meditation, or walking.

## CLEANSING TIPS

### DRINK ALL YOUR JUICE

We strongly urge you to drink all of your juices every day. You may want to set an alarm to have a juice at least every two hours.

### DRINK LOTS OF WATER & HERBAL TEA

Continue to drink water or any caffeine free herbal teas you may desire.

### STAY WARM

It's a good idea to stay warm. As you may feel colder while cleansing.

### REST

Give yourself the time and space to rest as some major cleansing and healing takes place below the surface.

### RELEASE THOSE TOXINS

Ways to aid your body in releasing toxins include:

- Sweating
- Skin brushing
- Tongue scraping
- Infrared sauna
- Magnesium salt baths
- Deep breathing
- Colon hydrotherapy



## JUICE CLEANSE GUIDE

MERAKI: To something with soul,  
creativity, or love.  
To put something of yourself  
into your work.

## AFTER YOU CLEANSE

Slowly introduce easy to digest foods back into your system. Think fruits, salads, and vegetables.

Stay feeling great by limiting or eliminating sugar, dairy, meat, and processed foods from your diet.

## WHAT MAKES OUR JUICE SO HEALTHY?

What makes our juice so healthy is that the organic vegetables, fruits, and leaves are hydraulically pressed.

This pressing action doesn't heat or oxidize the produce. The result is the most nutrient dense juice around, loaded with enzymes, vitamins, trace minerals and other vital elements.

One bottle of juice is the closest thing you're going to get to 3 pounds of raw, organic vegetables, herbs and fruit. Our juices are nutritionally stable for 3 days with proper refrigeration.

## FREQUENTLY ASKED QUESTIONS

### HOW DO I GET PROTEIN ON A CLEANSE?

The body responds vibrantly to plant proteins that are available in abundance in fruits and vegetables – especially greens. You'll be flooding your body with these nutrients all day long.

### CAN I WORK OUT & CLEANSE?

Exercise is absolutely good while cleansing. During a cleanse, your body is very busy on a cellular level. See how your energy levels are on a day-to-day and moment-to-moment basis. You may want to adjust your exercise routine accordingly.

### CAN I CLEANSE WHILE PREGNANT?

No. When you are pregnant, you do not want to be triggering your system to release toxins into your bloodstream. What you can do while pregnant is drink juice all day long, while supplementing with healthy fats and foods.

## WARNING

Always consult your physician before cleansing. Statements about products here have not been evaluated by the FDA. The information is not intended to diagnose, treat, cure, or prevent any disease. Individual results may vary.

Common side effects of a 3-day juice cleanse may include temporary headaches, fatigue, or low energy. These should not last any longer than 24-48 hours.

## CLEANSE PACKAGES

### FRESH START \$70

*Great introduction for anyone trying a juice cleanse for the first time or anyone who wanted to reclaim their energy.*

- 5 GREEN JUICES
- 1 FRUIT JUICE
- 1 NUT MYLK
- 1 GINGER TONIC

### GREEN CLEANSE \$75

*Benefits: Thyroid and hormone balances, low-glycemic, inflammation tamer, alkalize the body.*

- 6 GREEN JUICES
- 1 GREEN NUT MYLK
- 1 E3 LIVE TONIC
- 1 WHEATGRASS SHOT

## HOW TO ORDER

Please call Meraki Juice Kitchen at 561.508.6640 or email us at [hello@merakijuicekitchen.com](mailto:hello@merakijuicekitchen.com)

All cleanse orders need to be placed by 12pm: Mondays, Wednesdays, and Fridays.

All cleanse pick-ups by 9am: Tuesdays, Thursdays, and Saturdays.

FREE DELIEVERY for all 3-day juice cleanses OR to you and 2 friends who join you in a 1-day cleanse.

\*Only one delivery location.

All cleanses are non-refundable and non-changes, substitutions, or exchanges are permitted.

## OUR MISSION

Our mission is serve you the freshest certified organic plant based cuisine, juices, and superfoods of superior nutritional value and delicious taste.

## LOCATION

328 Fern Street  
West Palm Beach, FL 33401

## HOURS

MONDAY – FRIDAY  
8AM – 7PM

SATURDAY  
9AM – 5PM

SUNDAY  
9AM – 5PM

## CONTACT

561.508.6640

[www.merakijuicekitchen.com](http://www.merakijuicekitchen.com)  
[hello@merakijuicekitchen.com](mailto:hello@merakijuicekitchen.com)

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