

URBAN REMEDY

FOOD IS HEALING

PURIFY CLEANSE

Benefits of a cleanse

Doing a juice cleanse has been said to help unleash the natural healing power of your body by clearing out built up toxins and giving your body a break from inflammatory promoting foods. Juicing immerses your system with powerful nutrients and antioxidants. It may be the first step towards a long-lasting lifestyle change, or jump-starting a weight-loss regimen by helping to retrain your taste buds as well as psychological connection to food.

How to cleanse

Each beverage in your cleanse is labeled in the order you should drink it, beginning with #1 after your morning glass of lemon water and ending with #6 an hour or two before bedtime. Most people drink a beverage every two hours, however we recommend listening to your body. You should avoid all solid food but if you find you need some crunch, opt for cucumbers, celery, granny smith apples, or healthy fats like avocado or a tablespoon of flax added to a cold pressed juice. Alcohol and caffeine should not be consumed.

Post cleanse

When you are finished with your cleanse, you'll want to eat clean foods for at least 3 days. Each meal should incorporate fruits or veggies, preferably lots of leafy greens. Whole gluten free grains (quinoa, millet, brown and wild rice), nuts and seeds may be incorporated into meals in small amounts. Sprouts and all green vegetables are great for your system after a cleanse. Consider making smoothies with super foods like chia, goji berries, blueberries, ginger, açai and cacao as well as green powder, E3 Live and wheatgrass.

For a list of foods, visit www.urbanremedy.com/anti-inflammatory or check out our book, Urban Remedy 4-Day Home Cleanse Retreat at <https://www.urbanremedy.com/the-4-day-cleanse-retreat-book>

Please give us a call at 1.855.UR.JUICE or send an e-mail to connect@urbanremedy.com should you need support or have any questions. Please consult your physician if you have any medical conditions.

#1 DEEP CLEANING

True to its name, a powerful cleansing green juice with cucumber, celery, spinach, kale, parsley, burdock root, dandelion greens, and lemon. Supports clear skin, a healthy liver, and overall wellness.

#2 BOOST

This low-glycemic lemonade is made with turmeric, lemon, water, and stevia. Turmeric root has been used for thousands of years in Chinese medicine for anti-inflammation and pain relief.

#3 HAPPY BELLY with Probiotics

Supports immune function with added probiotics. Fennel, ginger, and mint support healthy digestion. Great for bloating or for those with poor digestion.

#4 GREEN BERRY

Featuring goji berries, a staple in Chinese medicine, together with blueberries, strawberries, pineapple, chia seeds, kale, spinach, acai, and stevia, this blend is chock full of antioxidants and phytonutrients for overall health and well being.

#5 SLENDER GREENS

Brimming with antioxidant flavanoids and vitamins, alkalizes the body with cucumber, celery, spinach, parsley, and lemon.

#6 VANILLA CASHEW NUT MILK

Creamy, low-glycemic cashew milk with vanilla, cinnamon, and stevia. A calming and nurturing blend packed with minerals and enzymes.

One day is approximately 915 calories