Featuring our FRESH, NUTRIENT-DENSE, COLD-PRESSED juice lineup, our cleanses are specifically designed to promote a sense of REJUVENATION through a plethora of health-boosting benefits!

WHY CLEANSE WITH COLD-PRESSED JUICE?
Cold-pressed juices have a higher nutrient and enzyme content because they are never heated, thereby requiring less processing and creating less waste. Each Main Squeeze Juice Co. store uses an X1 Goodnature pneumatic commercial juicer to cold-press juices daily.

WHO CAN BENEFIT FROM CLEANSING?
Cleansing is for anyone looking to improve their health! Our bodies are always naturally detoxing thanks to our liver and kidneys, so we’ve put together a cleanse program that will aid in that process while providing you with the nutrients necessary for your body to heal itself.

WHO SHOULD NOT CLEANSE?
Those with acute or chronic illness, extreme adrenal fatigue, a history of an eating disorder, food allergies to the ingredients, and those on physician-prescribed medications should not cleanse. Our products are not pasteurized, and therefore, may contain harmful bacteria that can cause illness in children, the elderly, pregnant women and persons with weakened immune systems.
GENERAL INFORMATION

Juicing is not a health fad or a guaranteed promise for some end-result, it’s a way of life! Drinking fresh, cold-pressed juice is engaging with your own health in a delicious way, leaving you feeling not only lighter and rejuvenated, but also promoting healthier eating habits. Our bodies have the power to heal themselves, especially when we show them some love with proper nutrition. If you are someone who is not regularly consuming plant foods, making fresh-pressed juice a part of your diet is key for maintaining a healthy body and mind. After all, who has time to sit and eat multiple pounds of produce a day? Even if you don’t have much time, if you are someone ready to take it up a notch and are looking to reboot your entire system, we highly recommend a juice cleanse!

This cleanse program invites you to fast from solid foods in order to flood the body with vitamins, minerals, and micronutrients. Our cold-pressed process extracts insoluble fiber from fruits and vegetables, giving your digestive system a rest so that an increased absorption of health promoting phytonutrients and enzymes can take place. But have no fear fiber fanatics, the precious soluble fibers make it into the juice, acting as a prebiotic to support good bacterial growth and digestion!

PREPARATION

For best results, 2-4 days before beginning the cleanse, reduce or completely eliminate the following to maximize cleanse benefits and prepare your body for detoxification:

- Caffeine
- Alcohol
- Refined Foods (sugar, dairy, white flour, processed/ packaged food)
- Meat/animal products
- Nicotine
- Over-the-counter medication (unless prescribed by your physician for use during the cleanse)

ADDITIONAL PREP:
IN THIS TIME OF ELIMINATING THE ABOVE LIST, HERE ARE ADDITIONAL TIPS:

- Drink at least 64 oz water each day.
- Eat plenty of fruits and vegetables every day leading up to cleanse.
- Ease into your cleanse with our nutrient-dense smoothies (in the days leading up to your start date).
- Buffering your cleanse with liquid diet options like soup also helps you ease into it.
- Setting an intention for your cleanse will help you stay strong mentally if you encounter weak moments.
- Let go of any expectations for yourself, remember the whole point of this cleanse is not to reach an end-goal. It is to cultivate more love for yourself while hitting the reset button for your palate, digestion, and overall journey toward a healthier lifestyle!
- Most people feel great on the cleanse, however there are common symptoms that you may experience, such as changes in bowels, fatigue, headaches, mood-swings, body odor, aches and pains. Poor lifestyle and dietary habits prior to the cleanse and other factors, such as your preparation for the cleanse, will have a lot to do with how you feel during your cleanse and how intense your detoxification symptoms will be.
DURING YOUR CLEANSE

Upon waking, squeeze 1/4 lemon in 10-16 oz warm water to help kickstart the detoxification.

Before drinking your first juice, drink at least 24 ounces of water (this includes your lemon water).

Drink your 6 juices throughout the day at your convenience, (usually around every 2 hours) making sure to drink plenty of water between each juice. We like to save the Almond Mylk for last because it is not only relaxing, but a great way to get protein before bed!

If your body is absolutely not happy and MUST have food, we recommend something liquid-based like vegetable soup, broth or a smoothie.

AFTER YOUR CLEANSE

If you cleansed for 6+ days, we recommend taking a 3-day buffer period before introducing solid, full meals (or any overindulgences, ESPECIALLY from the list below). If you cleansed for 3-5 days, take at least 1 1/2 days before eating solid foods. Use this period to ease yourself back to solids by consuming smoothies, soups and more cold-pressed juice! Once you are ready, easing into solid foods with lots of vegetables, fruits, and salads is ideal. Continue drinking plenty of water daily.

AVOID THESE ITEMS FOR UP TO 2 WEEKS AFTER YOUR CLEANSE TO MAINTAIN GOOD ENERGY AND LIGHTNESS:
- Caffeine
- Alcohol
- White Foods (sugar, dairy, white flour, processed/packaged food)
- Meat/animal products
- Nicotine
- Over-the-counter medication (unless prescribed by your physician)

CLEANSE ORDER

| DRINK #1 | AWAKEN - or any refresher (02 - 07) |
| DRINK #2 | GLOW - or any green (21 - 24) |
| DRINK #3 | IMMUNITY - or any root (31 - 32) |
| DRINK #4 | DETOX - or any refresher (02 - 07) |
| DRINK #5 | VITALITY - or any green (21 - 24) |
| DRINK #6 | MYLK - or any MYLK (11 - 13) |
ADDITIONAL SUPPORT:

You may have noticed during your cleanse that you begin to love the juice that you disliked at first. As you crave the juices with less fruit, so will you crave less sweets after your cleanse. This is the kicker, as staying away from processed sugars and foods is key to cleansing. The goal behind our cleanses is centered around promoting changes in our eating habits overall, post-cleanse. These cleanses are also built for beginners, meaning that we stay below the 80%/20% ratio of vegetables to fruits to make the handfuls of greens a little more palatable. However, we encourage you to increase your intake of the vegetable-rich juices throughout your cleanse.

BE SURE TO NURTURE YOURSELF WHILE CLEANSING!

- Take a bath or soak your feet in epsom salts to relieve sore muscles and enhance relaxation.
- Take a yoga class to increase nutrient absorption of the spine, bringing balance into your body, mind and spirit. Yoga also helps to increase circulation and oxygenation, helping to burn toxins and open a space for self-nourishment. (We recommend a Yin class for super relaxation, and Ashtanga for a moving-meditation style, strengthening class.)
- Meditate or practice presence-awareness every day to become more aware of your own body and the world around you.
- Journaling helps to write out thoughts or emotions that may arise during a cleanse.

You will lose water weight on your cleanse and this weight is easily put back on when no changes are made post-cleanse. We highly encourage you to embrace more plant-based options in your daily regimen, visit the farmer’s markets, and nourish your body in as many ways as you can. You deserve it!
If you have any questions or concerns or want more assistance building your cleanse program, please call your local Main Squeeze store so that our amazing team members can assist you. You can also reach us by calling or emailing your store directly - see the back of this cleanse booklet for your store’s contact information.

We will be more than happy to answer your questions!

Squeezed with Love,

THE MAIN SQUEEZE FAMILY

OTHER INFORMATION:
- Please keep juices sealed and refrigerated until ready for consumption. When opened, consume within 24 hours.

- Separation is natural, so shake gently before consuming each juice.

- Lastly, be sure to keep your juices safe from thirsty loved ones!

The information provided in this document is not intended to treat or diagnose any illness or physical ailment. If you have any medical condition, or are taking medication, we recommend you talk to your doctor before starting a cleanse. Based on our experience and the experiences of others, we strongly believe that a juice cleanse can do amazing things for your health and well-being, but it is not an excuse to delay a visit to your health care professional, who should be consulted before beginning your cleanse. Juice cleanses are not for pregnant women, children or those with a weakened immune system as our juices are not pasteurized.
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