

# LOVE YOURSELF



**CLEANSE**  
HANDBOOK

Featuring our fresh, nutrient-dense, cold-pressed juice lineup, our cleanse is 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, using less processing and creating less waste. Main Squeeze Juice Co. uses a Goodnature pneumatic commercial juicer to cold-press juices daily.

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## **WHO CAN BENEFIT FROM CLEANSING?**

Cleansing is for anyone looking to improve their health, whether you have cleansed before or this is your first time. Our bodies are always naturally detoxing, so we have put together a program that will aid in that process and provide you with all the necessary nutrients while your body heals itself!

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## **WHO SHOULD NOT CLEANSE?**

Those with acute or chronic illness, extreme adrenal fatigue, history of an eating disorder, food allergies to the ingredients in the cleanse and/or those who are on specific prescription medications should not cleanse. Pregnant women, infants, and elderly with weakened immune systems also should not cleanse.

# GENERAL INFORMATION:

Juicing is not a health fad or a guaranteed promise for some end-result, it is 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, not to mention chewing it all very, very well. If you are someone ready to take it up a notch and are looking to reboot your entire system however, we recommend a 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 increased absorption of health-promoting phytonutrients and enzymes can take place. 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, 1-2 weeks or a minimum of 2-4 days before beginning the cleanse, reduce or completely eliminate the following: (Avoiding these things before you begin your cleanse prepares your body for detoxification and maximizes the benefits.)

- ⊘ Caffeine
- ⊘ Alcohol
- ⊘ White Foods (sugar, dairy, white flour, processed/ packaged food)
- ⊘ Meat
- ⊘ Nicotine
- ⊘ Over-the-counter medication (unless prescribed by your physician)

## ADDITIONAL PREP:

**In this time of eliminating the above list, here are additional tips:**

- ✓ Drink lots of water.
- ✓ 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!

# DURING YOUR CLEANSE:

1

Upon waking, squeeze  $\frac{1}{2}$  lemon in 10-12oz. of warm water. This will help to alkalize your body and kickstart detoxification.

2

Before drinking your first juice, drink at least 24 ounces of water.

3

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 Cashew Mylk for last because it is not only relaxing, but a great way to get protein before bed!

4

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

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 and how hard and fast you went into it, will have a lot to do with how you feel during your cleanse and how intense your detox symptoms will be.



# 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 ½ 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
- ⊘ Nicotine
- ⊘ Over-the-counter medication (unless prescribed by your physician)



# ADDITIONAL SUPPORT:

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



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!



# 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.



### OTHER INFORMATION:

Separation is natural, so shake gently before drinking each juice & please keep your juices refrigerated and safe from thirsty loved ones!



If you have any questions or concerns, please feel free to email us at [info@mainsqueezejuiceco.com](mailto:info@mainsqueezejuiceco.com) or stop by the shop.

We will be more than happy to answer your questions!

Squeezed with Love,  
**Main Squeeze Family**



The information provided on this document is not intended to treat or diagnose any illness or physical ailment. If you have any medical conditions or are taking medication we recommend you talk to your doctor before starting a cleanse. Based on our experience and the experience of others, we strongly believe that a juice cleanse can do amazing things for your health and well-being, but it is still not an excuse to delay a visit to your health care professional. Juice cleanses are NOT for pregnant women or children.



## CONTACT US

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