

THE ULTIMATE JUICE CLEANSE GUIDE



**A 4-Step Plan for Preparation and
Pre-Cleansing**



Stay Focused



**Twisted Juice Cleanse
Experience**



Juice Cleanse Aftermath

Having a guide for your juice cleanse is essential for several reasons and for clear instructions, valuable tips, and understanding the benefits, ensuring optimal results and a healthier lifestyle.



TWISSTED.LIFE

A 4-Step Plan for Preparation and Pre-Cleansing

Our bodies have the power to heal themselves, they just need to be given a chance to do so. If we are constantly taxing our body by feeding it unhealthy dead and processed foods, we are not giving it the life and opportunity to keep us in optimal health. Twisted Juice Cleanse is a purposeful cleanse that can help jumpstart you to optimal health transformation starting with the **FIRST STEP – STAY FOCUSED!**



The Week Before:

1. Transition unhealthy meals and junk food out of your diet and replace them with more fruits and raw veggies. Making about 75 to 80 percent of your diet raw and whole foods.
2. Eat smaller portions than usual. Eating slowly, thoroughly chewing your food and only eating enough to satisfy your hunger.
3. Move your BODY!! Incorporate regular, non-strenuous exercise into your routine.
4. Make sure you are drinking enough water.

During the cleanse Warm lemon water is your best friend. It's an incredible liver stimulant and it helps jump start the cleansing process before you even take a sip of that first juice. Once you get into the habit of drinking it during your cleanse, you might find that it's something you may want to continue doing post-cleanse. In addition to drinking your allotment of water, Coconut water is MAD beneficial in restoring electrolytes and replenishing the body. You can also include herbal tea into your cleanse plan.

Stay consistent. Aim to drink a juice every 2.5 to 3 hours and 8oz water or tea in between 12 hours, your body will thank you. Skipping juices will likely leave you feeling hungry and can result in a drop in your blood sugar, which can leave you feeling lethargic and maybe even give you a headache.

Feel Free to figure out your own routine to be SUCCESSFUL & Adjust to what serves you best for success.

A juice cleanse is a great way to break back into healthy eating habits, but it is also important to consider your motives for wanting the benefits from your cleanse.

What's your WHY...Ask yourself why you want to achieve the benefits of a cleanse?

**What will completing it mean for you?
How will it impact your life?**

The Specific Order of Juices to Drink and their Benefits

All Juices Aids in Weight loss

Spicy Apple (ingredients: Apple, Ginger, Lime, Cayenne, & Sun Fiber)

Detoxifying, increases energy, supports immune system, reduces inflammation, cancer preventative, aids weight loss.

Provides tons of fiber that will help jumpstart your digestive system with regulation by eliminating toxins to detox your body from the inside out. Inside benefits help clean the colon & intestines. Promotes and aids in gut health, eliminates constipation & bloating





Shine Bright (ingredients: Orange, Carrot, Ginseng, Pineapple)

Antioxidant, lowers cholesterol, improves digestion, reduces inflammation, aids weight loss, detoxifying, cancer fighting.

Carrots provide vitamins A, B,C,E & K. Aid overall health, digestion high in fiber promotes gut health, skin and eye health, brain and heart health. Aids against heart plaque formation & bad cholesterol



Northern Lights (ingredients: Blue Spirulina, Coconut Water, Pineapple, Ginger)

Detoxifies arsenic and heavy metals, high in potassium, high in iron and calcium, may improve and moderate blood sugar control, electrolyte-filled, help improve kidney health, and keep you refreshed and hydrated after a workout.

Coconut water helps keep you hydrated with a natural source of electrolytes that's better than any sports drink. Makes you feel full while Compressing hunger. Outside benefits Also Good for skin hair & nail health. Inside benefits Heart, Kidney and blood pressure
Blue Spirulina: is a rich source of infection fighting proteins. Helps reduce inflammation and increase antibodies. Aids in fat breakdown help absorbs heavy mercury metals



Beet Em Up (ingredients: Beet, Ginger, Apple, & Ginseng)

Cardiovascular support, increases energy, lowers blood pressure, detoxifying, promotes healthy skin, lowers blood sugar, high in folate and manganese. Beetroot juice is prized by athletes for its reputation of improving blood and oxygen flow.

Good for antioxidants Vitamins A, B-6 and iron. Helps regulate and lower your blood pressure while cleansing & protecting the liver from inflammation while enhancing its ability to remove toxins from the body. Boost energy and stamina





Green Goddess (ingredients: Celery, Apple, Parsley, Cucumber, Ginseng, Kale, & Lemon)



Rich in vitamins, minerals, and antioxidants, supporting various bodily functions such as digestion, hydration, immune function, inflammation reduction, and kidney detoxification.

Vitamins A,C,& K aid in kidney health & gut health.
Causes sleepiness & muscle relaxation

Stay Focused

Having a clear vision of your goal & your WHY will make it easier to remind yourself of WHY the heck you're doing this cleanse and press on in moments of weakness. YOU GOT THIS!!



Through this post-cleanse process, remember to hydrate by drinking coconut water, lime water, green /herbal tea, green juice, and more. Being mindful about what you're reintroducing back into your body is going to help you be successful in the long run. If you feel that you're getting off track, no worries! You can always redo your cleanse to get back on the right track –

**we're all human
after all!**

Twisted Juice Cleanse Experience

Embark on a transformative journey with the Twisted Juice Cleanse, designed to revitalize your body from within. Elevate your well-being, embrace rejuvenation, and discover the vibrant energy that comes with nourishing your body with pure, wholesome juices.



Juice Cleanse Aftermath

Experience the transformative aftermath of our Juice Cleanse. Rejuvenate your body, replenish energy, and embrace a renewed sense of well-being. Discover a healthier you after the cleanse journey.

