

# RAW LIFE

## Juice Cleanse FAQ



**Let's Juice!**



## What is a juice cleanse?

Juice cleanses are essentially a period of fasting in which you consume fresh, raw & unpasturised juices, giving your digestive system a rest from processing solid food. The juices within your cleanse replace your meals, ensuring that each 'meal' over your fasting period is an injection of vitamins, minerals and goodness to your body. You will have 6 x 500ml Raw Life cold pressed juices per day and can include nutmilks, broths or herbal teas in addition.

## But what is cold pressed juice?

By extracting the juice via a hydraulic press, we ensure that vital nutrients and enzymes are not lost or damaged (as can often be the way when their extraction methods involve heating, like in traditional juicers). It also means you are getting juice in its most purest form. This process also ensures that you are getting living and thriving micronutrients from each fruit and vegetable we press, meaning more goodness from the plant to your tums – just as nature intended. Please ensure you drink them within a few days of collecting them from us. Our juices are 100% raw, plant based and derived deliciousness with no added preservatives, flavours or sugars. I mean, nature has been providing the goods for millions of years, why would we mess with that?

## Why should I Cleanse?

You run, you yoga, you eat your greens, you say 'please' and 'thank you' – you may look at doing a cleanse to offer you a little more nutrient density to your diet and boost your vitality. Or perhaps you're a little time poor, seeking support to establish better eating habits and feel better, but simply don't have the time? Or maybe you're like most of us. You try your best, eat well (in moderation), move your body and try to do the best thing for your health (well ... most of the time anyway) but are just looking for an opportunity to reset and refresh? A cleanse gives you the opportunity to cleanse your organs, heal the body and mind, remove unwanted toxins, and boost your immune system. It floods our systems with high quality, natural and easily absorbed nutrients, enzymes and vitamins.

Most of us have bad habits, we take the 'easy' option, which means we are constantly exposed to processed foods and drinks in our busy lives. Those behaviours that are a little detrimental to our health and wellbeing, that tend to sneak in when life gets busy and we get overwhelmed. We get it. Which is why created this cleanse for you, to kickstart to change and develop your new healthier lifestyle. A cleanse gives your body and digestion system a little holiday, a brief break, which does use a lot of energy.



## **What are the benefits of doing a juice cleanse?**

A cleanse can bring about benefits which can differ in each individual. Some of the incredible benefits felt by people include improved energy, improved sense of wellbeing and vitality, better sleep, glowing skin, reduced cravings, weight loss, balancing appetite and increasing satiety. A cleanse also kickstarts and promotes a healthier lifestyle, boosts your mental clarity, promotes cellular repair and restoration, and strengthens your immune system.

## **How often should I cleanse?**

You can cleanse as often as you like. Some people choose to have small day cleanses often. Others choose to cleanse as the seasons change. If you feel like you have some bad habits you need to crack then it's a great time to cleanse.

## **Can I eat whilst cleansing?**

A cleanse as a juice fast which means no solid food.

## **Can I drink coffee whilst cleansing?**

Hmmm we are sorry but no. This speaks for itself for alcohol too. In your pack, you have been given a gift of herbal tea. A herbal tea in the evenings is a nice option if you feel like something warming. The purpose of detox tea is to cleanse the body and encourages the elimination of waste. The Pukka Cleanse Tea has been specially selected with the focus of restoration, cleaning and detoxification in the mind and body.

## **What is the best way to start my cleanse?**

While cleansing, start each day with lemon water upon waking, Fresh lemon is alkalising, therefore it neutralises your stomach first thing in the morning and oxygenates and energises your body.

## **How often do I have a juice?**

As a guide, we suggest having a juice every 2 – 2.5 hours. This window is a tried and tested spacing of time during the cleanse and prevents hunger, stabilises blood sugar levels, keeps our tummies full and allows ample time for our body to process and assimilate all of the amazing nutrients that the juices deliver.

We suggest the following as a guide;

8 am – Juice 1 (or your normal breakfast time)  
10 am – Juice 2  
12 pm – Juice 3  
2 pm – Juice 4  
4 pm – Juice 5  
6 pm – Juice 6

Your juices can be drunk in any order and are only placed in our boxes as a guide. If there's a certain order you like to drink them during your cleanse we would love to hear about it!





### **How much water should I drink during my cleanse?**

We highly suggest drinking 2-3 litres of water each day while going through a juice cleanse. Drinking water in addition to the juices is important to assist your body remove your toxins.

### **Why has my juice separated?**

Our juices have no preservatives, additives or stabilisers and it has not been heat or pressure treated. It is 100% raw, natural goodness. Due to its natural existence, it can separate and all you need to do is shake it well!

### **Should I do any exercise while cleansing?**

We are often asked whether it's ok to exercise whilst on a juice cleanse. Just listen to your own body. Depending on the degree of detoxification that your body has undergone (often influenced by your prior health and eating habits) you may be feeling like a few stretches on your yoga mat, or a slow beach walk, is all you can muster. This is absolutely fine. Movement enhances detoxification, so if you are feeling up to it, we would encourage you to move your body a little each day. This promotes lymphatic drainage, which assists in removal of toxins in the body.

### **Should I have a Magnesium Bath?**

YES! Our bodies crave magnesium – it is the second most abundant element in human cells. It helps the body regulate over 300 biochemical reactions and plays an important role in organizing many bodily functions, like maintaining nerve and muscle function, a healthy immune system, energy production and the elimination of toxins. Unfortunately though, most of us are deficient and cannot get the boost we need through supplements since it's not easily absorbed through the digestive tract. The good news is that studies show magnesium is readily absorbed through the skin into the cells. A soothing Magnesium Chloride bath a wonderful way to quickly detoxifying and relieves pain and stress, improve skin hydration, relaxes muscles and decreases inflammation. So enjoy soaking in the magnesium and the amazing health benefits and compliment your juice cleanse experience.

### **How will I feel when I cleanse?**

Whilst doing a cleanse you may have headaches, feel tired or have cravings. These are common side effects, which are temporary and we can tell you that during or towards the end of your cleanse you will start to feel fabulous with glowing skin, a clear head and renewed sense of energy coming your way! Early nights are great when you start a cleanse.



### **Can I have herbal teas?**

Yes, you can have herbal teas, on top of your included teas, decaffeinated of course.

### **How do I clean my bamboo straw?**

Simply clean with hot water after each use.

### **Anything else?**

Cleansing can feel energizing, but often a period of cleansing encourages a slower pace and lots of rest. So get rest when your body tells you it needs it. Ensure you have had enough water throughout the day and finish the day with a glass of water before bed.

### **What Is next?**

After the cleanse period we recommend that you keep up a plant based diet or start with some broths to ease your way back into normal life. We find preparedness is key. Make sure your fridge is stocked with plenty of fruits, vegetables and whole grains. Keep the incredible momentum and healthy routine that you've established over the past few days.

### **Is there a time I should not cleanse?**

Please read our disclaimer before booking a cleanse, it is not recommended for pregnant or breastfeeding women and seek medical advice before a cleanse if you have medical conditions.

**Please do not hesitate to get in touch with us if you need anything else.**

