

MAKING THE MOST OF YOUR FRESH PRESSERY CLEANSE

We hope you are as excited as we are that you are embarking on a Fresh Pressery Juice Cleanse and wanted to share a few tips to help you get through the day and all future cleanses you do with us! Even if you have done this before, we strongly recommend you read this guide. Feel free to get in touch with us if you have any other queries or doubts, we are always here to help you.

ABOUT THE JUICES:

Fruits and vegetables in their raw form, are amongst the richest available sources of vitamins, minerals and enzymes. Drunk in a raw juice form, these valuable nutrients pass rapidly into your blood stream as they require very little breaking down. All Fresh Pressery juices are packed with nourishing fruits, vegetables, nuts and seeds. They have been cold pressed using a slow speed, hydraulic machine without exposing the ingredients to any heat. This ensures all the nutrients are preserved, helping you benefit from every delicious sip.

ESSENTIAL INFORMATION:

You will receive your juices in the morning. We suggest you drink them in their numbered order and drink one every 2-2.5 hours.

Start the day with warm water and lemon juice, to stimulate your digestion as well as start the cleansing process.

Drink plenty of water between juices.

Refrain from rigorous physical activity.

Get adequate sleep, it is important you give your body time to restore, heal and rejuvenate.

DETOX SYMPTOMS:

You are cleansing your body of toxins, so you might experience some classic and common symptoms: headaches, cravings, weakness, dry mouth, runny nose, nausea, cramps, constipation and gas.

EASING IN AND OUT OF THE CLEANSE:

Reduce or eliminate alcohol, coffee and cigarettes.

Eat clean and light, including lots of fresh vegetables and fruits in your diet.

Avoid heavily processed foods as much as possible.

Listen to your body, don't overeat, chew properly and eat slowly to help your digestive system adjust.

REMEMBER:

You should feel extremely proud of yourself for undertaking this experience. Juice cleansing is hard! However the feeling you get when you have completed your cleanse makes it all worth it!

Happy Cleansing,
The Fresh Pressery Team



BENEFITS OF THE FRESH PRESSERY JUICE CLEANSE



ALKALIZES BODY



WEIGHT LOSS



**MORE ENERGY
AND STAMINA**



BOOST IMMUNITY



STRONGER HAIR



FLUSH OUT TOXINS



**BETTER SLEEPING
PATTERNS**



GLOWING SKIN



**KICKSTART
HEALTHY EATING**



**BOOST VITAMIN &
MINERAL INTAKE**