SCROLL TO FIND YOUR CLEANSE SCHEDULE (TAKE A SCREENSHOT TO KEEP IT HANDY ON CLEANSE DAYS)

AGreenhouse

Gentle Cleanse Quick Guide







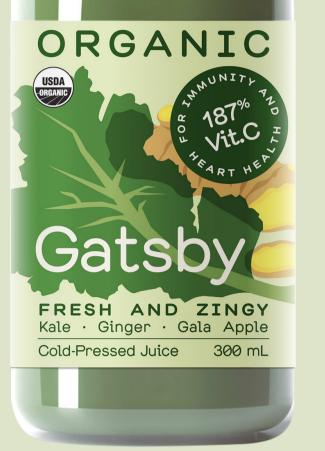




8:00 am Strawberry Lemonade



9:00 am Inside Job



10:00 am Gatsby



11:00 am Vanilla Shake



12:00 pm

Blue

Lemonade



2:00 pm

Genius



3:00 pm Fiery Ginger





5:00 pm The Good



6:30 pm

Rococoa



8:00 pm Lavender

4:00 pm

Deep

Our Top Five Cleanse Tips

1. If you're missing your midmorning hot drink, herbal teas are a great substitute and will promote circulation and protect the immune system.

2. Make time in your schedule to get extra sleep. This is when your body heals.

3. Nourish your immune system by not overworking yourself

while you are cleansing. You can still exercise, but we recommend you take it easy. Try replacing high-intensity caardio with a power walk, a swim, or a gentle yoga class.

4. Stir 1-2 tbsp of chia seeds into a glass of water or one of your Lemonades for an extra boost of fibre and healthy fats. Leave them to soak until they absorb water + expand. This makes them easier to digest + gives them a chewy, tapioca-like texture.

5. Cleansing can make you chilly! Wear a scarf and remember to bring an extra layer.

Questions? We're here to help! hello@greenhouse.ca