

Standard Cleanse Quick Guide



8:00 am Spicy Turmeric Lemonade



9:00 am Inside Job



10:00 am Genius



11:00 am
The Good



12:00 pm Vanilla Shake



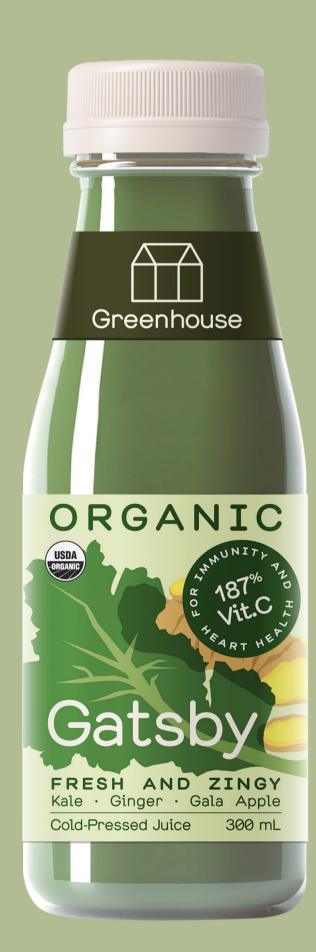
2:00 pm Blue Lemonade



3:00 pm Deep Roots



4:00 pm Fiery Ginger



5:00 pm Gatsby



6:30 pm Vanilla Shake



8:00 pm Lavender Lemonade

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!
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