

Cleanses

Juicing is the most efficient way to immerse your body with all the nutrients, vitamins, enzymes, and minerals—basically all the good stuff—from fresh produce. Juicing is easy on the digestive system, speeds up the absorption process of fruits and vegetables, all while giving you the most amount of health benefits possible! Each bottle is cold-pressed in house and is designed to deliver the freshest possible produce with a crisp & satisfying taste. Cleansing is also a fabulous way to restart your body, reset your mind, and purify your soul. A cleanse will reboot your immune system, and jump start your metabolism which will train your body to crave raw foods.

Incorporating cleansing into your life style routine will give you numerous benefits; recharging your body, invigorating your mind, and motivating you to stick with clean eating. At Juicy Café, we encourage a healthy life style diet that does not incorporate “quick fixes” for weight loss or weight maintenance. We want to give you the right foods to fuel your body and soul.

Cleanse FAQ

Why do a cleanse?

A cleanse is an opportunity for you to reevaluate your lifestyle habits so that you can be the best and healthiest version of yourself. The benefits during and directly after a cleanse cannot be beat. After a cleanse:

- You will notice yourself craving healthier foods in order to give your body the same nourishment it got while on the cleanse
- Your mind will be clear and sharp
- Your immune system will thank you
- Notice less inflammation and fresh glowing skin
- The most noticeable benefit: correcting your digestion system to leave you more energetic and less bloated

What should I do before starting the cleanse?

Pick a time in your schedule that will give you some downtime, and try to avoid days that might be more stressful than usual.

The most important pre-cleanse step is cutting out certain things from your diet in the days prior to the cleanse. We recommend that you cut these foods from your diet at least 3 days before the start of the cleanse:

- Caffeine- We know this has become a staple in most people’s everyday lives, but caffeine is an addictive stimulate that lingers in your system longer than you think. If it is too much to cut it out all at once, try reducing your intake a week prior to the start of the cleanse.

- Alcohol & tobacco products- These products really lower your body's immune system and will prevent the complete absorption of nutrients from the juice. We understand that social lives are important, but try to eliminate these a week in advance.
- Added sugars- natural sugars and sweeteners are great! But avoid added and refined sugars in foods & drinks.
- Avoid heavily processed foods when you can. Now days, there are healthy & natural alternatives for just about everything.
- Limit red meat- red meat is high in fat and heavy, give your digestive system a break from over working to breakdown meat.
- Drink lots of water! This is so key for the success of your cleanse!
- Consider a colonic- we know this sounds extreme, but this extra step really gives your body a clean slate to work with during your cleanse.

Eliminating these foods will best prepare your body to work efficiently during the cleanse. These pre-steps will also give you a huge benefit for after your cleanse is over. Just think of the cleanse in terms of renovating a house. It doesn't matter how nice and clean all the new furniture is, if the old items are not removed, the renovation is useless.

What should I do during the cleanse?

Make sure to drink approximately 16oz of water between each juice. Juice is not a substitute for water.

Stay as active as possible. Everyone is different, but knowing your body and keeping it moving will really help the process. Try something less exhausting during your cleanse, like walking or yoga. Don't overdo it, & if you feel light headed or dizzy, stop. We find that most people have more energy during their cleanse and are able to go about their regular exercise routines.

What should I do after the cleanse?

Really try to not over indulge. Your body just completed a rigorous challenge and it's okay to reward yourself for that, but keep in mind that immediately going back to old eating habits could ruin all the progress you made. Carefully consider what you are putting into your body, and if you want after cleanse meals we would be happy to give you a selection of post cleanse foods!

Reconsider old eating habits, and try to find healthy alternatives going forward. This is an amazing opportunity to make positive choices that your body will love.

Cleanse Quiz

Which cleanse is right for me?

Yes/No I have previously tried a juice-based Cleanse program

Yes/No I stay hydrated by drinking 8 glasses of water per day

Yes/No I avoid starchy foods

Yes/No I avoid drinking soda or other caffeinated or sugary drinks

Yes/No I eat home cooked meals or eat a healthy meal at a restaurant

Yes/No I seldom crave caffeine, sugar, or alcohol

Yes/No I exercise regularly (at least 2 to 4 times a week)

Yes/No I try to eat my daily dose of veggies every day

Yes/No I include at least 2 servings of fresh fruit in my diet every day

Yes/No I am within a few pounds of my ideal weight

Yes/No I don't smoke

Yes/No I limit consumption of alcohol to less than a drink a day

Yes/No Overall, I live a healthy lifestyle

Total up your number of Yes's marked above.

1-5: Beginners or Reboot

6-10: Alkaline or Soup Cleanse

11+: Melt Down