



● CREATIVE JUICES

How to Do a Juice Cleanse

Cleanse • Reset • Restore

Embarking on an organic juice cleanse is more than detoxification—it is a journey toward better health and wellness. A cleanse allows your body to receive a concentrated supply of vitamins, minerals, antioxidants, and plant nutrients from fresh fruits and vegetables while giving your digestive system a temporary break from heavy or processed foods.

Your commitment to a cleanse is the beginning of an exciting new chapter. Creative Juices is here to guide you every step of the way.

BEFORE YOU GET STARTED

Preparing your body before beginning a cleanse helps minimize detox symptoms and allows your body to transition more smoothly.

Possible detox symptoms may include:

- fatigue
- headaches
- body aches
- mood swings
- irritability
- cravings
- digestive changes

These symptoms are typically temporary and vary from person to person.

Understanding Your Eating Habits

Your current diet determines how long you should prepare before starting your cleanse.

Fast Food Lifestyle

If your diet regularly includes fast food, soda, sweets, or highly processed foods:

Prepare for **about 7 days** before starting your cleanse.

Gradually reduce junk food and increase:



- fruits
 - vegetables
 - salads
 - whole foods
 - water
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Processed Food Diet

If your meals often come from boxed, canned, or microwaveable foods:

Allow **about 5 days** to transition by increasing fresh produce and reducing processed foods.

Weekend Indulger

If you generally eat healthy during the week but indulge on weekends with alcohol or heavy meals:

Spend **3–4 days** reducing alcohol, sugar, and processed foods.

Health-Conscious Lifestyle

If you already eat mostly whole foods:

You may only need **1–2 days** of preparation before beginning your cleanse.

Pre-Cleanse Checklist

Before beginning your cleanse, try to reduce or eliminate:

- alcohol
- dairy
- refined sugars
- red meat and processed meats
- caffeine (reduce coffee and eliminate soda)
- processed foods with artificial ingredients

Focus instead on:



- fresh fruits
 - vegetables
 - whole foods
 - plenty of water
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Build the Cleanse That Fits You

Creative Juices offers flexible cleanse options so you can choose what works best for your body and lifestyle. **Build Your Own Reset** by selecting juices that support your personal wellness goals.

1-Day Reset

A quick refresh for hydration and digestive support.

3-Day Cleanse

Helps jumpstart healthier eating habits and support detoxification.

5-Day Cleanse

A deeper cleanse designed to help your body reset and restore.

7-Day Total Reset

A full body reset designed to support complete nutritional rejuvenation.

Choose juices based on benefits such as:

- hydration
 - digestive support
 - immune support
 - detox support
 - energy and focus
 - antioxidant support
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Daily Juice Schedule

During your cleanse, drink **six juices per day** spaced evenly throughout the day.

Example schedule:

7:00 AM — Juice 1

10:00 AM — Juice 2

12:00 PM — Juice 3

3:00 PM — Juice 4

5:00 PM — Juice 5

7:00 PM — Juice 6

Drink each juice slowly to allow your body to absorb nutrients.

Feel free to adjust the schedule to match your routine.

Hydration During the Cleanse

Even though juices contain water, additional hydration is important.

Aim to drink **at least 8 glasses of water daily**.

Recommended water choices:

- filtered water
- purified water
- spring water
- distilled water

You may also enjoy:

- warm lemon water
- herbal teas

Proper hydration helps your body:

- flush toxins
 - maintain energy
 - support digestion
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What to Expect Day-by-Day During a Cleanse

Every person's body responds differently to a cleanse, but many people experience similar patterns.

Day 1 — Adjustment Phase

Your body transitions from solid foods to liquid nutrition.

You may experience:

- mild hunger
- cravings
- caffeine withdrawal headaches
- slight fatigue

Helpful tips:

- drink plenty of water
 - stay busy
 - go to bed early
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Day 2 — Detox Phase

Your body begins eliminating toxins.

Possible experiences:

- headaches
- irritability
- fatigue
- digestive changes

Helpful tips:

- drink extra water
 - rest when needed
 - take gentle walks
 - practice deep breathing
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Day 3 — Energy Reset

Many people begin to feel positive effects such as:

- improved energy
 - mental clarity
 - reduced bloating
 - improved digestion
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Days 4–7 — Deep Reset

Longer cleanses often bring:

- sustained energy
 - clearer skin
 - improved focus
 - lighter digestion
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Helpful Practices During a Cleanse

Certain wellness practices can support your body while cleansing.

Dry Brushing

Dry brushing may stimulate circulation and support the lymphatic system.

How to dry brush:

- use a natural bristle brush
- brush dry skin before showering
- start at the feet and brush upward toward the heart
- use gentle sweeping motions

Possible benefits include improved circulation, lymphatic support, and gentle skin exfoliation.



Epsom Salt Baths

Warm baths with Epsom salts may help relax the body and support detoxification.

Suggested method:

- add 1–2 cups of Epsom salts to warm bath water
- soak for 15–20 minutes

Benefits may include muscle relaxation, stress relief, and improved circulation.

Gentle Movement

Light physical activity supports circulation and lymphatic flow.

Recommended activities include:

- walking
- stretching
- breathing exercises

Avoid intense workouts during your cleanse.

Meditation and Stress Reduction

Reducing stress helps support the body's natural detoxification process.

Helpful practices include:

- meditation
 - journaling
 - reading
 - spending time outdoors
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Can I Eat During the Cleanse?

A traditional cleanse involves consuming juices and water.

However, if needed you may have small portions of:

- raw vegetables
- fresh fruit
- raw nuts

Listen to your body and choose what feels supportive.

Can I Drink Coffee?

To avoid caffeine withdrawal symptoms, moderate black coffee may be consumed. However, reducing caffeine as much as possible during the cleanse is recommended.

Always stay hydrated.

Common Cleanse Mistakes to Avoid

Not Drinking Enough Water

Aim for **8–10 glasses of water daily**.

Skipping Preparation

Preparing your body beforehand helps reduce detox symptoms.

Doing Intense Workouts

Your calorie intake will be lower during the cleanse, so focus on gentle movement instead.

Not Getting Enough Rest

Your body needs energy to detoxify and restore balance.

Drinking Juices Too Quickly

Drink juices slowly so your body can absorb nutrients properly.

Starting a Cleanse During a Stressful Week

Plan your cleanse during a time when you can focus on self-care.



Signs Your Cleanse Is Working

As your body adjusts to the cleanse, you may notice certain changes.

Increased Hydration

You may experience improved hydration, clearer urine, and healthier-looking skin.

More Frequent Bathroom Visits

As your body processes increased fluids and nutrients, more frequent urination or bowel movements is normal.

Reduced Bloating

Many people notice less digestive discomfort and a flatter stomach.

Improved Energy

After the first couple days, many people experience steadier energy and improved mental clarity.

Clearer Skin

Hydration and reduced processed foods may lead to brighter skin and reduced puffiness.

Heightened Awareness of Food

Many people notice they become more aware of how different foods affect their body after completing a cleanse.

After You Finish Your Cleanse

Congratulations on completing your cleanse.

Gradually reintroduce solid foods.

Start with:

- fresh fruit
- smoothies
- salads
- lightly cooked vegetables

Avoid initially:



- alcohol
- dairy
- fried foods
- processed foods

This helps maintain the benefits of your cleanse.

Maintain Your Results

To maintain the benefits of your cleanse:

- eat more fruits and vegetables
- stay hydrated
- continue juicing regularly
- listen to your body

Many people choose to cleanse every **few months** as part of their wellness routine.

Important Disclaimer

The information provided by Creative Juices is for educational purposes only and is not intended as medical advice.

Always consult with your physician or healthcare provider before starting any detox program, dietary change, or cleanse, especially if you are pregnant, nursing, taking medication, or have a medical condition.
