

JuiceUs® Cleanse.

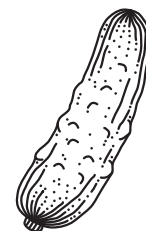
Welcome! You are days away from feeling renewed! The purpose of doing a 1 day Detox is to oxygenate and alkalize the body to help reduce inflammation, this will increase the health of our immune system. At the end you will feel healthier and lighter, but above all, more alert, active, and more balanced than ever!

Juices from JuiceUs® do not contain any kind of preservatives or additives, they are 100% natural, and the majority of the vegetables used are locally grown and organic when possible. The juices are not pasteurized (have never been heated), nor do they contain sugar and no water is added, they are 100% raw juice. The juices are cold pressed which allows for the greatest amounts of nutrients and enzymes to be obtained, preserving their properties intact and extending their shelf life. They are created to send fresh nutrients to energize and balance our blood.

Green juices. These are the most detoxifying and alkaline and they are the best option for fat loss. They also improve skin problems, hormonal imbalances, improve digestion by cleansing the bowel, speeds up the metabolism, and, above all, are nourishing.

Root juices (orange and red). They improve physical performance, by acting at the cellular level giving you clarity and energy.

Black juice. Made of activated charcoal which with its micro particles it enters the body acting like a magnet attracting all of the toxins from our body helping to eliminate them easily, also the activated charcoal is known to improve and regulate digestion.



Overall the juices will aid with:

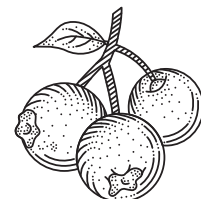
- Fat loss
- Illness prevention
- Alkalize the body
- Health restoration
- Overall reduction of inflammation
- Delay cellular aging
- Strengthen the immune system
- Energy boost

The shot must be taken while fasting and in one gulp, just like a true shot! This will help to prepare the stomach, it will sting and burn but remember all of the qualities that it contains, which include:

- Helps to decongest
- Reduces inflammation
- Fills you with energy
- Improves digestion
- Regulates your metabolism
- Prevents migraines and flus
- Reduces and soothes muscle pains

Remember, while fasting and after drinking water, drink the shot, then you will drink a juice every two hours, if you choose to eat, remember that the food needs to be free from fats, dairy, flours, tortilla, sugars etc. Drink the juices at its prescribed time, do not wait or prolong the process.

Some people may experience certain side effects such as diarrhea, frequent urination, a mild headache and even dizziness. This means we are detoxifying our body of all of the toxins that we give it on a daily basis. Deprivation of this causes your body to ask, hey! Where is my sugar? Where is my bread? My fats? My toxins? It is embodied in this way. Do not be alarmed, continue and when we set forth on a healthy path our lovely bodies will show gratitude with positive results.



Additional tips:

- Refrigerate your juices in the coldest part of your refrigerator which is usually towards the back.
- First thing in the morning drink lukewarm water with a few drops of lemon if possible and then drink the shot and juice #1 in your desire order.
- Drink water, preferably, a glass between each juice.
- You may drink green tea throughout the day.
- Healthy green smoothies are also a good option (Just be sure they're not made with cows milk or any sugar added)
- The juices are prepared with all the nutrients that your body needs to function without eating any food, however if you have never done a detox before it may seem difficult at first.

This is what you could eat:

- Vegetable soup, season with salt, pepper, cayenne, garlic. Do not use seasonings with mono sodium glutamate.
- Cucumber, apple, celery, pineapple. You may use chili (without additives) and lemon.
- 1 Banana.
- A small handful of cashews, chestnuts, nutmeg, almonds or peanuts with an apple.
- You may eat spoonfuls of, avocado seasoned with pink salt and lemon or you can chop it with tomato and red onion, cilantro and lemon.

- Hummus and carrots.



- Baked tostadas.

- House salad with lettuce, spinach, tomato, cucumber, red onion, olive oil and balsamic vinegar dressing, salt and pepper.

- Green salad with cubed avocado and steamed vegetables with sea salt.

- Quinoa salad with avocado and lots of veggies.

* This is a detoxification of the body therefore during this time smoking or drinking alcoholic beverages are off the table.

Remember that the primary purpose of doing a detox is for nourishment, become toxin free, help our body to renew itself and to feel good, after all, when else are you going to sit down and eat more than 1.5 kilos of vegetables? Every juice that you drink gives you that opportunity.

As a result of the detox, you will lose weight and reduce stomach bloating. It is during this time that the work really begins and it is best to longer feed your body toxins or food that damages this process. You will have strengthened your immune system and will have prepared it to resist diseases. What is most important is that you begin to make small lifestyle changes; in this way drinking the juices makes sense.

I thank you just for trying! It makes me so happy knowing that the juices make you feel better! Remember that you may contact me with any questions you may have! Let's get started on the right foot and have a Super JuiceUs® Day!



Sincerely,

JuiceUs®
info@juiceus.com

Ps. These are some of the ingredients that the juices contain, do not make funny faces! On the contrary, they will work wonders for you!

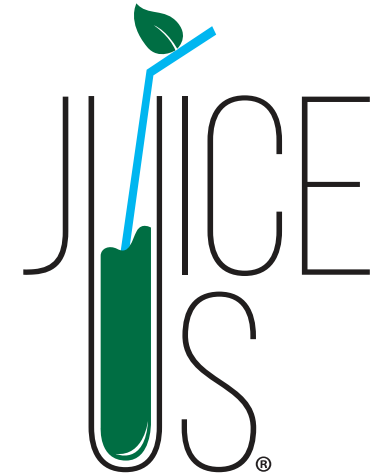
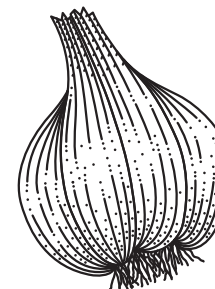
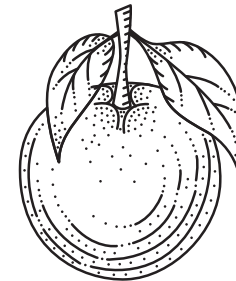
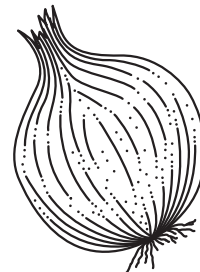
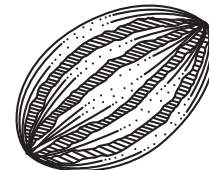
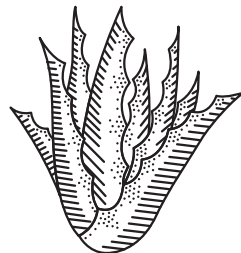
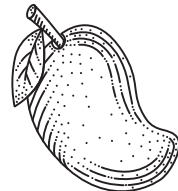
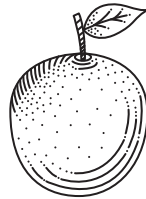
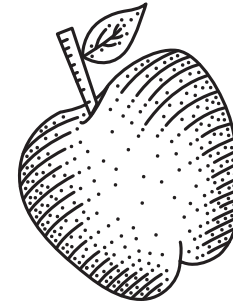
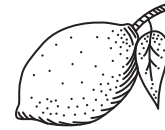
Ginger, Cucumber, Celery, Spinach, Kale, Carrot, Lettuce, Lemon, Beet, Pineapple, Basil, Mint, Squash, Parsley, Red leaf lettuce, Chard, red cabbage, broccoli, variety of chards.

Please keep in mind that our products are not free from allergens (including soy, nuts, wheat, fruits, grains, fish, etc.) as we use shared equipment to store, prepare and serve them. Please consume our products at your own risk.

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