



# THE GOOD PRESS

RAW • COLD-PRESSED • ORGANIC

JUICE CLEANSES

\$68 / DAY

Dispatched delivery available for an additional fee



BE PREPARED

## LEADING UP TO THE CLEANSE

Start to prepare your body three to five days before you begin your juice cleanse.

1. Immediately upon waking, squeeze a ½ lemon into a glass of room temperature water (approximately 1 to 1 ½ cups). The lemon water will help stimulate the liver, flush out toxins, and aid with digestion.
2. It is important to eliminate certain foods from your diet prior to the juice cleanse. Your liver is far less efficient in its detoxification when it has to contend with the following: dairy, alcohol, caffeine, sugar, processed & fried foods, artificial sweeteners, soda pop & other carbonated beverages, and store bought fruit or vegetable juices.
3. Make sure you are drinking (at least) one litre of water each day. It is important to continue to do this during your juice cleanse as well.
4. Exercise daily. Being active promotes circulation, which will help to push nutrients into your cells, and pull toxins out. This exercise does not need to be strenuous; a walk each day will do the trick!

WHAT YOU MAY EXPERIENCE

## DURING THE CLEANSE

Although everyone is different, by eliminating certain foods and liquids from your diet, you may (or may not) experience one or more of the following symptoms:

Fatigue · Brain fog · Skin blemishes · Moodiness · Gas and bloating · Cravings for sugar & 'bad' carbs · Dry skin · Irritability

However, these detoxification symptoms will be short-lived, and will give way to tangible benefits.

Don't give up in the first few days. We promise it'll be worth it!

WHAT TO DO

## FOLLOWING THE CLEANSE

It is important not to jump back into old habits once the juice cleanse is done.

Following your juice cleanse, your digestive system is very delicate. For two or three days following the cleanse it's best to consume things like soups, smoothies, steamed vegetables and gluten-free grains.

Start with small meals and introduce foods slowly.

THE GOOD PRESS JUICE CLEANSE

## GETTING STARTED & HOW IT WORKS

The Good Press Juice Cleanse consists of six 500 ml bottles of juice per day (shown below). The length of the cleanse is up to you. If it's your first time, start small - we want to make sure your cleanse is a fun and nourishing experience. One, three, and five day cleanses are the most popular lengths.

If you'd like to start a cleanse with us, give us a call at (416) 962-4000. One of our health and nutrition experts will be happy to answer your questions, or work with you to build a cleanse to meet your specific wellness goals.

WHAT TO EXPECT

## BENEFITS OF A JUICE CLEANSE

Consuming organic cold pressed juices during your Good Press juice cleanse will flood your body with vitamins, minerals, enzymes and nutrients. Your juice cleanse will rid your body of toxins, and enable you to experience the following health benefits:

- More energy
- Clearer skin
- Improved sleeping
- Possible weight loss
- Improved digestion
- Better bowel movements
- Reduced aches and pains

# THE JUICES

## ALL IN

CUCUMBER // CELERY // ROMAINE  
// PARSLEY // KALE // SPINACH //  
ARUGULA // LEMON // LIME //

TOTAL BODY CLEANSE

This very green juice helps to keep your body's pH in an alkaline state, which makes it difficult for disease to 'grow'. Incredibly hydrating (skin will clear, hair will shine). Cleans the digestive tract. Detoxifying. Lots of antioxidants. Arugula prevents DNA & liver damage. Anti-inflammatory.

## BEETS LIMES & LIFE

BEETS // AÇAÍ PUREE // LIME //

ANTIOXIDANT

Açaí puree has protein which helps to keep energy levels high. Açaí contains "good fats" which improves skin, hair and nails. Beets help to detoxify the liver. Lime is alkalizing to the pH of the body. Cancer preventing. Anti-inflammatory.

## EMERALD CITY

KALE // CUCUMBER // CELERY //  
PARSLEY // ROMAINE // APPLE //  
LEMON // GINGER //

QUENCH & REVITALIZE

Helps with digestion and improves the immune system. Parsley pulls heavy metals out of blood for detoxification. Magnesium in celery is a good stress relief. Apples help to produce collagen so skin stays younger. Kale is great for eye health.

## EYE SPY

CARROT // APPLE // LEMON //  
TURMERIC //

ANTI-INFLAMMATORY  
& VISION SUPPORT

Turmeric is anti-inflammatory and is a strong anti-oxidant (fights free-radicals). Lemons aid digestion, detoxify the liver, and alkalizes the body's pH. Anti-aging. Apples help flush toxins from the kidneys and liver. Carrots help to prevent certain cancers (breast, lung and colon).

## RUBY TUESDAY

BEET // CARROT // APPLE //  
GINGER // LEMON //

TOXIN FLUSH

Liver loving. Helps to detoxify the blood and the liver. Promotes healthy skin. Anti-aging. Ginger helps with digestion. Good for bone strength. Alkalizes body's pH.

## CASHEW CRAVE

ACTIVATED CASHEWS // B-GRADE  
MAPLE SYRUP // DATES // PURE  
VANILLA EXTRACT //

ENERGY & HEART HEALTH

A good source of magnesium - the 'chill' mineral. Helps to make serotonin - the feel good hormone responsible for feelings of wellbeing! Anti-inflammatory. Good source of calcium.

