

Chapter 7 (KEY)

Activity 1: Why Cleanse - Fill in the Blank

All bodies - no matter what their intake - can reap the benefits of juicing to help assist in the heavy load of work the digestive system does 24-hours a day.

Our cleanses are carefully designed to maximize your experience by helping you stabilize your blood sugar levels and remove toxins out of the body.

We use 100% organic produce in our juice cleanses.

What are the benefits of a juice cleanse:

- Better digestion and nutrient assimilation
- Decreased belly bloat
- Supports detoxification and boosts immunity
- Improved sleep
- More energy
- Clearer skin and brighter eyes
- Feeling happier and having more balanced moods
- Having a clearer mind and feeling more in tune with the universe
- Great way to kick-start a healthy lifestyle change

How long can you do a juice cleanse for? 1 to 10 days.

What is the difference between drinking juice and smoothies? When you drink juice the fiber is extracted from the fruits and vegetables. Smoothies are pulverized fruits and vegetables, meaning the fiber is still intact and still has to pass through your digestive system.