

Chapter 7

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 _____ does 24-hours a day.

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

We use _____ produce in our juice cleanses.

What are the benefits of a juice cleanse:

How long can you do a juice cleanse for?

What is the difference between drinking juice and smoothies?