

Chapter 7

Activity 2: How Cleanses Work

Complete the following questions.

The Raw Juice cleanses are carefully designed to maximize your cleanse experience

by_____

We use 100% _____produce, and include specific boosters to help flush out water weight to help your system function more

_____and

optimize_____

Case study questions

A guest comes into Raw Juice for the first time and states, “I’ve recently read that a cleanse is good for your health. Why is this?”

A guest is interested in doing a cleanse but concerned about going from a protein-rich diet to a liquid diet so suddenly. This makes her hesitant to do one. In order to prepare for a cleanse, the guest should follow some guidelines and prepare their digestive system for the cleanse. Discuss the guidelines we’d recommend for such a person.

How would you explain to a guest what to do during their cleanse?

Explain to the guest how to break their cleanse.