

BEFORE YOUR CLEANSE

Before starting a juice cleanse, it's important to take some steps to prepare. This will help ensure that you get the most out of your cleanse and minimize any side effects.

- Gradually reduce your intake of unhealthy foods such as processed & refined sugars, saturated & trans fats, and excess caffeine & alcohol.
- Increase your intake of fruits, vegetables, and whole grains to provide your body with nutrients & fiber.
- Drink plenty of water to help flush out toxins & support hydration.
- Consider supplements such as probiotics and digestive enzymes to support your body's natural detoxification processes.

DURING YOUR CLEANSE

During a juice cleanse, you will be consuming only raw, live nutrients and enzymes in the form of juice. Here's what you can expect.

- Within the first 24-36 hours of abstaining from solid foods, your body will enter a state of detoxification. You may experience symptoms such as headache, fatigue, and irritability as your body adjusts to the change.
- The raw juice /bone broth will act as cleansing agents, helping to dissolve and eliminate toxins. As these toxins are released, you may feel increased energy, improved mental clarity and a release of negative emotions.
- It's important to drink all of your juice and stay hydrated with water and herbal tea. This will help support your body's detoxification processes and prevent dehydration.
- Take time to rest and allow your body to fully benefit from the cleanse.

AFTER YOUR CLEANSE

After your juice cleanse, it's important to ease back into solid foods gradually.

- For the first day, try incorporating soups and smoothies. This will provide your body with some fiber and nutrients, while still being easy to digest.
- In the following days, gradually add in more solid foods, such as fruits, vegetables and whole grains.
- Avoid refined sugars and processed foods to maintain the benefits of the cleanse.
- Pay attention to how your body feels as you introduce different foods. If you experience any digestive discomfort, try eliminating that food for a while and see if your symptoms improve.
- Continue to drink plenty of water and eat a balanced diet to support your overall health and well-being.

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