



Make sure to get your Live/Fresh 100% Organic Juices home and in the refrigerator as quickly as possible. Please shake juices well before drinking. There are over 80 pounds of organic produce & detox support ingredients in the standard 3-day Juice Feast.

Ready. Set. Glow!

This Juice cleanse has been formulated to balance & stabilize blood sugar levels so that you get maximum results with total satisfaction and ease. The G-glo cleanse has been a tried and true protocol that has been developed over 15 years in my private practice with amazing and longstanding results.

The morning of your first day and for all consecutive days upon waking, drink 8 oz's of warm filtered or distilled water (which is preferable, no tap water) with 1/4 teaspoon of sea salt to help flush the system and help prepare it for detox.

After the salt-water flush & using the toilet, please enjoy:



1

Feisty Lemon & Aloe Tonic Morning from 6-8 am

Actions: Cleanses lymphatic system, stimulates metabolism and fat burning formula.

2

Clean Green Mid morning by 11 am

Actions: Cellular hydration, alkalization of Ph levels & detoxification.

Please drink the customized appetite suppressant/Detox tea that is tucked in your G-glo Box and enjoy as a mid day detoxifying snack before your lunchtime juice. Tea bag can be resteepped up to 3 times.

3

Carrot Fusion Lunch from 1-3 pm

Actions: Anti-inflammatory boosts immune system function, organ and blood cleansing.

Between lunch and dinner if you are really feeling hungry, sip on 8 oz's of warm filtered water with a squeeze of fresh lemon juice, without pulp or refresh the appetite tea with more warm water.

4

Essential 8 Elixir Dinner from 5-7 pm

Actions: Mega Nutrient dense nutrition & packed with amino acids for cellular hydration and regeneration.



At Bed time from 8-10 pm

Enjoy the G-glo & Go tea to help promote healthy eliminations in the am. You will find the tea tucked in our G-glo Juice box in the dinner slot. Before falling asleep, envision a healthy new body & a sense of accomplishment.

During cleanse/Post cleanse

During the day you can sip on filtered water if absolutely thirsty, but it is better to not dilute your digestive enzymes by drinking excess fluids other than your juices (the juice themselves are extremely hydrating). Take advantage of the body and help assist in the detox process by taking a bath with baking soda or Epsom salts. Gentle walking, rebounding, infrared or steam saunas, castor oil packs and dry skin brushing are all beneficial tools during this cleansing process. If you are very hungry, you can have warm filtered water with a squeeze of lemon juice without the pulp to help curb appetite.

If for any reason you don't finish all of your juices and you feel satisfied that is perfectly ok. However, it is ideal to drink as much of the juices as possible for nourishing the body. The juices are perfectly balanced to stabilize blood sugar levels while also gently detoxifying the system.

After you cleanse, please resume normal eating but refrain from excessive fats, salt, caffeine, animal products or dairy for a few days. Favor organic, unprocessed food, whole grains and fruits & vegetables. You will feel revived, rejuvenated, lighter, clearer in thinking and with a general sense of calm and peace within your body.

