

WHO SHOULDN'T TRY A JUICE FAST?

• Pregnant or nursing women and children shouldn't try a juice fast.

• People with diabetes, low blood sugar, eating disorders, kidney disease, liver disease, malnutrition, addictions, underweight, anemia, impaired immune function, infection, nutritional deficiency, low blood pressure, ulcerative colitis, cancer, terminal illness, epilepsy, or other chronic conditions shouldn't try a juice fast without consulting their doctor. If you have any concerns you can bring this brochure to your practitioner to show them exactly what the program is about.

• People shouldn't try a juice fast before or after surgical procedures.

• A juice fast can reduce blood proteins and change the way prescription drugs react in the body. People taking prescription medications should consult a health professional skilled in detoxification before trying a juice fast, and should never discontinue or reduce their medications on their own.

It's important for anyone to consult a qualified health professional before trying a juice fast.

HOW LONG DOES A JUICE FAST TYPICALLY LAST?

A juice fast typically lasts for 3 - 7 days. A longer fast requires professional guidance and possibly monitoring to ensure that nutrient deficiencies don't result. The standard Cleanse at Pulp Kitchen is 3 days.

WHAT DO I DO AFTER THE CLEANSE IS OVER?

There should be a gradual return to solid foods. We suggest fresh fruit salad for breakfast and raw organic salads for lunch and dinner with the incorporation of plant based protein (beans, quinoa) as side dishes.

HOW DO I KNOW WHEN/WHICH JUICES TO DRINK?

We package our juice in 32 ounce bottles for the 3 day cleanses...EACH BOTTLE REPRESENTS 2 SERVINGS so pace your juices out! Each bottle will be clearly labelled 'Morning' 'Midday' and 'Evening'. Begin the first juice of the day about 20-30 mins after waking up, and drink half the bottle. In about 2 hours when you feel hungry go ahead and drink the rest. About 2 hours after start in on the midday juice and so on. Lots of water is encouraged (coconut water is acceptable), as well as light workouts- to keep the circulation going and flush out toxins!!

PRICING AND HOW TO ORDER:

Choose your pickup time and day. We open at 7am weekdays and 9am weekends, so allow a half hour (at least) after our opening time to arrange your pickup time. If you live close by you might wish to pick up each day at a time, so they are fresher! But the juices do last up to 3days and some of our customers require pickup on all three days in advance which is fine, however please give us 24 hours advance notice to pick up your 3 days worth...

Pre-Payment is required for our juice cleanses! Because we press them just for you, we need to have all cleanses paid in advance. This may be done by calling in your card info (which may be used as a security deposit should you wish to pay cash upon pick-up). Or come in person and place your order and pay at the counter in advance.

3 Day Cleanse: \$129.00^{+hst}

Questions?

We are here to help!

Call or e-mail us anytime at
(416) 461-4612
gethealthy@pulpkitchen.ca



Juice Cleanse Program

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WHAT IS A JUICE CLEANSE?

A juice cleanse, or fast, involves the short-term intake of only the fresh juices from fruit and vegetables (and water!). No solid foods, caffeinated or alcoholic beverages are recommended either. There are hundreds of combinations and quantities of juices that one can choose to be part of the program, and specific combinations may be suggested for different goals of a person: Detoxification, bowel health, skin improvement, treatment of specific ailments as examples. Juice cleanses can last for three days up to one month.

WHAT WE SUGGEST YOU MAY GET OUT OF IT

Give your digestive system a break! The metabolic process of digesting solid food takes more than 70% of your body's resources! Depending on a variety of lifestyles, the day to day demands on the body of a go-go-go world may mean hastiness prevails and the system will attempt to keep up with the everyday, which means food that should be digested fully and properly is interrupted and accumulation of "stuff" in the bowels occurs. A liquid diet can help the body to work on (and out) those deposits, which usually helps folks feel great!

3 DAY JUICE CLEANSE AT PULP KITCHEN

Our main cleanse is an entry level program suitable for anyone wishing to embark on a Juice Cleanse – but first, please see the "Who shouldn't try a juice fast" Section of this information sheet to know if it is a good idea for you! Keep reading to learn more about the juices you are getting and what to expect.

Cost for all 3 days (9 large bottles):

\$129.00_{+hst}

ABOUT THE JUICES USED IN OUR PROGRAM

Detox Darling

What's in it: Apple, Lemon, Kale, Spirulina and Milk Thistle.

What time of day it's consumed: The first juice of the day!

The ingredient benefits: Apple provides essential carbs to start the day with energy. It's abundant in water soluble fiber, so it helps to move the bowels along in the absence of solid food. Lemon is excellent as a blood purifier and supplies vitamin C to keep the immune system strong. Lemon is a catalyst for iron absorption, so it helps the body extract it from the kale and spirulina in this juice. Kale and Spirulina are "Superfoods" meaning they have high nutrient density, Spirulina is 90% protein, and has a nearly complete array of known vitamins (including B12), minerals and amino acids. Milk thistle helps the liver purge itself of stored toxic matter and also helps it to rebuild itself and protect from future damage.

What's it taste like? Most people find this is the tastiest of the three – kind of like apple lemonade!

Green Power

What's in it: Cucumber, parsley, kale, celery and lemon

What time of day it's consumed: The second juice of the day, at least an hour after the Detox Darling is finished.

The ingredient benefits: This juice is very high on the nutritional scale, achieving high levels of chlorophyll (from all ingredients, esp parsley, calcium and iron (from Kale), vitamin A, Iron, purified water, and has virtually no sugar. This is also a very alkaline juice, helping the body restore the PH balance.

What's it taste like? It's a sugar free juice so you get the flavours of cucumber and parsley with Lemon.

Veggie Bolt

What's in it? Carrot, kale, beet, cucumber, lemon & flax oil

When it's consumed: After the Green power, to fuel your evening cravings!

The ingredient benefits: This juice rounds out the nutritional spectrum, giving you beta carotene (from the beet & carrot), and helps you to absorb all of the nutrients fully thanks to the flax oil. It is a low sugar juice that gives energy without overdoing a sugar load.

What's it taste like? Refreshing veggie juice with a hint of sweetness

WHAT TO DO BEFORE YOU CLEANSE:

If it's your first time, then make the transition easier by staying away from caffeine, alcohol and nicotine – since this cleanse helps the body detoxify, you want to reduce the payload of the effects of the purge of stored toxin in the liver by reducing the amount of toxins in! Also reduce or eliminate heavy foods such as pasta, meat and dairy, and stop excessive sugar and bread intake – you might miss the feelings of fullness so reducing heavier foods within 7 days before you start can be a really big help to the way you will feel!

WHAT CAN I EXPECT TO EXPERIENCE ON A JUICE CLEANSE?

Everyone's different lifestyle, age, genetics and levels of toxicity means that there is a wide range of physical and emotional experiences, but here's a rundown - Juice cleanses often help the body to detoxify - so the liver may purge toxins back into the bloodstream to be dealt with properly. This one benefit of a juice cleanse may mean feelings of getting worse before getting better! Such as headaches, tiredness or nausea. Other side effects may be dizziness – especially for those used to high sugar diets. On the third day many people feel much better, and a greater sense of clarity and wellness. One common challenge with juice cleanses is the loss of routine in preparation of making food, cleaning up, shopping etc. It is amazing for some how much spare time they have, and the aspect of having extra time can be a surprisingly odd feeling! Psychologically speaking, this is the toughest part of the cleanse - remind yourself you're getting lots of nourishment!