



URBAN REMEDY

LOW-GLYCEMIC CLEANSE

What to do

- Begin each morning with a glass of warm water with lemon and continue drinking water throughout the day.
- Sip on a new juice every 2 hours throughout the day.
- Take advantage of this time and start journaling.
- If you have the ability/time, incorporate infra-red sauna, steams, colonics and/or acupuncture.
- Nightly baths are a wonderful way to relax. Add Epsom salts, lavender essential oil, or use a detoxifying bath recipe from the UR book.

If you get hungry

While juicing gives your body the quickest detox, we understand the need to incorporate food. Stick to organic fruits and vegetables (think avocado, blueberries, strawberries, leafy greens), and soaked nuts.

Limit exercise

Limit yourself to light exercise like walks, yoga, and stretching.

Free time

You can benefit even more from your cleanse with introspective activities like writing, meditation, nature walks, and soft music.

LOW-GLYCEMIC CLEANSE

- 1 SLENDER GREENS 16oz**

Feed your body its greens without eating a single leaf with this refreshingly simple low-glycemic juice. Light, crisp and brimming with goodness.
- 2 TURMERIC BOOST 12oz**

A high-energy, low-glycemic lemonade with a boost of turmeric.
- 3 TURMERIC RELIEVE 2oz**

A certified organic, sweet and spicy pineapple juice shot with a dose of superfood turmeric and cayenne to kickstart circulation and the immune system.
- 4 DEEP CLEANING 16oz**

Cleanse from the inside out with super purifier burdock root and liver loving dandelion greens for the deep clean you deserve.
- 5 WARRIOR 16oz**

Arm yourself with this filling, kid-approved blend of organic raspberries, strawberries, chia seeds and naturally sweet Stevia – a heavenly treat without the sugar crash.
- 6 GLOW 16oz**

Glow (sparkle, and shine) on the inside and out with this blend of green veggies and E3 Live, a nutrient-dense superfood.
- 7 GOLDEN TURMERIC 16oz**

A soothing blend of Ayurvedic spices, creamy cashew milk, silky coconut cream, and hydrating coconut water to re-mineralize and nourish your body.

For a list of post-cleanse tips, visit urbanremedy.com/how-to-cleanse

Please call **1.855.UR.JUICE** or e-mail connect@urbanremedy.com should you need support or have any questions.