



# URBAN REMEDY

## PURIFY 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.

# PURIFY CLEANSE

## 1 DEEP CLEANING

Cleanse from the inside out with super purifier burdock root and liver loving dandelion greens for the deep clean you deserve.

## 2 STRAWBERRY HIBISCUS ROSE

A thirst-quenching brew of hibiscus and rose teas with fresh strawberry juice for a refreshing cooler

## 3 HAPPY BELLY WITH PROBIOTICS

Treat your tummy to TLC with aromatic fennel (a natural digestif), apple, spicy ginger and a dose of probiotics to support healthy digestion. It's like a spa treatment for your body.

## TURMERIC RELIEVE

Blending bromelain-rich pineapple, lemon, ginger, turmeric, and a kick of cayenne, this wellness shot helps reduce inflammation and strengthen the immune system. Enjoy one in the morning and one in the afternoon.

For a list of post-cleanse tips, visit [urbanremedy.com/how-to-cleanse](https://urbanremedy.com/how-to-cleanse)

Please call **1.855.UR.JUICE** or e-mail [connect@urbanremedy.com](mailto:connect@urbanremedy.com) should you need support or have any questions.

## 4 GREEN BERRY

Get your fruits and veggies with the perfect meal replacement that blends goji (a staple in Chinese medicine), blueberry, strawberry, pineapple, chia, kale, spinach, and acai.

## 5 SLENDER GREENS

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

## 6 GOLDEN TURMERIC

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