



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://www.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.

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.