



URBAN REMEDY

ENERGIZING 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.

ENERGIZING CLEANSE

1 GLOW

Glow (sparkle, and shine) on the inside and out with this blend of green veggies and E3 live, a nutrient dense superfood.

2 JAVA SHAKE

The perfect morning energy boost, with fresh coffee, creamy organic banana, maca root powder, vanilla and raw almond butter.

3 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.

5 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.

6 DEEP CLEANING

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

7 BLUE MAGIC

A wholesome blend of cinnamon, nutmeg, cashews, maca powder, vanilla, and coconut nectar, this spiced cashew milk will hit the spot every time.

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.