



# 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

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

A high-energy, low-glycemic lemonade with a boost of turmeric.

## 3 TURMERIC RELIEVE

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

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

## 5 WARRIOR

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

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

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](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.