



# URBAN REMEDY

## SUPER GREEN 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.

# SUPER GREEN 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 CHLOROPHYLL REFRESH**  
Boost your energy and cleanse your body and mind with this low-glycemic, tantalizing blend of filtered water, fresh lemons, chlorophyll, and monk fruit for the perfect touch of sweetness.
- 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.
- 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 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.
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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.