



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

Please call **1.855.UR.JUICE** or e-mail connect@urbanremedy.com should you need support or have any questions.