



Pure Health Delivered®  
Raw Juice Cleanse

## Cleanse Guide

### pre cleanse

The 2 or 3 days immediately before your PHD Cleanse are an ideal time to prepare your body for transitioning to an all juice diet. This means eating lightly, including fresh leafy salads with lean meats, lots of vegetables and fruit.

This is the time to start eliminating sugar, meat, dairy, starches, caffeine and alcohol. It is also beneficial to boost your hydration by drinking at least 2-3 litres of filtered water every day.



### during your cleanse

We recommend drinking ½ a squeezed lemon in a glass of warm water first thing each morning and at least 10 minutes before your first bottle of PHD Cleanse. Follow the order of juices as set out in the diagram below.

basic cleanse		
order	colour	time
1	Pure Green	8am
2	Yellow Hit	10am
3	Pure Green	12:30pm
4	Zesty Lemonade	2:30pm
5	Pure Green	4:30pm
6	Cashew Dream	7pm

advanced cleanse		
order	colour	time
1	Pure Green	8am
2	Pure Green	10am
3	Pure Green	12:30pm
4	Zesty Lemonade	2:30pm
5	Pure Green	4:30pm
6	Cashew Dream	7pm

Shake well before serving. Keep chilled at all times. Enjoy! Each bottle of PHD Cleanse should be consumed every 2 hours from beginning to end and drink plenty of filtered water throughout the duration of your cleanse. (2-3 litres per day)



### post cleanse

Now that you have done all the hard work it's time to extend all of the benefits from having completed your PHD Cleanse.

It is important to ease out of your cleanse gently. Slowly introduce your system to 'solid' foods again, start with leafy salads and steamed vegetables and after a day or so you can introduce fish and lean meats if desired.

Eat less but more often, six smaller portions of food every two hours will keep your metabolism burning the fuels efficiently and help you maintain a healthy weight.

