nood food Juice Cleanse Guide



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FOOD

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What's the deal?

Cleansing and fasting to purify the body have been embraced for thousands of years as a means to achieve higher levels of clarity. This concept has never been more relevant than now.

"Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open." ~B.K.S. Iyengar

- Supports liver and kidney function to metabolise toxins from the body – fruit and veg can upregulate the detoxification and antioxidant process.
- Added hydration from the juices gives your body that extra boost to perform optimally.
- Kick-starts a positive lifestyle change – people who complete a juice feast often feel motivated to incorporate ongoing healthier habits into their lives, especially following times of excess!

Why nood food cleanses

Juice cleansing can be done in many ways according to what you drink and how much you drink. It also depends on your experiences and preferences.

At nood food:

- Cleanses come with supplements to fully boost your detox.
- Cleanses contain a balanced combination of fruits, vegetables, nuts, seeds and superfoods. Correctly balanced ingredients give you the most ideal detox.
- We use fewer fruits and more vegetables to promote healing in the body as well as cleansing.
- Juices are pressed using as much organic produce as possible. Each organic ingredient is indicated with an asterisk (*).
- Expect zero added sugars or preservatives. All sediments are naturally occurring from the fruits and vegetables.
- A variety of cold-pressed juices and green smoothies are available as options, corresponding to the different levels of cleanses. Juices are always refrigerated, keeping enzymes and nutrients intact.

Keep it real

With the lower-than-usual calories you'll be consuming during the cleanse, you will most likely lose some weight. But the juice cleanse is NOT a diet product!

Instead, think of it as a 'reboot' that'll get your body in the mood for a healthier lifestyle.

A heads-up

During your cleanse, you may experience the adverse effects of flushing toxins out of the body. This is normal! These can include headaches, upset stomach, constipation, mood swings, irritability, skin breakouts and diarrhoea.

Effects should be mild but if they are extreme or you experience any of the below, stop the juice cleanse immediately. Cleansing has a different impact on each person, so it is best to listen to your body.

- Bleeding in the gums
- Phlegm or mucus
- Severe weakness lasting more than 4 days
- A fever that lasts more than 24 hours
- Prolonged diarrhoea or bleeding in stool
- Extremely low blood pressure
- Continuous vomiting that prevents you from drinking liquids
- Extreme weight loss



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Listen up

If you suffer from allergies, please take extra care when starting a cleanse – some of our juices may contain nuts, seeds, and other ingredients associated with different allergies.

If you are under a physician's care for any reason, taking prescribed medication, suffering from kidney dysfunction, bowel disorder, gastrointestinal disorder, are diabetic, or are currently undergoing cancer/recovery treatment, please consult your doctor first.

If you are pregnant, breast feeding or in the process of trying, or have been diagnosed with an eating disorder, we do not recommend you doing a juice cleanse. Juice cleansing can also affect the menstruation cycle. Once off the juice cleanse, flow should go back to normal.

If you are taking blood thinners, anticoagulants, or you have any kind of blood clotting issues, please consult your physician. Green juices are a rich source of vitamin K1, which is a natural clotting agent and may affect the body's absorption of medications.

If you suffer from low blood pressure, please ask your physician as blood pressure can drop during a juice cleanse.

Three times lucky!

Too much of anything can be bad. That's why we don't recommend doing a juice cleanse for more than 3 days at a time. Doing a juice cleanse for a prolonged period can lead to...

- Protein deficiency and muscle loss
- Fatigue and weakness
- Inadequate intake of fibre
- Suppression of the immune system
- Nutrient deficiency
- Inner organ damage
- Irregular menstruation cycle

Prep is half the work!

Maximise the benefits and minimise adverse side effects with some simple preparation.

- A week before beginning a juice cleanse, start decreasing then eventually stop intake of caffeine, sugar and meat.
- Go on a vegetarian (or ideally) vegan diet to increase vegetable and fruit consumption 3 or 4 days before the cleanse as a more gradual lessening of 'load' on your digestive system.
- Stay hydrated by drinking water and cold-pressed juices made with little to no processed ingredients.
- Get plenty of rest and light/moderate exercise.

Cleanse intel

- Sip through your juice every 2-3 hours. Make it last and don't gulp it all down.
- Refill your bottles with water and drink at least one between juices.
- A pack of Chia Seed and Plant Protein supplements will be provided with each day's cleanse. Add these superfoods into your juices or water, let sit for 3-5 minutes and drink up for an extra fibre boost!
- Although the juices can be consumed in any order throughout the day, optimise energy distribution with our specially designed schedule.

Classic Cleanse



Perfect for all levels.

Try this if you are a beginner and start with fewer days if your diet does not usually include wholefoods and vegetables.

This cleanse is a balance of fruit and vegetables. It also includes more detoxifying green juices and superfoods to deepen the cleansing effect and provide you with enough energy to get through the day.

Although the juices can be consumed in any order, we've created a schedule to better assist energy distribution throughout your day:

Total calories 1,004 kcal

08:00 - Warm Water with Lemon

Good morning! Get set for your cleanse with some warm water and lemon to awaken your body and entire digestive system!

08:30 - Happy Apple

A veggie-lixir cold-pressed juice, naturally sweetened with apples. An apple a day keeps the good doc away!

10:00 - Lemon Aid

Lemonade like no other with a kick of spice and a touch of heat, a great booster drink to keep your head in the game.

11:30 - Yin Yang with Chia Seeds

With the sweetness of fruit and wholesomeness of veg, our Yin-Yang instils equilibrium with both vitamins A and C to keep your body and palate equally happy.

13:00 - Spring Clean

Super-charged with celery and made to clean out the nasties from your body, this juice will keep your digestive system working effectively. Feel lighter and brighter than ever!

*Let chia seeds sit for 3-5 minutes before consuming, it encourages better consumption and digestion for our body

14:30 - Coco Water with Plant Protein

Electrolyte-plenty, our Coco Water is the all-natural sports drink without processed sugars or artificial colours. Have a taste of planet Earth paired with plant-based protein.

16:00 - Body Booster

This mineral-rich combo is bursting with leafy greens like kale and spinach that help with digestion and improve gut health. Outer beauty starts from inside!

17:30 - Royal Flush

A winning hand of 5 veg and fruits, it's your 'winner takes all' cold-pressed juice for heart and kidney health!

19:00 - Recharge with Chia Seeds

Chock full of vitamin C, this citrusy carrot juice is the tangy sweet facilitator repairing your body from within and alleviating inflammation.

20:30 - Hot Herbal Tea

Congratulations! Your body is now purified and enjoying a blissful detoxification. Time to warm up from head to toe with our secretly-formulated herbal tea before your sweet slumber!

Green Cleanse



A balanced cleanse with chlorophyll-packed veggie juices adored by green juice lovers and juicing pros alike.

Recommended for **experienced 'cleansers'** as well as individuals who cannot have too much sugar in their diet.

Total calories 928 kcal

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Cleanse

More questions?
Drop us a line at info@allnood.com

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