

# Orchard<sup>st</sup>



JUICE CLEANSE



## YOUR FIRST STEP TO WELLNESS

Congratulations on taking the first step to a cleaner, clearer and more radiant you.

Whatever it is that brings you here, the most important thing you can do now is open your mind to a new experience, lighten your soul of a little baggage and begin to prepare your body for some TLC.

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## PREPARE FOR CHANGE

A juice cleanse floods the body with easily absorbable plant nutrients whilst simultaneously allowing the digestive system to rest, providing a natural, gentle and truly unique opportunity to cleanse and replenish.

Your cleanse will help you alkalise, detoxify, energise and get your skin glowing from the inside out. Restoring wellness to your physical body can exert a significant affect on your emotional, mental and spiritual health. As the days roll over, people often begin to notice a sense of lightness, renewed energy and vitality accompanied by enhanced clarity of thought and feelings of well-being.

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## YOUR NEW DAILY RITUAL

On the following pages you will find your cleanse schedule, but first here are a few words of guidance.

Aim for a beverage every 2 hours, sipped slowly and mindfully.

Try to have 300-500ml of room temperature water between each, adding a little fresh ginger or cayenne if you crave more inner warmth.

Sip on your botanical tea throughout the day.

Any soups, broths or nut milks can be gently heated if desired.

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## PURIST CLEANSE

( <u>wake</u> )	WARM WATER & LEMON
( <u>8-9am</u> )	SMOOTHIE
( <u>10-11am</u> )	PURIFY
( <u>12-1pm</u> )	GREEN JUICE
( <u>2-3pm</u> )	JUICE
( <u>4-5pm</u> )	DETOX TEA
( <u>6-7pm</u> )	NUT MYLK
( <u>9-10pm</u> )	LIGHTS OUT

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## BEAUTY CLEANSE

( <u>wake</u> )	WARM WATER & LEMON
( <u>8-9am</u> )	SMOOTHIE
( <u>10-11am</u> )	ROSE BEAUTY
( <u>12-1pm</u> )	GREEN JUICE
( <u>2-3pm</u> )	JUICE
( <u>4-5pm</u> )	BROTH WITH QI BOMB
( <u>6-7pm</u> )	NUT MYLK
( <u>9-10pm</u> )	LIGHTS OUT

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## POWER CLEANSE

( <u>wake</u> )	WARM WATER & LEMON
( <u>8-9am</u> )	SMOOTHIE
( <u>10-11am</u> )	RECOVERY
( <u>12-1pm</u> )	GREEN JUICE
( <u>2-3pm</u> )	JUICE
( <u>4-5pm</u> )	NUT MYLK
( <u>6-7pm</u> )	SOUP
( <u>9-10pm</u> )	LIGHTS OUT

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## SUMMER CLEANSE

( <u>wake</u> )	WARM WATER & LEMON
( <u>8-9am</u> )	SMOOTHIE
( <u>10-11am</u> )	RECOVERY
( <u>12-1pm</u> )	GREEN JUICE
( <u>2-3pm</u> )	GREEN JUICE
( <u>4-5pm</u> )	BROTH WITH QI BOMB
( <u>6-7pm</u> )	SOUP
( <u>9-10pm</u> )	LIGHTS OUT

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## SPRING CLEANSE

( <u>wake</u> )	WARM WATER & LEMON
( <u>8-9am</u> )	SMOOTHIE
( <u>10-11am</u> )	PURIFY
( <u>12-1pm</u> )	JUICE
( <u>2-3pm</u> )	BROTH WITH QI BOMB
( <u>4-5pm</u> )	LONGEVITY
( <u>6-7pm</u> )	SOUP
( <u>9-10pm</u> )	LIGHTS OUT

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## AUTUMN CLEANSE

( <u>wake</u> )	WARM WATER & LEMON
( <u>8-9am</u> )	SMOOTHIE
( <u>10-11am</u> )	PURIFY
( <u>12-1pm</u> )	GREEN JUICE
( <u>2-3pm</u> )	JUICE
( <u>4-5pm</u> )	BROTH WITH QI BOMB
( <u>6-7pm</u> )	KITCHARI
( <u>9-10pm</u> )	LIGHTS OUT

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## WINTER CLEANSE

( <u>wake</u> )	WARM WATER & LEMON
( <u>8-9am</u> )	SMOOTHIE
( <u>10-11am</u> )	PURIFY
( <u>12-1pm</u> )	GREEN JUICE
( <u>2-3pm</u> )	BROTH WITH QI BOMB
( <u>4-5pm</u> )	DETOX TEA
( <u>6-7pm</u> )	SOUP
( <u>9-10pm</u> )	LIGHTS OUT

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## KNOW THYSELF

### BELLY

As the nourishment entering your digestive system is clean, chemical-free and nutrient-dense, your intestinal walls are given the chance to heal and recover, easing any irritation and inflammation.

### LIVER

Without a constant supply of chemicals to process, the liver can better utilise the array of phytochemicals and nutrients provided by your cleansing drinks. This significantly enhances the detoxification pathways and allows for efficient elimination of water-soluble toxins via your blood to the kidneys. Any fat-soluble toxins are swiftly eliminated via the bile into the digestive tract for clearance.

### KIDNEYS

Hydrated and flushed with alkalising trace minerals, the kidneys are restored to balance, to better focus on filtering and excreting water-soluble toxins.

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### LYMPHATICS

The lymphatic system works to support you on your healing journey by filtering and transporting toxins between your liver, organs and skin, whilst supporting your immune system.

### SKIN

The largest organ of elimination is receiving hydration and a flood of antioxidants. The lymphatic system releases some toxins into the skin, sometimes showing up as minor irritations. Ultimately, your inner glow will shine through!

### NERVOUS SYSTEM

Whilst clarity of mind and balanced moods can be expected, mood fluctuations and irritations may happen initially as the liver kicks into gear and releases toxins from bodily tissues. The digestive tract has some hundred million neurons holding over 90% of the body's serotonin, so the link between mind and body can be truly felt when the its organs are given some R & R.

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## LITTLE HELPERS

This cleanse is for you and no one else. It's a liquid cleanse and while it's meant to be challenging, it's not meant to be an ordeal. If you're really struggling, take control of your own well-being and try one of these cheeky snackettes. Try to choose organic produce if possible.

Before you munch away, ask yourself; 'will this make me feel more alive and more vital? Will this enhance my experience?' If the answer is yes, then enjoy!

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- ( 1 ) MASHED AVOCADO  
Add lemon and sea salt for extra minerals.
  
  - ( 2 ) 1 YOUNG COCONUT  
Nature's electrolyte replenishment.  
Include the flesh if you feel you need it.
  
  - ( 3 ) 1 CELERY STALK  
Mineral dense and great if you just need a crunch.
  
  - ( 4 ) 1 CUCUMBER  
Hydrating and crunchy.
  
  - ( 5 ) BANANA  
Mash if you like. Spice with cinnamon to help balance blood sugars.
  
  - ( 6 ) PEAR  
A good low GI and low allergy option.
  
  - ( 7 ) 1 CUP PINEAPPLE OR PAPAYA  
Enzyme rich belly soothers.
  
  - ( 8 ) 1 HANDFUL ACTIVATED NUTS  
Satiating protein and good fats.
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## SELF LOVE IDEAS

WHY NOT TAKE THE OPPORTUNITY  
TO BOOK IN FOR...

A massage  
Some sauna time  
A reflexology treatment  
A yoga class  
A meditation workshop  
A Pancha Karma treatment  
Some acupuncture

OR GIVE YOURSELF A LITTLE  
LOVE WITH...

A daily dry skin brush  
A warm self oil massage  
A detoxifying facial  
A long hot bath with candles  
A meditation  
Journal writing  
Nature time  
Some inspiring company

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## WHEN IN DOUBT

Breathe slowly, deeply and mindfully.

Have a herbal tea.

Add a pinch of sea salt to your juices for extra minerals.

Hydrate with at least 300ml of quality drinking water between each juice.

Get some fresh air.

Think positive! You're body is loving you right now!

Add 1tbs of chia seeds to a beverage or quality drinking water.

Ground yourself with an organic miso soup or vege broth.

Warm up with 1-2 tbs of fresh grated ginger added to your tea.

Chat with a friend about it.

Tune in to how you're feeling and jot it down.

Contact us.

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# Orchard<sup>st</sup>.

If you want to ask a question  
or share your thoughts,  
we're right here.

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