

VILLAGE JUICE GARDEN

CLEANSING *Programs*

Village Juice Garden can help you get your body back on track, rid the junk, the unhealthy eating habits, and fulfill your goals of living a healthier lifestyle.

Whether you are new to cleansing, like the idea but hate doing it, or experienced, we have a plan that will suit your needs and give your body a restored sense of energy. Believe me you are going to feel Ah-may-zing!!

After you have completed your cleanse you will crave healthier foods and no longer feel the addictions to sweet, salty, fatty foods. You will find yourself feeling lighter, thinking clearer, and even exercising better.

Get ready to be the best YOU, and feel Great!



Our cleansing plans focus on fueling your body with 100% vitamin & nutrient-rich whole fruits and vegetable smoothies that are designed to help your system naturally rid the unwanted toxins.


Keep reading to select the plan that's right for you »

WHICH PROGRAM IS RIGHT FOR YOU?

All Smoothies are 16 fl. oz. in size



Refresh

 **1-DAY**

An easy way to undo the damage of an indulgent weekend or simply get back on track for a quick reset.

6 SMOOTHIES \$45.00



Beginner

  **2-DAY CLEANSE**

This is the perfect plan for your first detox. Get ready to get your toes wet in the cleansing world.

12 SMOOTHIES FOR \$85.00



Intermediate

   **3-DAY**

Kick-start better eating habits, wipe away all the unwanted junk from your body and give yourself the fresh start you deserve.

18 SMOOTHIES \$125.00



Experienced

     **5-DAY**

Begin a serious lifestyle change, feel lighter, inspired, rejuvenated and totally nourished. This cleanse consists of 30 smoothies, freshly made to provide you with enough nutrients, vitamins & minerals to cleanse for five days straight.

30 SMOOTHIES \$225.00



Best of Both Worlds (CLEANSE UNTIL DINNER)

     **5-DAY**

Love the idea of cleansing but also love food? This cleanse is great for all the cleanse-haters and exercise junkies. You'll get 5 smoothies per day freshly made and then prepare your own healthy dinner in the evening.

25 SMOOTHIES \$165.00

Prepared dinners are available for this plan for an additional cost.



Custom

This personalized cleanse can accommodate picky eaters or those with allergies. You'll get to customize 6 smoothies each day fully loaded with nutrients.

6 HAND-PICKED SMOOTHIES PER DAY \$45.00

Any information on this brochure is informative in nature and should never be construed or interpreted as a substitute for medical advice. Ask your Doctor, Health Care Professional or Nutritionist before you begin a cleanse.

Results may vary. Results not guaranteed.

TIPS FOR A SUCCESSFUL CLEANSE

Before your Cleanse

Prepare your body for at least 5 days before you begin your cleanse. Doing so will lessen the detox reactions you may feel during your cleanse.

- ✓ Reduce or eliminate your daily intake of meat, sugar, dairy, caffeine, alcohol, and fried foods.
- ✓ Pack your fridge full of fruits and vegetables.
- ✓ Add more fruits and vegetables to your meals.
- ✓ Ask your family and friends for their support and share your enthusiasm! Maybe even, ask a buddy to go on a cleanse with you for the challenge.



During Your Cleanse

Once you begin to release stored toxins from your body, detox reactions may include: headaches, nasal congestion, sore throat, body aches, and other flu like symptoms

- ✓ You can lessen these symptoms by following our plan above to prepare your body for your cleanse
- ✓ Drink plenty of water to stay hydrated
- ✓ Listen to your body. If you are feeling fatigued, abstain from exercise or do a light exercise. If your body feels up to working out, then go for it! Just remember, take it easy.
- ✓ You can curb your hunger with fruit, raw almonds, or raw vegetables.

After Your Cleanse

Take the completion of your cleanse as an opportunity to incorporate healthier choices into your diet.


- ✓ Ease into eating solid foods again with easily digestible, hydrating foods like fruits, vegetables, leafy greens and avocados (very similar to the diet you followed to prepare your body)
- ✓ Slowly progress to the heavier, more filling foods.

Sign up Today!

INQUIRE IN OUR STORE:

277 Hempstead Ave.
Malverne, NY 11565
(516) 812-6179

www.villagejuicegarden.com

 Village Juice Garden, Malverne  @villagejuicegarden