

the day's schedule

first thing in the am

Start your day off with the provided bottle of lemon water which contains a full 2 oz of cold pressed lemon juice and alkaline water.

8
AM

Thai Detox

young thai coconut water, pineapple, cilantro, dandelion, lemon, turmeric root

this first green juice of the day has a bright pleasant taste disguising the deeply cleansing and alkalizing qualities of the cilantro, dandelion, and turmeric root

10
AM

Yoga Purist

swiss chard, cilantro, parsley, dandelion, kale, spinach, celery, cucumber, lemon

this energizing dark leafy green juice sets you up for a day of cleansing without fatigue due to the individual amino acid content of each leafy green with a touch of lemon to balance the flavor profile

12
PM

Forever Glowing

sencha green tea, lemon, coconut, schizandra, astragalus, goji berries, lucuma, vitamin e, raspberries

The forever glowing is designed with historically proven chinese herbs, schizandra, astragalus, and goji berries. These herbs are known to nourish, smoothen, and brighten the skin. Along with our triple strength brewed organic japanese sencha green tea packed with catechins which kick start the metabolism and have a slimming effect, green tea catechins offer proven anti-oxidant activity. This drink is essentially a beautifying sliming and anti-aging supreme tonic.

water, water & more water
try to drink 1 entire 12oz. glass of room temperature purified water between each juice

THESE STATEMENTS PRESENTED ON THIS MENU HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT AND DISEASE

3
PM

Pearl Mylk

coconut mylk, fresh water pearl powder, chrysanthemum tea

For nearly six thousand years, the ruling and noble class Chinese women have used finely ground fresh water pearls as an internal beauty treatment. These woman for centuries have been admired for their flawless complexions. It is largely thought it is a direct result from them consuming this pearl tonic herb. This is magically combined with the water of organic fresh cracked young thai coconuts and the meat. This beauty elixir combines the water and meat of a fresh cracked certified young thai coconuts, blended with this elite pearl powder. Rounding out the forever young and beautiful promise of this elixir is chrysanthemumflower. This chrysanthemum flower like pearl has been proven as an eye brighter and beautifier.

6
PM

Extinguisher

ginger root, turmeric root, cayenne, pineapple

This fresh turmeric root based elixir is designed to effect immediate and effective anti-inflammatory, anti-oxidant, anti-aging, and metabolism stimulating properties. Hundreds of studies show turmeric root not only alleviates pain related to many inflammatory issues but when combined with the ginger root, cayenne, and enzyme rich pineapple this mix becomes an effective elixir for reducing inflammatory related puffiness in the skin and bloating in the abdominal region.

7
PM

Cruciferous Free

spinach, dandelion greens, romaine, celery, cucumber, parsley, cilantro,

This elegant cruciferous free green juice provides deeply hydrating, nourishing and alkalizing nutrients. Designed without any cruciferous greens to provide balance and avoid alkaloid buildup. Amongst the numerous benefits of green juice, those most relevant to this cleanse are the refreshing, rejuvenating, and youthening qualities which these ingredients impart. Amongst the benefits of this green juice those most desired for this cleanse is the

8
PM

Overnight Rejuvenation

bulgarian rose water, coconut, mulberries, magnesium, blueberries, holy basil, valarian root, dates, sunwarrior raw vegan protein, probiotics w/prebiotics

The final elixir of the days cleanse is based on the science of the ayurvedic medical system. The synergy of these ayurvedic herbs combine to assist and ensure a very deeply rejuvenating and restful sleep. These herbs have been chosen to foster reaching the deepest stage of sleep due to their anti-anxiety, anti-stress, anti-tension, and mind calming properties. Deep sleep is perhaps the best beauty tonic of all.

how much does it cost?

1, 3, 5, or 7+ days

\$95.00 per day

pre treatment

There are a few things you can do before you begin your cleanse to prepare your body. It's always better to make gradual changes in your diet, so try to ease into these over a few days or weeks if possible.

- Reduced red meat
- Reduced white sugar
- Reduced soda pop
- Reduced white flour products
- Reduced gluten, wheat or yeast
- Reduced caffeine (Green Tea is good however)
- Reduced alcohol
- Reduced dairy
- Reduced table salt (switch to Himalayan or Celtic sea salt)
- Reduced artificial or processed foods

post treatment

Upon completion your biological taste buds should be reset. Your renewed familiarity with "real" food should vanquish your older cravings for less than optimal foods. With your bodies new reorientation we suggest continuing post cleanse with primarily raw living foods. Juices, blended elixirs, and fermented foods should make up the bulk of your new enzyme and probiotic rich daily food choices.

- Start each morning by drinking 1 glass of water with a squeeze of lemon
- Green smoothies for breakfast made with organic almond milk or water
- Eat seed-bearing fruit as your preferred snack (for higher biophoton energy)
- If you only see brown foods on your plate, you need to add color!
- Eat a variety of vegetables, especially wild greens and dark leafy greens like spinach and kale
- eat iodine rich foods such as kelp to replenish your bodys iodine