

COMMON QUESTIONS

Will I Consume Adequate Protein & Nutrients?

Absolutely, YES. In fact, your body will likely receive more nutrition during the cleanse than ever before in such a short period. A 3-day **JUICE FEAST** cleanse has over 50 lbs of fresh, organic, cold-pressed fruits & vegetables. It would be very hard to eat even half the that amount of raw food in your normal diet.

Meat is not the only source of protein. Rest assured, you will be getting plenty of protein during this cleanse. Certainly, we must consume larger amounts of fruits and vegetables to equal the protein found in meat. But that is why juicing is such a creative way to incorporate these healthy proteins into your body!

Am I Getting Any Fiber?

During a cleanse you want to give your digestive system a break. Therefore, we purposefully take most of the fiber out. This way the nutrients are absorbed quickly into your bloodstream without having to work your digestive system extensively.

Does Juice Lose its Nutrients After a Few Hours?

This is true of centrifugal juicers because they split the cells causing them to rapidly lose their nutritional value. Our cleanses are different. Vitality Tap utilizes Norwalk Juicers, which "cold press" the juice from the fruits and vegetables using over 2,000 lbs of hydraulic pressure, thereby maintaining the cell structure and 95% of the nutrient value for a period of four days!

Is it Hard to Cleanse?

When you go on a **JUICE FEAST**, your body is going through a full body detox. Sometimes, the first or second day can be particularly tough. Don't give up! Every person responds to a detox cleanse differently. Occasionally, some people experience mild nausea or headaches. This is not unusual, and is sometimes the result of caffeine or alcohol withdrawal. Remember to stay hydrated by consuming more water! Keep busy and get plenty of sleep. You can also use the juices as supplements or snacks to replace bad eating habits. However you choose to cleanse, we are confident your body will thank you and the outcome will be decidedly positive. Drink up!

COMMON QUESTIONS *cont*

Will I Feel Tired? Can I Exercise?

Listen to your body. If you feel tired, then rest. If you feel like you have more energy than you have ever had before, then continue with your normal daily exercise. Did you know that food digestion consumes almost 65% of your energy. During this period, your body will receive all of its nutrients from juicing. Therefore, you should have plenty of fuel for a light workout while you're cleansing.

How Much Weight Will I Lose?

Your level of weight loss is really dependent on many different factors. Generally speaking, most people lose anywhere from 4 to 12 lbs of unwanted weight. This is NOT merely water weight. After all, think of how much liquid you're taking in over the course of a **JUICE FEAST** cleanse! Most of the weight loss occurs from a cleansing of the intestinal tract. Even better, most people keep this weight off when they start eating whole food again!

Am I Going to Feel Hungry?

Some people do experience a feeling of hunger, but we think it's all in the mind! Your body is getting all the nutrients it needs, plus more! The mental urge to eat will be the strongest on the first or second day of **JUICE FEAST**. Challenge yourself, and try to resist the urge to eat. But if you must, we strongly suggest that you stick to raw vegetables such as celery, cucumbers, and peppers, along with some apple cider vinegar.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.



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CLEANSE



JUICE FEAST

JUICE FEAST is our most popular cleanse amongst all experience levels. Containing over 50 lbs of fresh, organic, cold-pressed fruits and vegetables, this 3-day program is packed with nutrients your body needs throughout the detox.

TONE | ENERGIZE | REVIVE





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PREPARE YOUR BODY

Congratulations on your recent decision to participate in our **JUICE FEAST** cleanse program!

Now that you've decided to make this investment in your health, we want to make sure that you have the best experience possible and get the most out of your cleanse. There are some simple things you can do in the few days leading up to 'cleanse start' to prepare:

-  Avoid caffeine, alcohol, sugar & nicotine. These can delay the benefits of your cleanse.
-  Eat as light and as raw as possible. Consume minimally processed fruits & vegetables.
-  Avoid all heavily processed and fast foods always, but particularly before your cleanse.
-  Drink plenty of water before, during and after your detox to reduce any side effects.

EDUCATE: THE JUICES

(1) SUN Wake your body up with an amazing source of energy. Receive fuel directly from nature, as plants absorb energy from the sun and grow into nutrient packed vehicles of antioxidants, vitamins & minerals.

Carrots: Rich in beta-carotene, helps with anti-aging, skin health & improved vision. **Oranges:** Containing Vitamins A & C, flavonoids, antioxidants and calcium, regulates blood pressure, purifies the blood and helps prevent heart/liver disease. **Melon:** Vibrant in color and high in nutrients and carotenoids, helps relieve metabolic syndrome. **Apple:** Plenty of phytonutrients that help with preventing spikes in blood sugar. **Baobab:** High in potassium, vitamin C, iron and magnesium, helps protect the heart and prevent inflammation. **Pomegranate Oil:** High in rare CLA, helps promote weight loss and build immunity.

(2) WIND A gust of greens will have you whistling in the wind. Light & refreshing, yet heavy with nutrients and packing over 2 lbs of organic freshness! You are on your way to a healthy life. Get ready to blow away your bad habits and revive your taste buds!

Romaine: Packed with nutrients and Vitamins A & C, assists with weight loss, digestion and good muscle strength. **Pineapple:** High in bromelain and Vitamins B & C, helps with digestion, eye health and metabolism. **Cucumber:** Rich in vitamins & minerals, hydrates the body and reduces inflammation. **Basil:** Packed with carotenoids, this fragrant plant assists

with reducing bad cholesterol and preventing disease. **Moringa Leaf:** A great source of nutrition and energy, detoxifies while lowering blood pressure and helping with sleep. **Spirulina:** Rich in protein and a vast array of nutrients that carry numerous health benefits. **Jalapeno:** Packing a Vitamin C punch, acts as a natural thermogenic helping with weight loss. **Dandelion:** Tonic & diuretic properties help cleanse and detox the blood.

(3) FIRE Spice up your day! This 'pick-me-up' is just what the body needs to keep the fire burning at the mid-point of your day. A 'heated' drink that will help boost your metabolism, while burning unwanted fat. Watch out, this one is addicting!

Watermelon: Rich in lycopene & amino acids, aids with cardiovascular health and prevents excess fat in cells. **Strawberry:** Nutrient-rich and high in antioxidants helping reduce signs of aging while aiding eye health, immune system and inflammation. **Grapefruit:** Fight free radicals with lycopene, a carotenoid phytonutrient that may prevent some cancers. **Cayenne:** A natural fat burner and pain reliever, helps to increase metabolism, aid digestion and acts as a tonic for the organs. **Ginseng:** A natural stimulant known to boost the immune system, reduce stress and lower blood sugar levels. **MSM:** An amazing superfood that increases permeability of the cell walls, allowing nutrients to enter and toxins to exit more freely. **Green Coffee Bean:** Assists with burning fat and losing weight while providing your body with an energy boost to help get you through the rest of your day.

(4) WATER There is no food coloring in this blue drink - just pure Majik. Dive into this unique blend of superfoods that hydrates the body and balances electrolytes. Without appropriate water consumption, harmful toxins would not have a way to leave the body. Ride the 'health wave' and drink up!

Alkaline Water: Helps your body maintain an appropriate PH while slowing the aging process and preventing disease. **Pineapple:** High in bromelain enzyme and Vitamins B & C, aids digestion, eye health, metabolism and immunity. **Lime:** High in Vitamin C, and known to aid weight loss, digestion and skin vibrancy. **Coconut Nectar:** Containing 17 amino acids and rich in Vitamins B & C, it measures just 35 on the glycemic index and tastes amazing. **Chia Seed:** Packed with omegas and fiber, helps with brain function, inflammation and bad cholesterol. **Mint:** A remarkable herb known to assist with digestion and reduce headaches and nausea. **Blue Majik:** High in antioxidants, helps to prevent the formation of free radicals in the body and reduces inflammation. **Fulvic Acid:** Enhances availability of nutrients in the body, and helps absorb the vitamins and minerals present in foods.

(5) EARTH Get grounded and give your body what it needs. This detoxifying drink cleanses by relieving stress and clearing your mind. You'll feel great from absorbing all the best ingredients on Earth.

Cucumber: Rich in Vitamins B & C, helps hydrate the body and acts as an anti-inflammatory. **Beets:** Packed with vitamins and containing betaine, detoxes the liver and provides a mental health boost! **Apple:** Polyphenols act as antioxidants, protecting the heart, reducing cholesterol and boosting immunities. **Carrots:** Rich in beta-carotene, helps with skin health, anti-aging and vision. **Cabbage:** Rich in vitamin C, fiber and potassium, reduces inflammation helping prevent certain cancers and disease. **Fennel:** Containing essential oils, helps with anemia, digestion, eye care and respiratory system health. **Maca:** A strong adaptogen that helps cells resist outside stressors. **Mucana Tribulous:** Contains L-dopa, which converts to dopamine, helping with energy, mood and libido.

(6) MOON The sun has set and the moon is rising. Now is the time to unwind with this restorative drink. Relax your mind as your body works throughout the night to repair and restore.

Sprouted Almonds: Packed with enzymes, amino acids, proteins and EFAs, assisting with digestion and body alkaline. **Chamomile Tea:** Sleep better, rest your stomach and heal your body. **Medjool Dates:** Sweet tasting but rich in vitamins & minerals, helps maintain energy, strengthen immune system and improve skin. **Coconut Oil:** High in good fats, known to lower bad cholesterol, aid digestion and metabolism. **Vanilla Bean:** High in antioxidants, reduces inflammation, boosts immunities and relaxes muscles. **Stevia:** A natural sweetener that helps promote weight loss as a substitute for sugar. **Himalayan Sea Salt:** Containing 84 essential minerals required to sustain life, maintains energy levels while assisting dental hygiene, skin health and organ function.

BREAKING YOUR CLEANSE

It is important not to immediately jump right back into eating whatever you want after the last day of your cleanse. You just deep cleaned your body and we want you to have lasting results.

We strongly suggest that you stick to eating raw fruit and vegetables for the next few days, and drink plenty of water or juice. Work your body gradually into eating heavier foods. Your stomach size and digestive juices have decreased while you were fasting so meals after your cleanse should be smaller and more frequent.