



Westy's[®]

Organic Kitchen & Juice

The Guide to a Successful Cleanse

How to properly execute, enjoy, and gain all the benefits from a juice cleanse.

About Our Cold-Pressed Organic Juice

Choosing to consume 100% organic, cold-pressed, raw, unpasteurized juice, means you've opted for the very best juice available on the market. All of the organic produce we use is traceable at any given time. We also support our Arizona farmers any chance we get for the freshest and least traveled foods. We're organic, local, and purposeful. We are Westy's.

- ✔ **100% organic all the time** – no pesticides, no GMO's, if it's not organically grown produce, we simply don't use it, that will never change. We never add sugar nor water either!
- ✔ **Our juices are unpasteurized** – living micro-organisms are found in each bottle to help regenerate cells, boost the immune system and provide you with real energy.
- ✔ **Why cold-pressed is important** – it extracts more vitamins and nutrients from the produce and slows the oxidation process down, giving you the most nature has to offer.
- ✔ **Superhero superfoods** – we include raw, organic turmeric & ginger roots as anti-inflammatory goodness in every juice recipe. Since nearly all health issues start with inflammation, this is a great way to help detox, recalibrate, and heal the body.
- ✔ **Real, fast, true nutrition in every bottle** – by removing the soluble fiber, our cold-pressed organic juice enters the bloodstream faster than food or meds typically can – giving you a real boost in nutrition and cellular hydration to revitalize the body and mind quickly.
- ✔ **No spike in blood sugars** – sugars from fruit and vegetables don't affect the body the way processed sugars do. When crafted in the most beneficial combinations, our juices are extremely nutrient-rich and healing, with a focus on fighting inflammation with every juice.

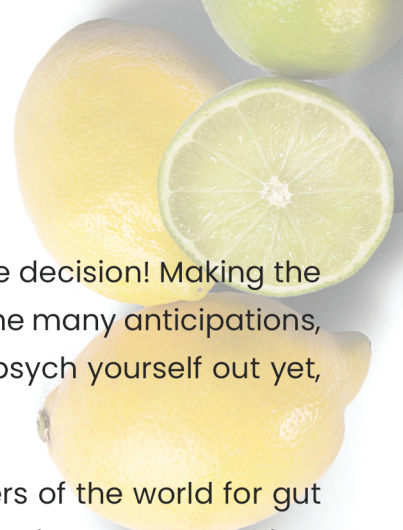
Let's win the day!

A word from the team at Westy's

Congratulations! Whether it's your first or fifteenth fast, we're glad you made the decision! Making the decision to fast is already a win. Many will tell you that the benefits far outweigh the many anticipations, and even fears of starvation (which will not happen here, we promise...). Don't psych yourself out yet, you're on the verge of achieving something great!

Fasting is a practice dating back thousands of years. Practiced in all four corners of the world for gut healing purposes, religious disciplines, or simply healthful reasons, it's safe to say, it's not a new thing. Though, doing it with intentionality, a plan, and incredibly nutrient-rich juices made from **only organic produce** might be! We believe the juices you'll be fasting with are truly incredible components to your journey. They will energize you and nutritionally feed your body quickly. Our sets of juices are always crafted with care, balance and purpose, with no water or sugar added. This is no ordinary fast.

This guide is to help you **win the day** as you go through this fasting period. We've put together tips and suggestions on how to get the most out of your cleanse. Your body will thank you as you cross the finish line and you will feel reset and refreshed. So enjoy it, dig deep to fight through it when you have to, and don't forget to smile, because learning how to fast will truly change your health (and life) for the better!



Understanding the benefits of a cleanse

*You're about to "deep clean" your body naturally. By giving your stomach a break, you will allow your liver, intestines, lymphatic system and kidneys to escort out all the everyday toxins that have been hanging around for way too long, hindering you from feeling **your best**.*

What you're about to experience:

1. Detoxification – This sounds intimidating, but don't let it be. It's simply a process that we all need from time to time to reset our bodies. The process is actually **nutrient-dependent**, so when your body is stocked with the necessary nutrients, it can execute the task of relieving your body of the accumulated toxin load and inflammatory stress it's been under.

2. Cellular Rejuvenation – We've produced, 100% organic, nutrient-rich juices for you to consume during this fasting period. Our *Fresh Greens* are loaded with dark leafy greens to help replenish cells and revive them, our *Classic Carrot Apple & Sweet Beet* juices are there to restore immunity, help with blood flow, and provide efficient oxygen intake during exercise. Finally, our seasonal juices, which are a treat to the taste buds, help remove toxins and boost your immune system with supercharged micronutrients which contain a rich variety of vitamins and minerals.

3. Boosted Immune System & Energy – As your digestive system gets a much needed rest, and as your body begins to detox, you will feel a boost of energy (maybe not on Day 1, but be patient!). All bodies will respond to this flood of raw nutrients differently, typically starting on day 2, your body will begin to embrace this reset. Your energy level will rise naturally, without a crash, and when it's time for bed, a restful night awaits you! All of this leads to a very clear mind, sharper decision-making, better focus throughout the day and even resetting your palate, which is key to maintaining healthful eating habits.

Prep for your cleanse | Tips & Recommendations



(1-2 days prior to your start)

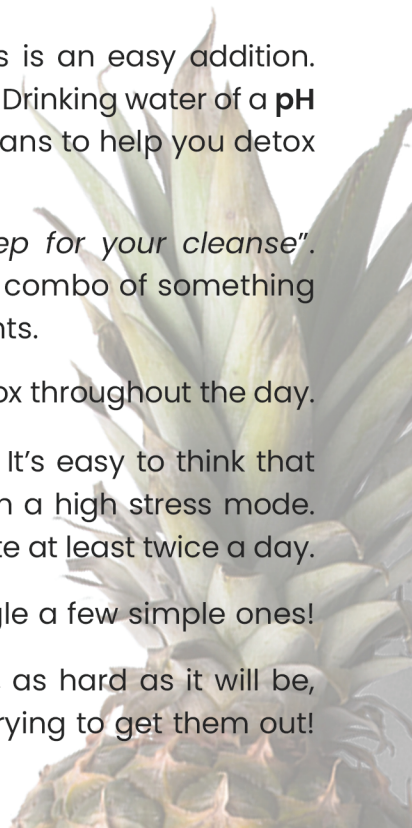
- Start the day with **tea instead of coffee** (organic green tea preferably, ideally caffeine-free)
- Start to **drink lots of water**. If you're typically not a big water drinker, this may feel excessive to you but you'll need to stay well hydrated to avoid headaches as you begin your cleanse.
- **Eat more** salads, legumes, nuts, seeds, cooked vegetables, this will help increase nutrients and fiber.
- **Cut out** sugar, alcohol, red meat, dairy, coffee, processed food, junk food (ice cream too... *Ouch!*).
- Purchase **organic broth**. You don't have to be strict over what kind, it could be beef bone broth, chicken broth or even better, vegetable broth. This will help supplement when you crave savory foods!
- **Making your own chicken/veggie broth** is so easy, simply take edible food scraps — chicken bones, carrot tops, onions, celery, tomato cores & tops etc... (you can collect these over a few days and freeze them until it's time). Just throw it all in a pot, add light olive oil, salt and pepper, get some color on your scraps, then add cold water, bring to a boil and simmer for an hour, strain, and enjoy like tea or soup.
- **Meal prep** for the family (those not fasting) ahead of time. The reason goes without say!

Every hero needs a sidekick!

Simple tips to supercharge your cleanse even more

(During the fast)

- Drink **Alkaline water**. Even though our juices are naturally high in alkaline, this is an easy addition. Grocery stores now have many options for drinking water containing a higher pH. Drinking water of a **pH of 9.0 or higher** will help neutralize the acid in your body, this will allow your organs to help you detox more successfully as regenerative functions kick into high gear.
- Rely on warm beef/chicken/veggie **broth** mentioned in the last section "*Prep for your cleanse*". Using something warm and savory during your cleanse is very beneficial. The combo of something warm with your juices helps with digestion and having healthy bowel movements.
- **Get outside** and get sunlight in the morning. This helps prime your system to detox throughout the day.
- **Don't forget to slow down**. After all, this is a reset of the body, mind and spirit. It's easy to think that staying busy is helpful to get our mind off fasting, but you don't want to stay in a high stress mode. Go for walks, stretch, meditate, pray or just be still. Bring your body to a restful state at least twice a day.
- **Breathing** and **grounding exercises** will do wonders during a fast, simply google a few simple ones!
- **If you get headaches** that's just your cue to hydrate. **Do not** reach for coffee, as hard as it will be, coffee will bring in more acidity, and even toxins that you don't want as we're trying to get them out!



Let's do this thing!

Wait, what's the order?

How to best consume your juices, wellness shots & other things.

Pro Tip: Drink your *Wellness Shot* in the first 30 minutes after waking. You can drink half (1 oz) in the morning if you'd like, and finish the last half with your last juice of the day. Enjoy a juice every 2.5 to 3 hours, you should have your last juice at least 2 hours before bedtime. Drink plenty of water! If you feel like you need it for lunch and/or dinner go for that warm additional broth as often as you need.

Disclaimer: We are not claiming to be "medical/health" professionals, so all of results anticipated through consuming raw juice or through a juice cleanse is based on experience, research and other published findings from the health and wellness space.

Here's an example of a winning flow:

The following is just a suggestion, feel free to deviate!

1

Breakfast

Wellness Shot (1 oz)
1 glass of water (12 oz)
Hot green tea (8 oz)
Juice 1 (*Sweet Beets*)
Stretch / Go for a walk

2

Lunch

1-2 glasses of water
Juice 2 (*Fresh Greens*)

3

Afternoon Pick-me-up

1-2 glasses of water
Juice 3 (*Classic Carrot Apple*)
Warm tea (8 oz)*

** If you have tea in the afternoon,
make sure it doesn't contain caffeine.*

4

Dinner

Warm Broth (12 oz)
Juice 4 (*Seasonal*)
Wellness Shot (1 oz)
1-2 glasses of water

Breaking a fast: on the day your fast ends, we simply suggest re-introducing solid foods with a light meal, salads and whole fruits are great for that, try to hold off on meat and dairy for a successful ramp off.

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