

GREENEST JUICE CO.

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CLEANSE PROTOCOL

Welcome to your new beginning. This is your time to shine!

Your Cleanse Program has been specifically designed to help you achieve a greater level of clarity and performance by cleaning out any toxicity in your body and then setting the foundation to rebuild and replenish yourself to achieve a new found clarity of mind, presence, focus and everyday health.

Why cleanse?

We are exposed to toxins in every aspect of modern day life – the air, water, food, cosmetics and our surrounds all contain toxins. We also store plenty of emotional baggage. Actively cleansing allows your body to empty out and get clean, giving your metabolic organs a chance to rest and renew. By removing the burden of heavy, old, unwanted toxins and energy you create the space to receive a new found sense of radiance, vitality and clarity and allow the body to heal.

Important: Greene Street Juice Co. is not a medical practice and does not purport to diagnose, treat or cure any disease, condition or other physical or mental ailment. This program protocol is not medical advice. Please seek professional medical advice regarding the suitability of this program for you.



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CLEANSE JOURNEY

How will I feel?

Every cleanse journey is unique.

You may experience some mild detox symptoms, which include: headaches, lethargy, nausea, irritability or emotional releases. This is all part of the journey and will pass and shouldn't interrupt your normal daily tasks/work.

General cleanse journey pattern

To best serve yourself and the healing process aim for more rest and sleep while undertaking the program.

The general cleanse journey we have observed over time:

Day 1: full of energy, feeling lighter and clearer already

Day 2: more challenging: detox symptoms [headache & lethargy] start to appear at about lunchtime and can stay for the remainder of the day [planning an early night helps]

Day 3: light, clear and radiant, full of energy

Day 4: similar to day 2

Day 5 and beyond: similar to day 3

If in doubt

- Go back to your cleanse mantra
- Hydrate with water or coconut water between each elixir
- Get some fresh air, go for a walk and breathe deeply
- You've got this – think positively!
- Have some warming herbal tea
- Reach out to the Spring Cleanse Community
- Contact us!

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<p>Mind Body Spirit</p>	<p>The cleansing process provides a valuable opportunity to observe any limiting habits and thoughts that might no longer be serving you. The mind and body are linked and you may find that as you physically shed the toxins that years of poor eating and other bad habits created, you start to notice some habits of the mind are ready to be released also. The best way to tune into this and increase your level of awareness is by taking time out each day to sit still and reconnect.</p>
<p>Meditation</p>	<p>Tony Robins once said – “if you can’t find 10 minutes a day for yourself, you are not living.” It’s time to start living! Meditation is scientifically proven to lower your blood pressure, reduce inflammation and if that were not enough, it also makes you a nicer person both to yourself and others.</p> <p>We highly recommend that you take 10 minutes per day while cleansing to meditate. Set yourself a time, whatever time works for you, and block out 10 minutes every day at this time (morning, noon or night it doesn’t matter when) to take a guided meditation every day.</p> <p>One Giant Mind is our recommended meditation app – you can download it at: http://www.1giantmind.org. It’s simple to use, free to download and caters for both beginners and gurus alike.</p>
<p>Education Food Matters TV</p>	<p>What you feed your mind, shapes you. We are delighted to bring you 30 days complimentary streaming from the Netflix of the</p>



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wellness world: **Food Matters TV!** There are no strings attached. To access this Greene Street Juice Co. offer and discover hundreds of motivating documentaries, recipe videos + more, visit:

<https://www.fmtv.com/special/greestreet>

To start you off, we highly recommend the documentary Fat Sick and Nearly Dead. This documentary will open your eyes to the extraordinary healing and rejuvenating power of the juice fasting journey that you are about to commence! Warning: it may change your life!

Other categories worth exploring after that are:

<https://www.fmtv.com/detox-and-weight-loss>

<https://www.fmtv.com/i-want-to-be-inspired-to-live-healthy>

<https://www.fmtv.com/recipes>

<https://www.fmtv.com/yoga-and-exercise>

<https://www.fmtv.com/programs/total-wellness-summit>

REBUILD & SUSTAINABLE GROWTH: THE WAY FORWARD

At the end of your cleanse program, it is very common to feel a little bit unsure about the path forward at this stage and even a little anxious or confused about what to eat, so as not to ruin your hard work. Little voices of doubt may start to pop up, about your ability to handle the way forward on your own. This is absolutely normal.



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But please don't worry. Firstly, you are not alone! We're only ever an email [hello@greenestreetjuice.com] or phone call away [03 9645 3356] or you can visit us in store if you need us! Don't hesitate to reach out.

And please don't ever forget that you truly do have all the answers within. You know best what your body needs and what serves your mind, body and spirit. If you really tune in, you will know what is right for you in any given moment. We have faith in you!

Some questions you might want to consider as you tune in about your food choices after your cleanse:

When am I eating?
Why am I eating?
Who am I eating with?
Am I actually hungry?
How much am I eating?
What is my emotional state?
Am I actually just thirsty?

We recommend the following to transition from your cleanse for healthy, sustainable results.

Days 1- 3 Post Cleanse

The first three days post cleanse will put your body into hyper sensitivity. This is the best possible time to understand how your body reacts to different kinds of food.

Really let yourself bliss out on the food you eat. Make time for it. Don't eat fast. Let it be an experience and notice how you feel after eating certain foods.

We suggest:



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One main full meal a day - preference in the middle of the day (lunch)

Stick to liquids first thing (your body is in detox mode from 4am until noon, it's best to keep things light during this time). Start the day with a superfood smoothie or smoothie bowl (make yourself 2 x servings at the one time, in case you get hungry mid-morning).

Soup for dinner or a light meal (big green salad, roast vegetable salad)

Try to finish eating by 7pm & if you are snacking - snack on carrot, celery & berries.

What's best not done?

/ Please don't eat meat, gluten, dairy or sugar.

/ Please don't consume any alcohol and go easy on reintroducing coffee

/ Please don't over eat

Day 3 post cleanse and beyond

We suggest:

Breakfast

Start the day with a glass of water (add a squeeze of ½ lemon if you wish). Wait 20 mins.

Keep it light until noon.

Smoothies and juices are great options.

For a more filling breakfast option, you may want to try: avocado mash, (with a boiled egg if you wish), some green vegetables & raw nuts mixed in. A tip on how to whip this up in 10 mins: Boil the water for eggs, add the eggs & time them for 7 minutes - during this time,



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mash an avocado with a squeeze of lemon & pinch of salt. Take your greens & chop then throw them in the same pot of the eggs for 30 seconds. Take them out, shake them off. Put the avocado, vegetables & a handful of nuts into a container. When the eggs are done, cool them under cold water for 30 seconds, add the two eggs to the container (you can peel them just before you eat them but it's not a deal breaker if you do them now) & you have breakfast ready to go-go.

Lunch

Have a glass of water (about 20 mins before eating, but don't go nuts on trying to time this...Just be mindful to keep up your water intake during the day. You should still be aiming to have around 2L of water daily).

We generally like to make lunch the biggest meal of the day. Grilled fish (salmon or a nice white fleshed fish), meat, whatever you fancy - combined with sweet potato, green vegetables, or, any kind of salad.

Snacks

Smoothies, Juices, Berries, Celery, Nut Butter... .

Dinner

We recommend keeping dinner as light as possible most often - such as a soup, broth or big serving of steamed vegetables. But, of course, you are going to have dinners out, entertain, etc - you have to keep doing this and make sure it is guilt free!

Just keep the above structure in mind as a guide and keep it balanced as best you can.

The general idea is to keep well hydrated and light up until **noon** (while your body is in its primary detox phase, focusing on moving toxins out). Fill your body with plenty of good nourishment from around **noon - 7pm**, to give your body ample time to digest food



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and uptake nutrients during the day. Then give yourself a break from food before you head to bed (at least 2 hours if you can).

WORKING IN LINE WITH THE BODY'S NATURAL CYCLES

Outlined below are some general principles that we follow that we find work really well for us to keep us feeling full of energy and vitality. You might want to consider how this might serve you. You will know what feels right for you.

4am - noon: Detoxification

Your organs start to excrete toxins and eliminate waste during this time. We usually keep our diet as light as possible during this time. Around 500ml - 1L of water upon rising and then juices, smoothies and fruit until noon.

Noon - 8pm: Appropriation

The time when the body takes in nutrition - ie) eating!

We aim to do most of our eating during this window. Usually a more substantial lunch to nourish the body fully and a lighter dinner (aim to finish eating by 7pm). What to eat? Real food! Don't hold back! Any beautiful, organic (if possible), wholefoods that float your boat and make you feel great. You want to really fuel up properly during this time, so that when you reach around 7pm, you feel fully satisfied and won't want any more food throughout the evening.

8pm - 4am: Assimilation

By this stage you have done the eating - put the nutrition in - and now the body needs the time and space to absorb and deeply assimilate that nutrition into the body. Create the space to receive.

For optimal sleep and nutrition uptake, avoid eating during this time. Water and tea are good options here. Focus on doing something you love - an early evening walk, yin yoga, a hot bath or just relax and do nothing!



Regular cleanse schedule

Weekly

Personally, we like to have a regular juice + smoothie only day once a week (sometimes twice a week - on Mon and Tues). There is a lot of science supporting intermittent fasting (particularly the 5:2 model) for maintaining optimal health, clarity and longevity.

note: Intermittent fasting is a big topic, with much science to support this being an incredible thing. To read more about this visit: <http://fitness.mercola.com/sites/fitness/archive/2013/06/28/intermittent-fasting-health-benefits.aspx>

We also like this TEDx talk on the amazing benefits of fasting by Mark Mattson - Chief of the Laboratory of Neuroscience at the US National Institute on Aging: <http://www.collective-evolution.com/2015/12/11/neuroscientist-shows-what-fasting-does-to-your-brain-why-big-pharma-wont-study-it/>

Cleanse each season

We do an extended cleanse of at least 3 days at the beginning of each new season. We find this the perfect way to release the old and tune into the energy and flow of each new season.

You may wish to consider a regular cleanse day during the week [or month] to allow your body the rest and recovery time it needs to maintain optimum health.



WE GET THESE 2 Q'S OFTEN

Q: I haven't gone to the bathroom at all. Is that normal?

A: Constipation is a common experience for people undertaking a cleanse program. When you put less solid food into the body, the digestive system naturally eases off and slows down. The bowels can become overwhelmed with excess waste being shed from the body and come to a halt(!). It is important to keep the bowels moving to prevent toxins from being re-absorbed back into the bloodstream.

The following practices may assist to retain movement in the bowels:

- add a tablespoon of [organic] chia seeds into your juices
- gentle exercise such as walking, yoga or rebounding [jogging action] on a small trampoline
- have a cleansing tea or take a natural colon cleanse formulation [consult with your local health food store or medical practitioner for advice]
- abdominal massage in a clock-wise direction around your navel.
- consider a coffee enema or colonic [consult with your medical practitioner for advice]
- take 2 tablespoons of castor oil [or olive oil] followed immediately by a cup of peppermint tea with the juice of ½ lemon



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squeezed into it [be sure to stay within the vicinity of a bathroom!]. This may make you feel a little ill but the castor oil will make its way through the digestive system and assist with unblocking any blockages and activating bowl movement.

If you have any concerns regarding this issue please consult with your medical practitioner.

Q: Is it OK to exercise while cleansing?

A: Yes, but listen to your body. You may be surprised to see that the more you allow your digestive tract to rest, the more your energy gets a boost. Remember - you are feeding your cells by soaking in vitamins, minerals and enzymes. However, everyone is different.

