

# JUICEKEYS JUMP-STARTERS COMMON QUESTIONS

## Q. WHAT IF I GET HUNGRY? WHAT SHOULD I EAT?

A. If you are active or just plain hungry, listen to your body. It is OKAY if you have to eat something. Be conscious and try to make it organic and raw. Healthy fats are great at curbing your cravings and taking the edge off. Some examples would be a handful of organic almonds/walnuts or an avocado sprinkled with some pepper and Himalayan salt. You may always snack on raw fruits and veggies. Warm liquids such as hot tea and soup broth help you feel fuller. If you are detoxing more than what is comfortable then eat something cooked like a baked sweet potato. The body will have to do more work to digest this, which will help slow down the detoxification process.

## Q. DO I HAVE TO FINISH ALL MY JUICES AND SUPERFOOD SHOTS?

A. NO. Listen to your body. If you can't drink all the juice that is OK. The rule of thumb for juice cleansing is 6 16 ounces a day, but it is common for folks to feel like they can only finish 5 16 ounces. The same thing applies with your superfood shots. No one knows your body the way you do; listen to it.

## Q. CAN I DRINK MORE THAN 6 16 OUNCES OF JUICE?

A. YES, you can drink as much Juice as you need. The rule of thumb for juice cleansing is 6 16 ounces a day, but if you find yourself needing more you can always drink more.

## Q. DO I NEED TO DRINK WATER SINCE I AM DRINKING JUICE?

A. YES. Water is SO important in general and even more important when we are cleansing. Stored toxins are being released into the body and water is going to help flush them out. Water is key to success. Aim for ½ your body weight in ounces of water per day. Example: If someone weighs 200 lbs., they will drink 100 ounces of water. **NOTE:** It is important to drink filtered water as you do not want to be putting toxins right back into the body.

## Q. IS IT IMPORTANT FOR JUICE TO BE ORGANIC?

A. YES. We cannot emphasize this enough. Juice is predigested and absorbed quickly and easily into the body. The last thing we want are for pesticides and other chemicals (from conventional produce) to be absorbed right along with it. The point of juice cleansing is to greatly nourish the body as well as resting, cleansing and rejuvenating the body. By having non-organic juice, more toxins for the body to clean up are automatically thrown into the equation. Another reason to choose organic is because organically grown produce is more nutrient dense than conventionally grown produce.

## Q. WILL I BENEFIT FROM DOING JUST 1 DAY?

A. YES, one day of Juice fasting is amazing for the body. It is plenty of time for it to get in some good cleansing and rejuvenation. If you did a jump starter 1 day a week for a whole year, that is 52 days of deep cleansing! That's huge!

## Q. WILL ALL MY TOXINS BE GONE AFTER I DO THIS?

A. NO. The body will not just dump out all of its toxins at once. We have accumulated toxins over our whole life. The body will detoxify in layers like an onion.

- The body will **heavily detox** and then **plateau**. On average, it will detox for 10 days and then plateau for 10 days. Then it will go through another (deeper) layer and detox that and then it will plateau again. Every layer of detoxification will take you to a **new stage** and it evens out eventually

## Q. IS IT OKAY TO WORKOUT DURING MY JUMP-STARTER?

A. We recommend keeping your workouts very light (example – walking or light yoga). The body is putting in a lot of energy towards cleansing and rejuvenating. We want the body to really be able to focus on that and not having to put in a lot of energy recovering from a really intense workout.

**DISCLAIMER:** Results may vary. Information and Statements made are for educational purposes and are not intended to replace advice from your doctor. Juicekeys does not dispense medical advice, prescribe, or diagnose illness. The views and nutritional advice expressed by Juicekeys are not intended to be a substitute for conventional medical service. As with any nutritional program or supplements, you should consult your physician before beginning a dietary regime containing these products. If you are nursing, pregnant or considering pregnancy you should consult your health care professional prior to performing any nutritional program.

**Q. HOW OFTEN SHOULD I DO A JUMP-STARTER?**

A. That is a personal question and what feels right to you. If you have never done a Juice cleanse before it is good to start with just a 1 day and go from there.

**Q. WHAT DO I EAT AFTER THE JUMP-STARTER?**

A. You're body has been hard at work. It has been cleansing, rejuvenating and resting your digestive track. Your first meals should be smoothies, salads, soups, veggies and lighter protein options. Be mindful of the reason you committed to the jump-starter in the first place and let it JUMP-START you into a healthier lifestyle.

**Q. WHAT ARE DETOXIFICATION SYMPTOMS? CAN I FEEL WORSE BEFORE I FEEL BETTER? IF I AM NOT FEELING ANY SYMPTOMS IS MY BODY STILL DETOXING?**

A. When we put healthy food into the body, the body feels 'safe' to release stored toxins. With our Jump-starters you are putting a *lot* of healthy food into the body and with this, you *may or may not* experience detoxification systems. Each person is different! Detoxification symptoms can include headache, fatigue, cold-like/flu-like symptoms, irritable, etc. These are normal symptoms when the body is releasing stored toxins. However it does NOT necessarily mean you WILL have them. It is just a possibility. If you feel like you are detoxing more than what feels comfortable, then eating some solid food, such as a baked sweet potato, will help to slow down the detoxification process. Also, drinking plenty of water will really help with easing detoxification symptoms. When you do a deeper cleanse, you can feel worse before you feel better. It is like you are doing a deep cleaning in the kitchen and it is going to get messier before it gets cleaner. \*See our Detoxification handout for a more thorough explanation.

**Q. I AM ON MEDICATIONS, WILL THIS INTERFERE**

A. We are not doctors. We do not know. Please *always* consult your health care professional before proceeding with any kind of new nutritional regime.

**Q. IS THIS SAFE FOR SOMEONE WHO IS PREGNANT OR BREASTFEEDING?**

A. NO. We do *not* recommend. Please consult your health care professional.

**Q. IS THIS SAFE FOR SOMEONE WHO IS TRYING TO GET PREGNANT?**

A. We are not doctors. Please *always* consult your health care professional before proceeding with any kind of new nutritional regime

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