

# JUMP-STARTERS

(JUICE CLEANSES)

## Whether YOU WANT TO:

- Enhance overall well-being
- Enhance athletic performance
- Lose weight
- Increase energy
- Reduce inflammation
- Boost mood
- Manage stress
- Improve sleep

## It ALL starts with **GETTING RID OF TOXINS (aka - detoxification)!**

While we want to be doing *something* each day to aid the body in detoxification, sometimes it is nice to go hard core and JUMP START it! **Juicekeys's Jump-Starters** are meant to do exactly that – **JUMP START your body to help you reach your goals!**

Our philosophy is to put *in* the **good**, take *out* the **bad** and the body will naturally run towards better health. There are levels and degrees to all of this! Every person is different and unique!

## HOW IT WORKS in a nutshell:

- **Step 1. Giving the body TOOLS to do its work - by Putting *in* the **GOOD****
  - Some *examples* of what we considered to be the '**good**' are 100% Organic fruits/veggies/roots/sprouts in RAW Juice form. Raw Juice is predigested. It is an excellent source of nourishment that is easily ABSORBED by the body to be utilized to run towards better health.
- **Step 2. ALLEVIATING stress & excess work on the body by taking *out* the **BAD**.**
  - The '**bad**' are all the toxins we are exposed to from the food we eat, water we drink, air we breathe and what we put on our skin.
  - When the body is alleviated from even *some* of the 'bad', it takes a load of stress & work OFF the body. This FREES up the body to focus on what needs attention, cleansing and rejuvenation **verses** constantly putting work towards digesting and dealing with toxins that are ingested/eaten. It takes 30% energy for the body to digest a PERFECT meal. So imagine the work it requires from the body to digest a not so healthy meal that is packed full of toxins.

## DETOXIFICATION

When we put in the good the body feels 'safe' to release stored toxins. 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.

**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.

# LET'S GET GOING!

## STEP 1. Choose your JUMP-STARTER

### A. STRAIGHT JUICE

- **SIX 16oz Juices + TWO Superfood Shots**

Consumption of Juices & Shots:

- Breakfast + Mid Morning + Lunch + Mid Afternoon + Dinner + Dessert
- Shots can be taken anytime.

### B. JUICE TO DINNER

- **FOUR 16oz Juices + TWO Superfood Shots**
- **DINNER** – Sprout Salad paired with vegan OR paleo option.

Consumption of Juices & Shots:

- Breakfast + Mid Morning + Lunch + Mid Afternoon
- Shots can be taken anytime

## STEP 3. Choose your LEVEL

### A. BEGINNERS

- Good for first timers and those new to juicing who are looking for fruitier and more palatable juices with hints of greens.
- **STRAIGHT JUICE** - Orange Vitality + Green Bibi + Feel the Beet + Pearlicious + Glowing Greens + Green lemonade. Two Shots of your choice
- **JUICE TO DINNER** – Orange Vitality + Green Bibi + Feel the Beet + Pearlicious. Sprout Salad paired with vegan OR paleo option. Two shots of your choice.

### B. INTERMEDIATE

- Good for those who have experienced juice cleansing before. A mixture of some Fruity & Rooty Juices and some heavier Green Juices.
- **STRAIGHT JUICE** - Glowing Greens + Orange Vitality + Green Bibi + Defennely Greens + Feel the beet + Monster Greens. Two Shots of your choice.
- **JUICE TO DINNER** – Glowing Greens + Orange Vitality + Green Bibi + Defennely Greens. Sprout Salad paired with vegan OR paleo option. Two shots of your choice

### C. ADVANCED

- Good for experienced Juice Cleansers who enjoy straight Green juice and desire minimal fruit sugar. This is a more intense cleanse experience.
- **STRAIGHT JUICE** – Glowing Greens + Green Go Getter + Defennely Greens + Monster Greens + Glowing Greens + Monster Greens. Two Shots of your choice.
- **JUICE TO DINNER** – Glowing Greens + Green Go Getter + Defennely Greens + Monster Greens. Sprout Salad paired with vegan or paleo option. Two shots of your choice

### D. CUSTOM

- Pick out your own Juices to fit your needs.
  - **STRAIGHT JUICE** - SIX 16oz Juices + TWO Superfood Shots
  - **JUICE TO DINNER** - FOUR 16oz Juices + TWO Superfood Shots + DINNER – (Sprout Salad paired with either vegan OR paleo option)

## STEP 2. Choose your DURATION

1-DAY, 2-DAY, or 3-DAY

### STRAIGHT JUICE

- **1 Day** - \$68.25
- **2 Day** - \$133.80
- **3 Day** - \$196.90

### JUICE to DINNER

- **1 Day** - \$66.83
- **2 Day** - \$131.48
- **3 Day** - \$194.35

**\*NOTE:** All Juices are bottled in Glass. The Price of glass is included in the overall price of the Jump-starter. 16oz glass can be returned for a store credit (0.50 per glass) as long as they are **100% Cleaned & dish washed**. Dirty/spotted glasses will not be accepted.

