

JUICE CLEANSE FAQ's



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

If you are active or just plain hungry, listen to your body. You'll definitely have a sense of lightness and hunger while cleansing, but it should not be uncomfortable. It is OKAY if you have to eat something. Be conscious and try to make it organic and raw. If you want to eat solid food but also want to continue your cleanse, having some fresh fruits or veggies are great options. These will be light on the digestive track and give you the pleasure of chewing something. Healthy fats and warm liquids are also great at curbing your cravings and taking the edge off, like an avocado sprinkled with some sea salt, hot tea or soup broth. If you are detoxing more than what is comfortable for you, eat something cooked like a baked 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 & SUPERFOOD SHOTS?

NO. Listen to your body. If you can't drink all the juice that is OK. It's common for folks to feel like they can only finish 4 or 5 of the juices. The same thing applies with your superfood shots. No one knows your body the way you do; listen to it. That being said, if you feel good, we recommend drinking them all for the deep nutrition!

Q. CAN I DRINK MORE THAN 6 JUICES?

YES. You can drink as much Juice as you need in order to feel good! You can also drink warm lemon water or some warm herbal teas to get in some more variety or content.

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

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. Try to drink at least 2 quarts a day while cleansing (64oz). Some people may want to drink more or less depending on body size.

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?

YES. We cannot emphasize this enough. Juice is 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 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?

YES. One day of Juice cleansing is amazing for the body. It is plenty of time to get in some good cleansing and rejuvenation. If you cleansed 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?

NO. The body will not just dump out all of its toxins at once. We have accumulated toxins over our whole life. The body takes time to heal and will detoxify in layers like an onion. Keep in mind cleansing requires energy. We are trying to give ourselves the tools to make this happen through good nutrition and lifestyle habits. True healing takes hard work and dedication. That being said, some people experience immediate results during/after their first cleanse, including digestive relief, clearer skin, more energy etc.

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.

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Q. IS IT OKAY TO WORKOUT DURING MY JUICE CLEANSE?

Movement is great during a cleanse to get this flowing. We recommend keeping your workouts very light (example – walking, bike riding, or light yoga). The body is putting in a lot of energy towards cleansing and rejuvenating. We want the body to focus on that and not put a lot of energy into recovery.

Q. HOW OFTEN SHOULD I DO A JUICE CLEANSE?

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 1 day and go from there. Some people cleanse 1 day a week, some people do 3-5 days of cleansing every month, some people just do juice for breakfast each day and wait until lunch to eat solid food. Cleansing is different for everyone and depends on your goals and level of commitment. We know people that have done 30-60 day long juice cleanses and achieve amazing results.

Q. WHAT DO I EAT AFTER THE JUICE CLEANSE?

Your body has been hard at work. It has been cleansing, detoxing, and rejuvenating. Your first meals should be smoothies, salads, soups, veggies and lighter protein options. Be mindful of the reason you committed to the juice cleanse 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?

When we put healthy food into the body, the body feels 'safe' to release stored toxins. With a juice cleanse, 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 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.

Q. WILL A JUICE CLEANSE INTERFERE WITH MY MEDICATIONS?

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

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

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

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

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