



DISCLAIMER

The 3-Day Juice Cleanse and Detox is designed to allow the body to begin to expel toxins that have accumulated over time. During the detoxification process, the kidneys will increase filtration and the liver will undergo cleansing in an attempt to eliminate wastes and toxins from the bloodstream.

You may experience symptoms of lightheadedness, headaches, weight loss, increased urination and bowel movements, fatigue, mood swings, irritation, and even cold symptoms. These symptoms are a result of the body's efforts to heal itself and detoxify from the toxic overload as quickly as possible through any available outlet including skin (ex. sweating, rashes, breakouts), eyes, ears, throat, vagina, sinuses, and scalp.

All of these symptoms are temporary and will subside once the body has had a chance to push accumulated toxins out.

Do understand that this is only a 3-day cleanse that will allow the body to begin detoxing and begin the healing process. It will require a more intensive regimen for the body to sufficiently clean itself out of years of toxic build up and accumulation while adhering to healthful living practices and acceptance of a more conscious, mindful and healthier lifestyle as a way of life.

This detox is not intended to cure existing symptoms, disease, or illness; it is intended not only to begin the body's "housecleaning" process but to nourish and replenish nutrients lost or lacking with nutrient dense raw, plant-based whole foods. This will allow the body to begin to heal and alkalize, lose unwanted and unhealthy weight, and gain or increase energy.

Always listen to your body and trust your instinct. At any given time, if detox symptoms become unbearable, stop immediately. If you have an existing condition and symptoms



persist, please contact your physician. If taking prescription medication, do not stop taking your medication.