

COLD-PRESSED + SMALL BATCH

MADE TO NOURISH

FULLY
ROOTED
juice + kombucha

cleanse
guide



100% JUICE

**Welcome to
your cleanse!**



Thank you for choosing to hit reset with us.

We are honored to help guide you on your journey towards feeling your best self.

Whether you've veered from healthy eating or you need guidance to get back on track, our nutrient dense juices will guide you back to what really matters most.

We've designed each cleanse package with gentle, loving intentions for you to succeed as best you can. Please do not hesitate to reach out to us with any questions you may have.

With Gratitude,
Amanda, Angelo & Ben

Questions

1 **Redefining your relationship with food.**

Have you ever experienced a relationship with someone in which you dedicate time, love and energy with little to no reciprocated support? When we examine those relationships more closely we see that despite our efforts, there is only so much they are able/willing to give in return to support you.

The same could be said to your relationship with food. If you're wondering why you continuously find yourself run-down, drained, feeling emotionally void and eating excessively, stop! Ask yourself, just as you would with your relationships, is your food returning love and support to your body?

Deciding to take your power back by choosing foods that fully support your health is liberating. Though at times it can be scary and you may circle back to old habits, change doesn't have to happen all at once. Becoming more aware of how you feel in your body and questioning whether your choices are serving you, or not, is essential to your well-being.

2 **Why cleanse with Fully Rooted?**

All of our juices are made with local and organic produce when available. Your dollar goes directly to supporting our local farmers and economy while supporting your own self preservation. Since we began, all of our juices are raw and cold-pressed meaning that we do not add preservatives or kill off enzymes, micronutrients and phytonutrients within the juices. Those live enzymes are beneficial in many ways by allowing our bodies to heal. Aka, food that loves you back!

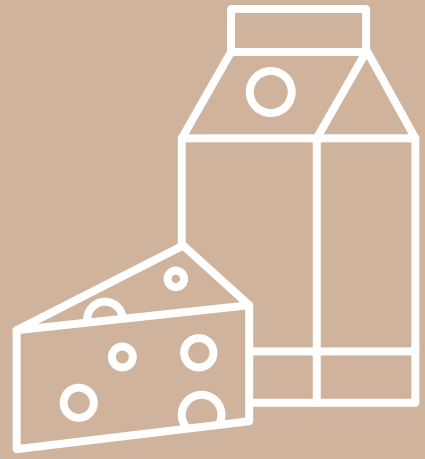
3 **Wait a minute, are you a doctor?**

This cleanse was designed with your nutrition in mind based on our experience juicing and what we've found works for many who have chosen to embark on a cleanse with us. Please consult your physician to see if a juice cleanse is best for you.

4 **Why should I do a cleanse?**

With juices, you are able to receive living natural enzymes and phytonutrients while allowing your digestive system to rest. A rested digestion may allow you to have more clarity, helps the body flush toxins, etc. But wait, doesn't my liver already do that? Yes! It sure does, however, most of us eat processed and inflammatory foods consistently, by doing so your body works double time to eliminate toxins. We recommend cleansing to help assist your body's system every so often to operate at peak performance.

dairy



sugar



caffeine



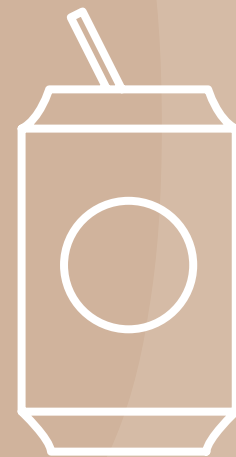
alcohol



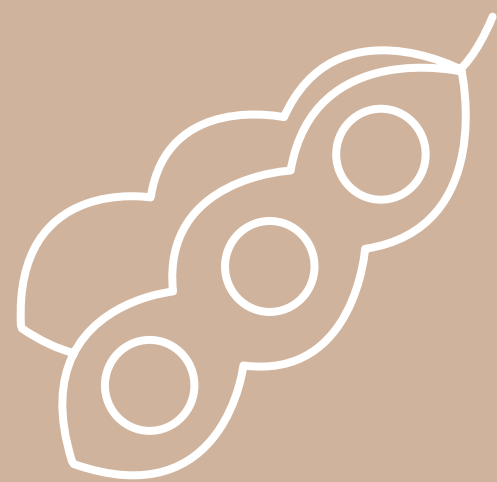
gluten



soda



soy



processed foods



Set an intention | Ask yourself why you want to cleanse. Is it that you want more energy, to eat more mindfully, to reduce inflammation in the body by eating more fruits and vegetables? In order to have a cleanse experience that is fulfilling for you, make sure you establish goals for your cleanse and make sure they are simple and realistic. Write them down and focus on them throughout your experience.

Preparing for your cleanse | Three to five days prior, begin eliminating foods on the elimination list. This will allow your body time to acclimate and allow for a more positive cleanse experience. Diving right into zero caffeine while making dietary changes may feel overwhelming. Easing in, eating whole nutrient-dense foods with proteins sourced from ethically raised animals or plant-based protein without soy and gluten will prepare you for your cleanse ahead.

Greet yourself with love | Cleansing can be incredibly difficult for some and that is completely ok. Use this experience to see what comes up for you. Allow yourself to listen to your body and honor whatever your experience may be. Everyone's experience is unique. Use this as an opportunity for you to learn and grow. You'll be most successful if you choose to focus on yourself and let go of what you think your cleanse experience should be and see it for what it is.

before
you
cleanse



**Everyone's
experience
is unique.**

A hand holding a small glass of yellow juice. In the background, there is a whole orange and a piece of ginger. In the foreground, a small wooden bowl holds the glass, and a copper spoon contains a reddish-brown powder. The scene is set on a light-colored surface with soft shadows.

during
your
cleanse

What order do I drink my juices in? | Depending on which cleanse plan you chose, follow the order of juices on the product page. Your cleanse plan can be found [here](#). Keep your juices refrigerated at all times.

Drink plenty of water | Hydration is essential during your cleanse. Be sure to drink plenty of filtered water throughout your cleanse which will help flush your body and eliminate toxins.

Herbal teas are your friend | Herbal teas can be highly beneficial in your experience. Not to mention, help you refrain from caffeine. A few herbs we recommend:

Tulsi: Supports adrenals

Ashwagandha: May reduce stress response

Red clover: Supports the skin

Dandelion root: Supports the liver and detoxification

Chamomile: Helps promote relaxation and sleep

Lemon balm: Helps soothe the nervous system

Add teas to your cleanse:

[Dream Sweet](#)

[Cloud 9](#)

Wait, don't I need fiber? | Fiber is an essential component in our diets, juice contains soluble fibers. You should have a bowel movement daily, 2-3 tbsp. of chia seed or 1-2 tbsp. of psyllium husk may be helpful during your cleanse.

Make sleep a priority | Optimal amounts of shut eye no doubt has a positive impact on your health. “During the third and fourth stages of sleep, scientists believe we enter restoration mode. This cycle of sleep is known to remove waste products from brain cells. Health risks also rise without the proper amount of shut-eye.” [Learn more here.](#)

Hello, restoration mode | While it may feel like you need to keep up with your routine of high intensity workouts and hitting the gym, you may want to limit intense physical activity to limit the amount of stress your body is under. Yoga, meditation, and walks in nature can be therapeutic while cleansing. Work stress can also place a damper on your immune system. We recommend cleansing before or after heightened times of stress at work or home.

Fast to press pause | Fast at least 12 hours between juices. Fasting may have profound benefits for the brain and body. [Learn more about fasting here.](#)

If you are supplementing with food click [here](#) for a detailed meal plan.



TO DEEPEN YOUR CLEANSE EXPERIENCE WE RECOMMEND

1

MEDITATION

2

DRY BRUSHING

3

CASTOR OIL PACKS

4

SAUNA

Local Recommendation:
The Bodhi Spa

5

YOGA

6

ACUPUNCTURE

Local Recommendation:
Emerging Energy

7

COLD WATER THERAPY

8

MASSAGE

Ease back into food after your cleanse | You may want to follow our recommended foods list [here](#) for a few days after your cleanse. Take note of how your entire body feels post-cleanse. Ease back into the recommended foods to avoid to see if they are causing inflammation in your body and eat those foods sparingly if you feel it is causing inflammation. Being human means that we sometimes slip back into old habits, learning when that happens and adjusting will help you maintain a healthy body. This is a moment to re-introduce those foods that cause inflammation in the body. The cleanse can be used as a tool to see if you have any sensitivities.

Hold off from high intensity workouts | After all the energy it takes to switch up old habits, you may want to hold off from high intensity workouts until a few days after your cleanse. Focus on new goals you'd like to commit to and start anew.

Review your intentions | Review the intentions you created when you started the cleanse. Are there any components of your cleanse that you'd like to implement in your daily life?

after your cleanse





How often should I cleanse?

Cleansing is a personal experience, so it should be personalized to what your body needs. We find that many of our clients like to cleanse seasonally or twice a year at the very least.

What if I am experiencing

hunger? During cleansing it is common to experience hunger but important to listen to your body and ask yourself if it is really hunger or habitual energy. If it feels more out of habit, drink more water and perhaps have some herbal tea. If you're feeling faint, dizzy, or have a headache eat something. Try a smoothie or pureed soup or broth. It's important to listen to your body and abstain but using your best judgment. It's important to listen to your body and abstain but eat food if you need to as well. Use your best judgment.

What if I drink caffeine

everyday? If completely eliminating caffeine is off the table for you, try

cutting down the amount that you drink. Make sure it is dairy free and without added sweeteners. Try to opt for a tea with little to no caffeine, eliminating the stimulant may help you to see just how dependent you are on it. You may find that a little break may be very beneficial for your body and mind.

What do I do with all my

glass jars? Jars can be left out at your next delivery or can be brought to the farmer's markets. All glass jars must be rinsed out with hot, soapy water. You can discard the white caps.

Must I keep my juices refrigerated and can I start my cleanse on a later date?

Because our juices are all cold-pressed with a limited shelf life, you must start 3-day cleanses on the day you received them due to the limited shelf life. All juices must be kept refrigerated.

For more questions email:

info@fullyrooted.com



MADE IN RHODE ISLAND