

# FREE RANGE

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## ritual

### What is the Free Range Ritual juice Cleanse?

We offer two cleanse options, the EXPLORER is a great "all levels" mix of green and fruit juices along with our signature cashew nut mylk. The ADVENTURER is an all-green option, and great for the more advanced juicer. If you've never done a juice cleanse, we recommend starting with The 3-day EXPLORER beginner cleanse.

#### The EXPLORER Fruit + Veggies + Nuts

[5] Cold Pressed Juices + [1] Mylk + [1] Wellness Shot

EMPOWERED « REAL « BRIGHT  
OUTRAGEOUS « GROUNDED « NUTTY « STRONG

#### The ADVENTURER Green juice

[6] Green Cold Pressed Juices + [1] Wellness Shot

3x REAL « 3x OUTRAGEOUS « STRONG

1-Day: \$58 | 3-Day: \$160 | 5-Day: \$255

**Ask About Our Monthly Membership for Cleanse Discounts!**

No substitutions on cleanses. 24-hour advanced order needed.

### Why Do the Free Range juice Cleanse?

Cleansing gives your digestive system a chance to breathe, releases harmful toxins, replenishes your vitamins and minerals and help break from processed food habits. Many experience mental clarity, skin glow, de-bloating and increased energy. Cleanses help kick off a long-term lifestyle shift – and help you stick to it!

### Preparing for Your Cleanse

To achieve the best results, and feel your absolute best, there are a few tips and tricks to help you transition into a successful Ritual.

1. Two to three days before your cleanse, eliminate processed foods
2. Reduce or cut out meat, dairy, wheat, alcohol and sugar from your diet.
3. If you plan on going caffeine-free during your cleanse, we recommend tapering off a few days before (if you're a heavy coffee drinker, its okay to have a cup of black coffee during your cleanse to avoid the caffeine headache nightmare).

#### FOCUS DIET ON:

- « Fresh Veggies & Salads (*bring on the green*)
- « Starchy Veggies (*healthy carbs*)
- « Real Fruits (*natural sugars*)
- « Beans & Nuts (*get that protein in*)

#### TRY TO LIMIT OR AVOID:

- « Processed Foods (*packaged snacks, frozen meals*)
- « Fried Foods (*fries, nuggets, fast food staples*)
- « Sugary Foods (*sweets, baked goods*)
- « Bread & Pasta (*refined carbs*)

#### Who Might Not Want to Cleanse?

Pregnant or nursing women and children. If you have a medical condition, are pre or post surgery or are taking medication, we recommend discussing a cleanse with a health professional first.

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### During Your Cleanse

1. **Drink LOTS of water** Starting your day with 16-32 oz of water and continue drinking like a fish all day long.
2. We recommend drinking your juices the following order (but do what feels best for you!):  
**EXPLORER:** EMPOWERED « REAL « BRIGHT « OUTRAGEOUS « GROUNDED « NUTTY  
**ADVENTURER:** REAL « OUTRAGEOUS « OUTRAGEOUS « REAL « REAL « OUTRAGEOUS
3. Drink each juice at **2-3 hour intervals** (be sure you're drinking by expiration date listed, keep refrigerated, once opened drink within a couple hours)
4. **Use your shot strategically** – we recommend taking it around that mid-afternoon slump (2-3pm).
5. Use as an excuse for some well deserved **self care** – get a massage, pedicure, read a book... whatever soothes you (and its generally best to keep exercise to a minimum)

### What to Expect When You're Cleansing

Wondering how you'll feel cleansing? Well, its a bit different for everyone, but there are some things you can expect.

« First and foremost, it is normal to feel a little hungry, your body is adjusting to an all liquid diet and reduced caloric consumption. However, if you ever feel faint, dizzy or like you could eat an entire grocery store aisle, its okay to eat some raw fruits, veggies or nuts! This is your cleanse, so you do you! These symptoms are generally temporary however, if you have any prolonged symptoms of dizziness, nausea or fatigue, consult your doctor.

« Many people feel more energetic with increased mental clarity and heightened senses. You might notice an improvement in skin, lessened inflammation and reduced bloating and weight loss.

« Other benefits can include: improved metabolic function and normalized digestion, reduction in cravings, better sleep, toxins released from body.

### Top Reasons People Do a Juice Cleanse

1. Reduce chronic inflammation & illness
2. Mental clarity & abundant energy
3. Jump start a weight loss routine
4. Detox, hydrate & glow

### You did it! Now what?

**First of all - pat your self on the back! You're a rockstar cleanser!** To keep the amazing benefits going and feel great, its best to follow your cleanse how you prepped. Stick to whole, real foods (raw fruits and veggies, beans, starchy carbs like sweet potatoes and wild rice) and slowly reintegrate things like dairy and meat. We highly recommend continuing to keep juice in your daily diet as you readjust to solids.

Want to Make the FREE RANGE RITUAL Part of Your Monthly Ritual?

← →  
Join our Membership Program to receive your cleanse at a discounted rate each month!

Disclaimer: Free Range Juice is not a medical professional and the Free Range Ritual is not a medicinal solution. We make no claims as to results and no information from Free Range Juice should be taken as medical advice. If you have any medical questions, consult your doctor.