

Sasu Juice Bar Cleanse

What is a cleanse?

Your body is constantly detoxifying itself. However, if you're constantly skimping on nutrients, not getting enough water and eating processed foods, your body's natural detox system can slow down and not work as efficiently. Cleansing is about supporting the natural detoxification process and feeding your body the nutrients it needs so it can ultimately function at an optimal level. This also means giving your body a break from, for instance, processed food, alcohol, coffee, and from digesting solid food, all important for allowing your body to repair and reset.

How does a juice cleanse work?

While a diet rich in fiber and plant foods naturally supports the body's existing detox process, doing a juice cleanse can be an extra step to give your body the reboot it needs to feel rejuvenated. Our juice cleanses are designed to nourish your body and give your digestive system a rest, allowing it to work more efficiently so you can finish feeling clear-headed, energized and refreshed. It's a tune-up for your body! Choose from a 1, 2 or 3 day cleanse.

Options

We currently offer 2 types of cleanses at lengths of 1, 2, or 3 days. All of our cleanses are designed to kick-start and bolster healthy eating habits with lasting effects.

Each day of **Cleanse A** is composed of 4 juices based on 35% Citrus fruits, 35% Roots and 30% Greens, plus one Shot and one Nut Mylk.

Each day of **Cleanse B** is composed of 4 juices based on 50% Greens, 25% Roots and 25% Citrus, plus one Shot and one Nut Milk.

One, Two or Three Day Cleanse? *

One Day – There are numerous benefits to doing a one-day cleanse. It is designed for the beginner and seasoned cleanser alike. It's an amazing way to maintain proper eating habits or if you're feeling slightly sluggish, to get you back on track. This is one of the easiest to squeeze into a busy schedule.

Two Day – Looking for more, but for whatever reason not ready to commit to three days. The two day cleanse is an excellent preparation for a longer cleanse or just wanting to feel clear-headed and healthier going into the weekend.

Three Day – You're committed to a healthier diet: congratulations! Choosing the three day cleanse means you are also able to give yourself a proper pre- and post-cleanse break.

When can I start?

We currently offer cleanse packages for pick-up every Wednesday evening/Thursday morning.

*Multiple day cleanses are available with a minimum of 3 people.

Sasu Juice Cleanse tips for fewer side effects

Before, during, and after a juice fast

Pre-cleanse

It is important to prepare your body for a juice cleanse, especially for cleanses with a duration of 3 or more days. A minimum of two days before starting your cleanse, we recommend increasing your intake of plant foods and properly hydrating with water and cutting out animal products, processed foods, coffee, and alcohol. This will help to minimize detox symptoms on the initial days of your juice cleanse. If you drink coffee, cutting down the amount you drink even sooner will minimize withdrawal symptoms such as headaches.

During the juice fast

Starting your day with warm water and the juice of half a lemon (add some cinnamon if you're feeling fancy) is great for getting your digestive system going. (Side note: brushing your teeth BEFORE drinking the lemon water or at least a half hour AFTER drinking the lemon water will help avoid damaging the enamel on your teeth!) Then you can start drinking your shot and juices (in 2-3 hour intervals is probably best to stave off hunger, but do what works for you). Perhaps not so intuitive with all the juice drinking, be sure to drink plenty of water/herbal tea (1.5-2 Liters) throughout the day. This is an essential addition to your cleanse and will additionally help remove toxins and help keep your bowels moving. If you find yourself getting overly hungry or start feeling weak, eating a slice of apple or avocado can be helpful as could a vegetable broth or miso soup. If the symptoms become too extreme or if weight loss would be unhealthy for you, slow the detox down by eating an avocado in the evening or add 1-2 teaspoons of olive oil to your juices. Don't forget to go for walks and get enough sleep! Sauna, steam room, massage, yoga all help a lot, do what feels good. People have different reactions to cleanses – listen to your body. The nut mylk to drink at night - drink at least 2 hours before bedtime - is satiating and in our experience, helps us to sleep better.

Post cleanse. After the juice fast (for the next one or two days after)

Congrats, you did it! Believe it or not, what happens now is probably the most important part of the cleanse. Allowing your body to ease back into digestion takes time, but if you take it slow, your body will love you for it. Choose foods that your body can digest easily. Raw fruits, raw or steamed vegetables, salad, soup. Do this for at least one or two days after, especially upon completing a three day cleanse. This takes probably the most discipline, but your body will feel so good it might not even be so hard! Take it easy, and enjoy your newly refreshed mind, body and spirit!

Please consult with your doctor before any prolonged cleanse. Any concerns you encounter during your cleanse should be directed towards a health care professional.