



# 5 DAY SOUP CLEANSE GUIDE







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# **WELCOME LETTER**

Congratulations on your decision to embark on this Juice Revolution Cleanse!

Whether you're just starting out or are on a long-term wellness journey, my wish is that this plan makes a significant difference in your life.

I have poured my heart into this business since founding it in 2012, to bring you high-quality products filled with the most nutritional ingredients nature has to offer. You can rest assured that you hold in your hands a product engineered with utmost care and expertise, and with your needs always top of mind.

This booklet is your companion for the duration of your cleanse and contains everything you need to know for optimum results, from success tips to exercise ideas. I am a phone call or WhatsApp message away if you need any support, advice or a pep talk.

## **OUR GIFT TO YOU!**

Be sure not to miss the 5% discount coupon which comes with your cleanse. Your coupon code = your order number. This is my gift to you to encourage you to maintain the healthy lifestyle that you are embarking on.

Enjoy your journey of the body and the mind and I look forward to hearing from you along the way.

Yours in juice

**Fiona Stander**

*Founder, Juice Revolution*







## WHAT'S IN THE PACK

20 x 500ml Handmade soups  
5 x 340ml Nut milks  
5 x 50ml Health shots  
5 x Detox Tea sachets  
5 x Supplement pouches  
Quick start guide

### NUT MILKS IN THE PACK

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#### Choc Nut Mylk – 5 x 340ml

Water, almonds, macadamia nuts, cacao, vanilla extract, dates, Himalayan salt

### HEALTH SHOTS IN THE PACK

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#### Ginger Zinger – 5 x 50ml

Apple, ginger

### TEA SACHETS IN THE PACK

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#### Detox Tea – 5 sachets

Green rooibos, lemon grass, ginger root, cinnamon bark, dandelion, Siberian ginseng, milk thistle, stinging nettle, fennel seeds, allspice, cloves, cardamom, orange peel

### SUPPLEMENTS IN THE PACK

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#### 5 Supplement pouches each containing:

1 x Eterna™ Vitamin E  
1 x Orgono® Silica  
1 x Omega 3 Fish Oil  
1 x Vitamin/Mineral Complex



**SOUPS IN THE PACK**

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**Butternut Squash and Carrot Soup – 2 x 500ml**

Butternut, carrot, red onion, olive oil, black pepper, vegetable stock

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**Carrot and Coriander Soup – 1 x 500ml**

Carrot, onion, orange, coriander, olive oil, black pepper, vegetable stock

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**Courgette and Dill Soup – 3 x 500ml**

Courgette, onion, garlic, dill, olive oil, black pepper, vegetable stock

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**Hunky Chunky Vegetable Soup – 2 x 500ml**

Sweet potato, carrot, parsnip, courgette, leek, olive oil, black pepper, vegetable stock

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**Pear and Parsnip Soup – 1 x 500ml**

Pear, parsnip, red onion, olive oil, black pepper, vegetable stock

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**‘Souper’ Green Stuff – 3 x 500ml**

Leek, celery, courgette, broccoli, spinach, olive oil, black pepper, vegetable stock

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**Spinach, Watercress, Rocket and Sweet Potato Soup – 2 x 500ml**

Sweet potato, red onion, spinach, rocket, watercress, olive oil, black pepper, vegetable stock

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**Sweet Cherry Tomato and Roasted Pepper Soup – 2 x 500ml**

Cherry tomato, red pepper, yellow pepper, red onion, garlic, olive oil, black pepper, vegetable stock

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**Sweet Potato, Coconut and Chilli Soup – 2 x 500ml**

Sweet potato, coconut milk, spring onion, olive oil, red chilli, black pepper

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**Veggie Power Soup – 2 x 500ml**

Broccoli, onion, asparagus, green beans, courgette, baby spinach, celery, peas, garlic, olive oil, black pepper, vegetable stock



# 5 DAY SOUP CLEANSE DAILY PLANNER

	WAKING	8 am.	8:30 am.	9 am.	12 pm.	3 pm.	6 pm.	8 pm.
<b>DAY 1</b>	Hot Water with a Kick 	Detox Tea 	Ginger Zinger Shot 	Souper Green + Supplements 	Hunky Chunky 	Spinach Watercress 	Butternut Squash 	Choc Nut Mylk 
<b>DAY 2</b>	Hot Water with a Kick 	Detox Tea 	Ginger Zinger Shot 	Cherry Tomato + Supplements 	Courgette & Dill 	Sweet Potato 	Veggie Power 	Choc Nut Mylk 
<b>DAY 3</b>	Hot Water with a Kick 	Detox Tea 	Ginger Zinger Shot 	Souper Green + Supplements 	Butternut Squash 	Spinach Watercress 	Cherry Tomato 	Choc Nut Mylk 
<b>DAY 4</b>	Hot Water with a Kick 	Detox Tea 	Ginger Zinger Shot 	Carrot & Coriander + Supplements 	Veggie Power 	Pear & Parsnip 	Courgette & Dill 	Choc Nut Mylk 
<b>DAY 5</b>	Hot Water with a Kick 	Detox Tea 	Ginger Zinger Shot 	Spinach Watercress + Supplements 	Carrot & Coriander 	Souper Green 	Hunky Chunky 	Choc Nut Mylk 



To make your Hot Water with a Kick, squeeze the juice of half a lemon into a mug of hot water.



Drink your soup as is. Do not dilute.



Drink one Juice Revolution detox tea per day.



Heat your soup and Choc Nut Mylk gently on the stove. Your Nut Mylk can also be enjoyed cold.







## THE JUICE REVOLUTION DIFFERENCE

Our cold-pressed juices and soups are lovingly made by hand on our smallholding in the beautiful Cape Winelands.

We source our produce from local suppliers, cleanse it of farm soil upon receipt and then wash it in ozone water.

Our soups are made in small batches using high-quality vegetables and fresh vegetable stock made with filtered water, herbs and veggies.

When juicing we use a shredder to cut the fibres of the raw produce down to a cellular level, splitting open the cells and liberating the atoms and molecules into the resulting pulp. We then press the juice from the pulp using a hydraulic press technology that minimises oxygen and heat so little oxidation occurs during extraction. This method produces the longest lasting, high-quality, unpasteurised juice, rich in colour, flavour and nutrients.

Once made, our juices and soups are blast frozen, a rapid freezing technique which preserves the all-important nutrients. They are then stored at a consistent -20°C to guarantee that they retain all their nutritional qualities until they are delivered to your door.

You will find no chemicals, artificial sweeteners, flavours, colours, added sugar or preservatives in our juices and soups.





## HOW TO PREPARE FOR YOUR CLEANSE

### DID YOU KNOW YOU CAN ENHANCE YOUR CLEANSE BY PROPERLY PREPARING?

The cleanse itself is half the battle. What you eat in the days prior is as much part of the cleanse as the products themselves. If you want to achieve the best results possible dedicate yourself to pre-cleanse preparation.

- Remove processed foods, sugar, alcohol, caffeine, refined flour, refined starches, dairy and meat from your diet.
- Increase your consumption of whole foods, fresh fruits, vegetables, nuts, herbal teas and water.
- If you are a smoker, cut down!
- Get your mind right – focus on why you have chosen to do this cleanse.
- Think positive thoughts.
- Believe in yourself – you can do this.

Although this is a departure from the way you are used to eating, you will be so thankful you embarked on this journey.







## 10 TIPS FOR SUCCESS

- 1 Follow your programme to the letter.
- 2 Try to drink your meals on time so your sugar levels don't crash.
- 3 Drink your meals s-l-o-w-l-y. 'Chew' them in your mouth.
- 4 Remember to take your supplements.
- 5 Carry an extra toothbrush – you may want to brush your teeth during the day.
- 6 Enjoy your juices cold and your soups warmed up.
- 7 Keep hydrated. Drink a glass of water with or between each meal.
- 8 Exercise, exercise, exercise!
- 9 Reduce TV time and get 8 hours sleep a night.
- 10 Get your mind right:  
**I want to eat ... but I can't = diet mentality**  
**I can eat ... but I don't want to = freedom mentality**





## STORAGE AND DEFROSTING

- Upon receipt, remove your products from the box and store in the freezer in the order that you are going to drink them.
- Take out each day's products the day before and defrost overnight at room temperature.
- Place in the fridge upon waking and keep refrigerated or in a cooler until consumption.
- If you forget to defrost, please sealed products in a bowl of water for rapid defrosting.
- Once defrosted, separation is normal, simply shake your products to re-blend.
- Store your detox teas and supplements in a cool dry place.
- Follow the daily planner which lays out the order and timing of all your products.
- Your products have a best before date on them. You can keep them in the freezer until this date, so you have flexibility on when to start your cleanse.



## RECYCLING

The packaging circular economy sustains 58 thousand income opportunities and injects R2.3 billion into SA's informal sector annually.

You can help us, the country, and the planet by recycling these components of your cleanse:

**Bottles:** BPA free and made up of 50% recycled and 50% virgin PET. Rinse after use – widely recycled.

**Box:** Polystyrene – widely recycled

**Quick Start Guide:** Card – widely recycled

**Soup Pouches:** One way plastic – will be in recyclable by March 2022



# DETOX TEA

Juice Revolution's Detox Tea is a powerful proprietary blend of 13 high-potency herbs combined in a unique formulation to kickstart your detox and leave your body feeling cleansed.

INGREDIENT	BENEFIT
Green Rooibos	Powerful antioxidant
Ginger root	Cleanses the colon. Fights inflammation and stimulates circulation
Fennel seeds	Boosts metabolism and increase digestion
Lemon grass	Digestive aid
Dandelion leaves	Acts as a diuretic. Cleanses the blood and liver
Siberian ginseng	Strengthens the adrenal glands. Useful for lack of energy and stress
Milk thistle	Protects liver cells from free radicals and toxins
Stinging nettle	Acts as a diuretic
Cinnamon bark	Imitates the biological activity of insulin and increases the metabolism of glucose
Allspice	Detoxifying and digestive aid
Cloves	Antioxidant. Powerful action against gas and bloating
Cardamom	Detoxifying and digestive aid
Orange peel	Increases metabolism and boosts energy levels

*Please consult your Daily Planner for usage instructions.*





# SUPPLEMENTS

Why do we include supplements in our cleanse programmes? Because not all your nutritional needs can be satisfied by the fruit and vegetable kingdom.

The supplement market can be overwhelming. We have combed through the haystack and identified 4 best-in-class, key supplements which, when combined with your cleanse, take your body's nutrient levels to a level of excellence not experienced before.

Would your cleanse programme be effective without the supplements? Yes, most certainly. But at Juice Revolution we are into excellence and the supplements take you there. Think of it this way – any car will get you from A to B. But some cars will get you there faster, safer and with climate control. By adding our curated supplements to your cleanse, you are travelling first class all the way.

Please consult your Daily Planner for usage instructions.

We know you are going to love these supplements, so we have made them available in full bottles in our online store.





### Eterna™ Vitamin E

- Anti-inflammatory properties
- Anti-ageing effects
- Assists in the control of disease
- Excellent addition to cancer treatment
- Prevention of disease complications



### Orgono® Silica

- Boosts collagen production
- Improve hair, skin, and nail health
- Rebuilds and strengthens connective tissue
- Improves joint, cartilage and tendon health
- Assists in maintaining a healthy digestive tract
- Supports the body's natural detox process and removes toxic heavy metals



### Good Health Omega 3 Fish Oil

- Provides essential nutrients for brain and nervous system
- Supports cardiovascular and circulation health
- Supports joint and muscle health
- Supports general health maintenance



### Phytogenics Vitamin/Mineral Complex

- Addresses the micronutrient deficiencies in the modern diet
- Provides the full spectrum of vitamins and minerals available today
- Provides micronutrients to ensure biochemical pathways function optimally
- Provides phytosugars that help communication and interchange between cells





### Ingredients per gel cap

Tocotrienols 125mg

Delta-tocotrienol (90%) 112.5mg

Gamma-tocotrienol (10%) 12.5mg

Outer Capsule: Bone gelatine, glycerine, purified water



Eterna™ is a powerful antioxidant that contains Delta fraction Tocotrienols, which is recognised as the more active form of Vitamin E. Tocotrienol is an extract of the Annatto plant which is found in Africa and the Amazon.

### How does Eterna™ (Tocotrienol) differ from the Vitamin E we currently use (Tocopherol)?

Vitamin E found in most nutraceutical products is called tocopherol. Lab tests have shown this to be a good antioxidant, but it did not show any benefits in clinical trials. Tocopherol is the 'least effective' Vitamin E due to the size of the molecule and the fact that it is saturated.

Tocotrienol, on the other hand, is smaller and has an unsaturated tail. It spins around the cell wall 50 times faster than tocopherol. It is like comparing 50G to 1G! Extensive research in numerous clinical trials has found tocotrienol to truly be the more effective antioxidant.

### How will Eterna™ protect you?

The cells in your body are under constant attack from free radicals. The accumulation of these harmful molecules depends on your lifestyle. Poor food choices, smoking, excessive alcohol use, increased stress levels, pollutants, bad fats and too much sun exposure contribute to higher levels of free radicals.

Your body does produce natural antioxidants to remove these free radicals, but not enough. If there is an imbalance oxidative stress occurs, which will damage your cells, ultimately leading to disease.





# PHYTOGENICS VITAMIN/ MINERAL COMPLEX

**Ingredients per capsule**

Alfalfa; Alpha tocopherol acetate, Ascorbic acid, Barley grass, Beta carotene, Boron AAC\*\*, Calcium carbonate, Calcium pantothenate, Choline bitartrate, Chlorella, Chromium picolinate, Citrus bioflavonoids, Copper gluconate, D-Biotin, Cyanocobalamin, Folic acid, Hesperidin, Inositol, Kelp, Magnesium carbonate, Manganese gluconate, Molybdenum AAC, Nicotinamide, P.A.B.A, Potassium AAC, Proprietary phytosugar blend\*; Pyridoxine hydrochloride, Riboflavin, Rutin, Selenium AAC, Spirulina; Thiamine hydrochloride, Vitamin A palmitate, Wheat grass; Zinc lactate

**Nutritional Information**

List of active ingredients per capsule:

			%RDA		
Vitamin B1	25mg	1785	Vitamin E	30mg	300
Vitamin B2	25mg	1562	Calcium	12mg	1.5
Vitamin B3	25mg	138	Magnesium	7mg	2.3
Vitamin B5	25mg	416	Zinc	4mg	26
Vitamin B6	25mg	1250	Copper	400mcg	-
Vitamin B12	25mcg	2500	Manganese	500mcg	-
Biotin	25mcg	25	Chromium	7mcg	-
PABA	25mg	-	Molybdenum	12mcg	-
Choline	25mg	-	Selenium	6mcg	-
Inositol	25mg	-	Boron	500mcg	-
Folate	200mcg	100	Potassium	3mg	3
Beta carotene	2mg	-	Bioflavonoids	6mg	-
Vitamin A	500IU	15	Hesperidin	6mg	-
Vitamin C	75mg	125	Rutin	6mg	-
Vitamin D3	500IU	100	Phytosugars	12mg	-

The above ingredients encapsulated with a high potency superfood base.

PhytoGenics Vitamin/Mineral Complex contains the listed active ingredients in a high-potency superfood base, providing a balanced blend of synergistic nutrients similar to naturally occurring foods. These synergistic constituents enhance the functioning of the enzymatic systems of the body to ensure optimal assimilation and metabolism.





## **GOOD HEALTH OMEGA 3**

### **Ingredients per capsule**

Fish oil – Natural 1000mg (1g)

Containing Omega 3:

Eicosapentaenoic acid (EPA) 180mg

Docosahexaenoic acid (DHA) 120mg

Vitamin E 1mg

Outer Capsule: Plant glycerol, purified water



Fish oil is a primary source of the important Omega 3 fatty acids, EPA and DHA, which are often deficient in modern diets. EPA and DHA have been shown to provide many positive health benefits for the whole system. Fish oil helps to maintain a healthy brain and heart function and healthy cholesterol levels and helps with joint discomfort and mobility as it acts as a natural anti-inflammatory. They are so essential for cognitive function, that low levels of these Omega 3 fatty acids in the body correspond with behavioural problems and learning disorders.

Good Health Omega 3 is harvested from wild cold-water fish (anchovy, mackerel and sardines) from a sustainable, managed fishing industry. It is odourless, has low reflux and is tested for mercury and heavy metals to meet strict international quality standards.

## **ALEXIA RICH ORGONO® SILICA**

### **Ingredients per capsule**

Silicon 5mg

Vitamin C 24mg

Magnesium 147mg

Outer Capsule: Acacia gum, silicon dioxide



Alexia Rich is a premium, natural collagen-boosting supplement containing Orgono® Silica – a specific brand of silica that is clinically proven to be the only form of silica with almost 400% higher bioavailability than other silica supplements.

Silica is derived from silicon, a key nutrient that assists one's body to trigger the production of collagen, the glue that keeps us together – from hair and nails, to bones and joints.

The boost in the creation of collagen has numerous benefits for one's body as it helps regenerate various essential connective tissues. Orgono® Silica also removes toxic heavy metals and reduces metabolic waste for a thorough internal cleaning.





## WHAT TO EAT AFTER YOUR CLEANSE

**AFTER YOUR CLEANSE, IT IS HUGEY IMPORTANT TO EASE YOUR WAY BACK INTO SOLID FOOD. BE GENTLE WITH YOURSELF AND FOLLOW THESE GUIDELINES:**

General guidelines:

- Start you day off with hot lemon water.
- Drink 2L of water and/or herbal teas throughout the day.
- Stick to a vegetarian diet for the first two days after your cleanse.
- Eat three small meals that incorporate whole foods, liquids, and healthy fats. Juices, smoothies, soups, fruit, steamed or grilled vegetables, brown rice, legumes, avocados, and nuts (in moderation) are good choices.
- From day 3, incorporate dairy and small amounts of easily digestible animal proteins like eggs, fish, and chicken. Start reintroducing caffeine in small quantities if you wish.
- From day 4, you can incorporate small amounts of red meats and gluten.
- Avoid alcohol and all processed and refined foods for now.

The key is to avoid the dietary mistakes that made cleansing necessary in the first place and to stick to a healthy diet until it becomes a lifestyle. The remainder of this booklet provides further lifestyle guidance.







## RECOMMENDED FOODS AND DRINKS

### **COLD-PRESSED JUICES AND FRESHLY-MADE SMOOTHIES - IT'S HARD TO GET BORED WITH SO MANY DIFFERENT COMBINATIONS.**

Remember, cold-pressed juice is in a totally different league to any pasteurized or reconstituted juice you'll find on your supermarket shelf. If life is hectic and you can't make your own, check out our wide range of juice boxes on our website. If you're ready to start making your own juice and need advice on which juicer to buy, give us a call. We'd be glad to help!

### **VEGETABLES**

Broccoli, spinach, kale, carrots, string beans, beetroot, asparagus (great with some shaved parmesan!), sprouts, and the list goes on.

### **FRESH SOUPS**

Soups are extremely good. They are easy to make, inexpensive and loaded with fibre and filling. You can make your own combinations. There really aren't many rules when it comes to soups. Some people who ease off the 5-Day Soup Cleanse have juice in the day and a nice big soup in the evening.

### **SUPER SALADS**

'Salads' mean 'real' salads. A large mix of the finest green leaves (baby spinach, rocket, watercress etc.), sun-blushed tomatoes, pitted olives and feta. Drizzle with olive oil and balsamic vinegar and top off with something hot like a nice piece of fish. It's almost impossible to get a salad wrong. To add vibrant colour, grate some red cabbage and sprinkle on top.



## **FRESH FRUIT**

Fruits are loaded with vitamins, vital for our health, survival and energy. Like anything, you can overdo fruit, but the majority of people don't get anywhere near enough.

## **OATS**

A great way to start the day – mix with berries for a superfood breakfast. Also great added to a smoothie!

## **RICE**

Not all rice is built the same. Choose whole-grain brown, red or black rice and wild rice over white rice. The former contains the bran layer and the germ which both pack a significant amount of nutrients.

## **MEAT AND FISH**

Beef or lamb in moderation is okay, however, in terms of easier digestion, stick to white meat and fish. Drizzle your fish with lemon and add to veggies or salads. Always make sure you know where your animal protein is coming from and how it's been reared.

## **BREADS – NOT ALL BREAD IS THE SAME**

If you eat 'empty' food you will feel empty. When you eat bread, make a rule of choosing bread which is as close to the grain as possible. Rye bread is a good choice. Toast it, spread with avocado and add some fish and lemon juice. Wholemeal pita breads are great stuffed with salad and olives. Do not eat white bread– cockroaches only eat it in emergencies! Look at labels as many breads are loaded with sugar. If you can skip all bread that looks like a sponge, then you'll be onto a winner.

## **CHEESES**

The nutrition and taste of cheese depend on how it is produced and what milk is used. Cheese is an excellent source of protein, calcium, and several other nutrients. That said, some cheeses are healthier than others. The nine healthiest types of cheese are mozzarella, blue cheese, feta, cottage cheese, ricotta, parmesan, Swiss cheese, cheddar cheese and goat cheese.

## **OLIVES**

Olives are high in Vitamin E and other powerful antioxidants and contain healthy fats. Eat in moderation though as they are high in salt.

## **HERBAL TEAS**

Start your day with hot lemon water and a herbal tea – this is a great way to 'fire the stomach' and get you 'moving' in the morning!

## **WATER**

Keep hydrated – always carry a water bottle with you. You will drink more water this way. Dehydration is a common cause of false cravings. Adequate water consumption will keep false hungers at bay while providing zero calories.





## FOODS, DRINKS AND 'STUFF' TO AVOID

### SOFT DRINKS AND ENERGY DRINKS

The only reason these can possibly be called 'soft' is because your bones are made softer as a direct result of consuming too many of them. They are extremely acidic and as such the body needs calcium to neutralise that acid. The body gets this calcium from its own stores within the bones! Energy drinks contain caffeine and sugar – two ingredients that can give you a rush of energy but will leave you feeling exhausted once they wear off. Consuming them increases elements in the body that induce sleep, and decreases elements that keep you awake.

### REFINED FATS

Look out for hydrogenated oils and fats. These fats are much worse than saturated fats. They are used by big food companies to extend shelf life as they don't go stale. This is why you find these fats in cookies, cakes, flapjacks, croissants, pastries and some vegetable margarines. Hydrogenated or trans fats are completely alien to our systems and encourage our bodies to store toxic fat residue.

### MYSTERY FOOD

By law, whenever you buy food in a packet, it must have a list of ingredients. However, when you buy food from a food cart, the law no longer applies. With this in mind, if you don't know what is in your food – don't go near it.

### REFINED SUGAR

Sugar is described as the 'cocaine of the food world' and for good reason. It is hard to avoid completely as refined sugar is hidden in so many things – even some wholemeal breads! Diabetes is on the increase and there is no question refined sugar is one of the biggest causes.

It is also a pointless 'food' because it is empty. Big food companies add refined sugars for two reasons:

- It's a cheap filler, makes it taste sweet and is a great preservative.
- It creates a 'false hunger' – leaving you wanting more of the same soon after. It's the perfect drug loop designed in order to sell more.

One of the worst refined sugars of all is high fructose corn syrup – avoid it at all costs!

### EATING JUST BEFORE YOU SLEEP

Never a good idea, as when you sleep your metabolism slows considerably and all that energy must go somewhere – usually into fat cells. This type of eating prevents a genuine hunger in the morning and causes a 'food hangover,' making it difficult to get going in the morning. This is why we often need a sugar or caffeine pick-me-up.



## MISLEADING LABELS

Don't buy into 'glossy' advertising or labels. Two of the most misleading labels are 'SUGAR-FREE' and 'FAT- FREE'. All you need to know is that 99% of the time:

### SUGAR-FREE = LOADED WITH ARTIFICIAL SWEETENERS

### FAT-FREE = LOADED WITH SUGAR

Fruits, vegetables, whole grains, nuts, seeds and lean proteins rarely require a label. A NO-LABEL DIET would be the healthiest of them all.

## NOT MOVING

To feel alive, you must move, and that doesn't mean working out your fingers on the remote control. Walk, skip, jump, do anything, but move daily. It cleans your lymphatic system and makes you feel mentally sharper.

Studies have now shown that not only do people burn more calories after exercising, but aerobic exercise actually decreases appetite by changing the levels of hormones that drive our state of hunger.







## EXERCISE FOR LIFE

Recommendations for exercise are . . .

### WALKING

Walk your way to health! Walking is extremely underrated. Find a park, beach or forest and go for a 20 to 40 minute walk every day. Walk as often as you can and listen to some tunes to help stimulate you.

### YOGA

Yoga has too many benefits to list here. It is as good for the body as it is for the mind. Don't underestimate how it can condition your body.

### ON YOUR BIKE

If at the gym, jump on the bike. It puts no pressure on your joints and is a great cardio workout. Listen to your favourite music and you'll have done an hour before you know it.

### SWIM

Well-documented and probably the best exercise on earth. It works every muscle in the body without jarring the joints. Simply the best!

### ROWING

If you have ever been on an indoor rowing machine you will know just how tough it can be. It's worth knowing that indoor rowing burns calories like nothing else.



## **BOUNCE!**

NASA once described mini trampolining or rebounding as ‘the most efficient and effective exercise yet devised by man’. Rebounding works every single muscle of the body. The benefits are not just physical, as it’s so much fun the mind is stimulated too.

## **RESISTANCE TRAINING**

When you do weight training, you tone, build muscle and burn fat – even hours after you have finished. If you are a woman, don’t be afraid. Even if you lift heavy weights every day, you will not look like a body builder because your natural testosterone levels are too low. If you do acquire more muscle, remember that while a pound of muscle and a pound of fat weighs the same, they differ in density. This is why your weight can remain the same but you look and feel thinner and healthier.

## **RUN, FOREST, RUN!**

If you have a pair of running shoes, one thing most of us can always do is run. Put on some great music and off you go. You feel so free when you run and it’s a great way to get out into nature and clear your head.

The hardest part about doing exercise is...getting dressed! Once you have your training gear on you will be 90% of the way there.







## **THE 80/20 WAY OF LIFE**

### **IT'S WHAT YOU DO MOST OF THE TIME THAT DETERMINES YOUR WEIGHT AND HEALTH**

The list of recommended foods and drinks in this guide is quite extensive. There is plenty of choice and you will be feeding your body what it needs for optimum health. The foods on the list should ideally make up the vast majority of what you consume.

It is understandable that sometimes you may want something else, for whatever reason. With this in mind, try to eat from the recommended list at least 80% of the time and allow yourself some flexibility to have cake, coffee, etc. the remaining 20% of the time if you so choose.

Always apply 'The Law of Four'. This way you won't feel like you have 'failed' if you have a little of whatever.

**Law 1:** Only eat when genuinely physically hungry

**Law 2:** Eat consciously and slowly – no matter what you are eating

**Law 3:** Stop eating before you are full and wait 20 minutes before eating more

**Law 4:** Keep hydrated

Clearly the ideal is to simply skip all the junkie type foods. You will feel much better if you do. However, don't think life has come to an end or you have failed if you eat a piece of cake.

The body will deal with just about anything in small amounts, and that's the key right there. It's what you do most of the time that determines your weight and health. So be FREE and let common sense prevail!



# Healthy living is a lifestyle...

We would like to encourage you to continue with our healthy lifestyle range after your cleanse.

This range helps you sustain and enhance your cleanse results by using the juices, smoothies and soups as meal replacements or snacks – your secret weapon to optimal nutrition and a healthier lifestyle!

**OUR GIFT TO YOU!**

## ENJOY 5% OFF

**ON ALL ORDERS PAID FOR WITHIN  
30 DAYS OF RECEIVING YOUR ORDER**

Your coupon code is

**Your order number**



Delivery across South Africa

**CALL US**

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