



# DAY DETOX JUICE FASTING CLEANSE

A juice fasting or juice cleanse detox program involves consuming only fruit and vegetable juices for a short period, typically one to three or five days.

## Understanding Juice Cleanses

### Purpose

- Juice cleansing can “detoxify” the body, providing a break for the digestive system and flooding it with nutrients.
- However, it’s important to understand that the human body has its own natural detoxification systems (liver, kidneys).

### What it involves

- Consuming only fresh fruit and vegetable juices.
- Often, avoiding solid foods, caffeine, alcohol, and processed foods.
- Emphasis on hydration with water and herbal teas.

## Key Considerations and Potential Benefits

### Nutrient Boost

- Juicing can provide a concentrated source of vitamins, minerals, and antioxidants.
- It can be a way to increase fruit and vegetable intake.

### Digestive Rest

- A juice cleanse can give the digestive system a temporary break from processing solid foods.

## General Guidelines

### Preparation

- Gradually reduce your intake of processed foods, caffeine, and alcohol in the days leading up to the cleanse.

### During the Cleanse

- You will drink 5 servings variety of fresh fruit and vegetable juices throughout the day.
- Stay well-hydrated with water.
- Limit strenuous physical activity.

### Post-Cleanse

- Reintroduce solid foods slowly, starting with light, easily digestible options like fruits and vegetables.
- Maintain a healthy, balanced diet after the cleanse.

## PROGRAM DETAILS

- Nutritionist Coaching ( Mindful eating- Emotional Eating – Food Choices)
- Assessment of Nutrition Habits
- Nutritional Plan (alkaline – gluten free- casein free- Mediterranean- Flexitarian)
- Detox Supplements





	1 DAYS	3 DAYS	5 DAYS
Health Check Up	1	1	1
3D Body Scan	1	2	2
Electrocardiography	1	1	1
Movement Analysis	1	1	1
Photo Bio Modulation Therapy	1	3	4
Individual Colon Cleansing Therapy	1	1	2
Ozone Sauna Therapy	1	2	3
Oxygen Therapy	1	3	4
Anti Stress Frequency Therapy	1	3	4





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