



YOUR GUIDE TO THE DETOX CLEANSE

(5 Day)

Vibe
Well

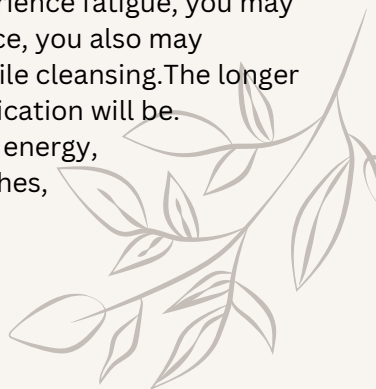




“ Health is a large word.
It not only embraces
your body, but your
mind and spirit too. ”

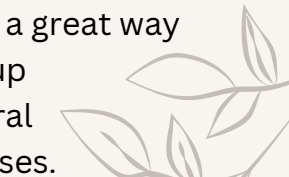
Things to know before you start:

1. Commit to yourself and this cleanse. It is important to know your "why" for cleansing. This will help to keep you accountable and in alignment with your desired feelings and outcomes.
2. How you start and end your cleanse matters. Try to eliminate or cut back on your coffee intake. If you intend to abstain completely from coffee, this will help with the potential withdrawals that may happen from not having it, such as headaches, etc. Try to eliminate processed foods, drinks, and refined sugars, as well as meat and alcohol. This will give your digestion system ample time to process it, which will make cleansing your system much easier.
3. You will feel different. Your body will be experiencing a level of cleansing and deep nourishment that will assist in your body's natural healing abilities. You may experience fatigue, you may experience emotions coming to surface, you also may experience some detox symptoms while cleansing. The longer your cleanse, the deeper your detoxification will be. The most common symptoms are low energy, headaches, lightheadedness, body aches, skin breakouts, irritability, G.I. issues, cravings, and bloating.





Your Morning Routine

- 1. How you start your day matters.** Take a minimum of 10 minutes to go within each morning after you wake up. We love to use the Breethe app or the Insight Timer app for guided meditations. Both are great for beginners and seasoned meditators. After your meditation, set your intentions for the day. This could be how you want to feel throughout the day, or a desired outcome for a certain situation. Then write down 3 things you are grateful for. A little tidbit for you, turning your energy to gratitude is the best way to pull yourself out of a funk in any moment!
 - 2. Each morning, drink a glass of warm lemon water** (1/2 lemon and 8- 16oz. of warm water). This is a great way to get your digestive juices fired up to ensure optimal functioning for the day. Starting your day with lemon water is also a great way to flush out any toxins that built up over night from your body's natural healing and detoxification processes.
- 



Days 1 & 3 & 5 Schedule

	Day 1	Day 3	Day 5
Upon Waking Lemon Water, Meditate, Set Intentions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Breakfast Juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mid-morning Juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lunch Protein shake or Juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mid-Afternoon Juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dinner Protein shake or Juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Evening Juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Depending which cleanse you purchased, you will follow that order when consuming your juice or shake. The Elixir Shot can be taken at anytime.





Days 2 & 4 Schedule

Day 2 Day 4

Upon Waking

Lemon Water, Meditate, Set Intentions

Breakfast

Vibe Well Smoothie

Lunch

Vibe Well Salad

Mid-Afternoon

Make sure you are drinking plenty of water. Half your body weight in ounces is what we aim for daily! The exception to this is on juice days.

Dinner

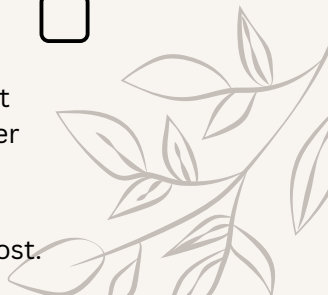
Vibe Well Smoothie

Evening

Hot organic peppermint tea

For your Smoothies:

Add in your provided liquid and blend (coconut milk for the *Fulfilled* - greens/banana/sun butter and carrot juice for the *Vitality* - blueberries/banana). You may also add your choice of plant-based protein for an added boost.





Cleanse Types

These are the 3 different cleanse varieties that we offer. Follow the order below based on the cleanse you purchased.

Be Well


Centered
Signature Blend Protein Shake
Grounded
Nourish
Alkalize
Signature Blend Protein Shake
Elixir Shot - anytime

Be Consistent

Luminous
Centered
Grounded
Nourish
Alkalize
Signature Blend Protein Shake
Elixir Shot - anytime

Be Balanced

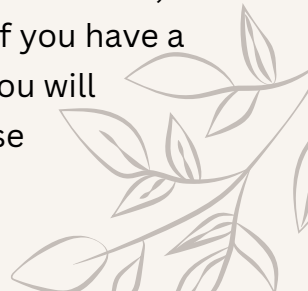
Alignment
Centered
Intention
Nourish
Alkalize
Nourish
Elixir Shot - anytime





Post Cleanse Transition

Just as it's important to prep for your cleanse, it's also equally important to ease your way back into your regular eating routine. We encourage you to continue eating in this *clean* way majority of the time! We love the 80/20 rule; 80% of the time we eat in this manner which is mostly plant-rich and high quality meat if you choose that. The other 20% we give ourselves room to indulge. Indulging means different things for each individual, so keep your indulgences within your own guidelines. If you know it's something that will completely take you off track, then leave it out, you are worth only the very best! Be mindful of the refined sugar and caffeine. The source of your coffee is incredibly important if you choose to reintroduce it. Also, there is no such thing as willpower. If you have a known unhealthy food culprit that you will succumb to, keep it out of your house and office!





*Congratulations
on completing your cleanse!*

A few tips before we send you on your way!

- Be sure to take time each day to go within, set your intentions, and connect with what your soul desires.
- Surround yourself with all things and people that bring you joy and fulfillment. It's in those times that you will feel aligned and the rest will work itself out.
- Take inspired action when you feel called to do so. Forcing scenarios in your life will only cause you to swim upstream.
- Energy is contagious. All you need to do to check your own energy is to look at your external surroundings. If you notice a downward spiral of negativity, you may need to take some time to go within, and reset your intentions for the rest of the day. Try to take a nap, or connect with anything that makes you feel happy, calm, and at ease.

