

Health₂o

Your 3-Day Juice Cleanse Includes:

- 3 colon hydrotherapy sessions
- 8 x 20 oz of green detox juice (*kale, cucumber, celery, lemon, apple, spirulina*)
- 4 x 20 oz of root juice (*beet, carrot, ginger, lemon juice*)
- 64 oz of detox soup (*zucchini, oregano, thyme, vegetable broth, coconut milk, olive oil, sea salt*)

~All organic ingredients

For the very best results and the most comfortable experience, please refer to the following guidelines:

2-7 Days Before Juice Cleanse:

- Do not eat: gluten (bread, pasta, pizza), dairy (milk, cheese, ice cream), nuts and nut butters, refined sugar, protein powders, nut butters, soy products, all processed food, red meat, beans, and rice.
- Do not drink: soda, seltzer, sparkling water, and alcohol.
- Eat lots of leafy green salads, hydrating fruits and vegetables, drink plenty of pure water (not carbonated), and fresh green vegetable juice.

1 Day Before Juice Cleanse

- Receive your juice and soup detox kit from Health2o.
- Eat a light breakfast and stop solid food mid-day.
- Drink 20 oz of green detox juice in the evening.
- Option to heat and enjoy some of your detox soup for dinner.

Day 1 of Juice Cleanse:

- Drink 3 x 20 oz of green detox juice throughout the day (at least 20 oz prior to your colonic).
- Drink 2 x 20 oz of root juice for lunch.
- Heat and enjoy your detox soup for dinner.
- Come in to Health2o for your first colonic. Please stop drinking 2 hours before your colonic.

Day 2 of Juice Cleanse

- Drink 3 x 20 oz of green detox juice throughout the day (at least 20 oz prior to your colonic).
- Drink 2 x 20 oz of root juice for lunch.
- Heat and enjoy your detox soup for dinner.
- Come in to Health2o for your second colonic. Please stop drinking 2 hours before your colonic.

Day 3 of Juice Cleanse

- Finish remaining green detox juice (at least 20 oz prior to your colonic).
- Come in to Health2o for your third colonic. Please stop drinking 2 hours before your colonic.

After your 3rd Colonic

Many clients choose to continue juicing for the remainder of Day 3 and introducing solid food the next morning. Other clients begin gradually eating solid food after their colonic. It is very important to slowly & mindfully incorporate food back after your cleanse.