



RAWSQUEEZED

Cleanse Guide

Why - What - How



# Simply put, a cleanse is...

An easy delicious fix to get rid of accumulated toxins in your body, refresh and regain youth.

An essential habit to assimilate all necessary nutrients for the body, to do away with your multi-vitamin pill.

A critical regimen that allows your gut to take rest for a day, at least once a week.

## Want to stay hungry for a change?

Go liquid for an entire day with  
Rawsqueezed premium cold pressed  
1, 2 or 3 days cleanse pack.





## What it is...

Rawsqueezed is an all-natural, made to order premium cold-pressed juice cleanse service.

Our drinks are freshly squeezed & no heat is involved in the process nor is it pasteurized.

Our drinks are high in live enzymes, anti-oxidants, vitamins & minerals.

Our drinks have a shelf life of 72 hours if unopened and 24 hours if opened and kept in the refrigerator.





# How to cleanse

Ginger Shot	-	7.00am
Workout Drink	-	7.30am
Breakfast Drink	-	9.00am
Snack Drink	-	11.00am
Lunck Drink	-	01.00pm
Snack Drink	-	03.00pm
Dinner Drink	-	05.00pm
RawSignature Salad	-	07.00pm



All drinks should be had at intervals of a minimum of 2 hours between each other.

Shake, sip, mix it with saliva, take time (15-20 min) & drink it like wine.

It is important to hydrate yourself during the cleanse, drink at least 3 liters of water.

Slight nausea, headache or diarrhea are all indications of deep cleansing. take rest, drink lots of water. if the conditions turn acute consult a doctor.

Most of the people have trouble to go just liquid all day, we recommend a light meal with proteins, carbs and fibers after the last bottle.



# menu

## Detox



## Glow



## Timeless



## Energy



## Burn





# salad



caesar salad



apple walnut salad



avocado salad



mescolare beans salad



quinoa salad



greek salad



# Post Cleanse...

Take time to eat your meals,  
your digestive system just had a good break.  
let's not rush.

Drink plenty of water, have soups,  
herbal tea's in between.

If you are new to cleanse, you will soon realize  
that your body indeed knows what it needs.

You may notice that craving for salty, sweet and oily food  
has considerably reduced or has completely gone.

It may be easier to avoid processed food items now.

Continue to avoid red meat, dairy, alcohol,  
refined sugar, aerated drinks and  
processed food for a week or more.

It would be interesting to keep a  
note of the changes you observe.





**After a cleanse the effects you may observe,  
but is not limited to are as follows:**

Increased energy!

Improved mental clarity!

Reduced bloating!

Boosted immune system!

Heightened senses!

Rejuvenated skin!

Reduced inflammation!

Better digestion!

Improved metabolic function!

Deeper and more restful sleep!

Weight loss!

Reduced cravings for unhealth foods!

Restored alkalinity!

Restored communion to Earth!





## Disclaimer & Allergy Advice

Our drinks do not contain any preservatives, sugar, color, additional water and is not processed in any form.

Suitable tests have revealed high nutritional content for each of our drinks.

We don't claim to cure any specific illness, but firmly believe that right food itself is medicine

We believe in the wisdom of a human body to become healthy given the right conditions.

We can formulate a specific program in case of a health concern or an allergy issue or a health goal, do connect with us personally on +91-7510150150 to have a conversation.

We are not responsible for any unforeseen allergic reactions to the drinks, please consult your doctor in case of any chronic illnesses before ordering the drink.





# Drink Your Health with Rawsqueezed



**RAWSQUEEZED**

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