

Welcome to the “Reset Raw Juice Cleanse”™ journey.
From all of us at



Congratulations on your decision to participate in our “Reset Raw Juice Cleanse”™. A juice cleanse is the ideal way to detoxify your body while resetting your metabolism and digestive system.

Good To Go does not offer medical advice or make claims as to the results you will see by participating in this program; however, Dr. Joel Fuhrman, author of The Super Immunity Diet, states that “ juicing helps unleash the natural healing power of the body. Juicing floods your system with powerful nutrients and antioxidants. It may also help retrain your taste buds to enjoy healthy fruits and vegetables, making it the first step toward a long-lasting lifestyle change, or jumpstarting a weight-loss regimen. Dr. Fuhrman also says juicing can be beneficial for people with elevated cholesterol and high blood pressure, and those suffering from autoimmune diseases, like arthritis, digestive problems and skin conditions.” Before participating please consult your physician and conduct independent research to determine if this cleanse is right for you.

Your juices should be picked up at **Good To Go Juice Bar, 5000 Old Spartanburg Road, Taylors, SC** in East Gate Village beside Pivotal Fitness. Don’t forget your cooler and plan to refrigerate them immediately (top shelf is best).

Please verify that you have all of your juices at pickup.

A day in the “Reset Raw Juice Cleanse”™

You will receive identical bags for each day containing six – 16oz bottles of raw juice and one wellness shot. Each bottle is numbered 1-6 on the lid to indicate the order in which they should be consumed. The wellness shot should be consumed at your discretion daily on an empty stomach and we recommend first thing in the morning. Regardless of when you decide to consume it, do not skip the shot as it is designed specifically to aid the body in neutralizing and eliminating toxins being released during the cleanse.

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These juices are formulated and ordered to stimulate the release of stored toxins, neutralize said toxins and flush them from the body. Follow the order indicated. To enhance your cleanse experience drink 16oz water with lemon or orange essential oil between each juice (or lemon juice if you don't have a high quality oil). *Good to Go makes every attempt to have these oils on hand (13.00 per bottle) but order in advance to insure that one or both will be available for you.*

Suggested juice schedule:

Upon waking have 16oz water with 2-4 drops of lemon essential oil (food grade) – this hydrates the body and boosts the digestive process while stimulating the liver, gallbladder, kidney and adrenals.

8am - Drink your wellness shot first thing. This floods the body with enzymes & nutrients to give you the burst of energy you need upon waking.

9am – Juice #1 – Start Your Engine with this spicy concoction formulated to promote the release of toxic waste.

11am - Juice #2 – Purple Power House neutralizes toxic substances that your body has been releasing throughout the morning

1pm - Juice #3 – Stamina promotes release of toxic reserves stored in joints, fat cells and relieves inflammation in general.

3 -Juice #4 – Filler Up – Packs a satisfying punch of protein & iron packed chia seeds in juices sure to provide an energy boost and help avoid a sluggish afternoon.

5- Juice #5 – Salad Sipper is just that, a salad in a bottle. Get those veggies in.

8 - Juice #6 – Nite Cap is a tasty reward for a job well done that prepares you for a full night of restful sleep. (These are available for purchase beyond your cleanse. Folks have reported tossing the sleep aids and enjoying the Almond Mylk instead.

Drink. Smile. Repeat

FAQ:

Will I be hungry?

You most likely will not experience hunger but we often eat out of habit. Keep in mind that you will most likely be consuming more raw fruits and vegetables in one day than you have ever eaten otherwise. You may experience the urge to crunch/chew. Avoid this if at all possible as digestion begins in the mouth and the goal is to direct digestive enzymes to work toward eliminating toxins already in the body.

Will I be able to work and workout?

Many people prefer cleansing during the work week. This can be a distraction from habitual eating. You should take it easy with regard to physical activity for the first two days but feel free to take a walk or follow your regular exercise routine listening to your body and acting accordingly. On day three people often report surges of energy along with an increased desire to be active.

What are some symptoms of detoxing?

Often people report headache, stuffy/runny nose, scratchy throat, white coating on tongue, frequent urination, bloating, constipation, loss of appetite. If you experience these symptoms you may consider drinking more water with essential oil, having a mint, senna or detox tea, taking a walk, a detox bath (see our website for more information), lymphatic massage (see our website for more information), a sauna, meditation, light activity. **If you feel ill at any time we urge you to discontinue the juices and contact your physician.**

How do I explain what I'm doing to my friends and family?

Your loved ones may be the first to list all of the reasons why you should not participate in a juice cleanse. Consider their statements as they most often come from a place of care and concern. Be prepared to pass the results of your independent research along with any information you've gotten from your health care provider. You may direct them to watch the "Fat Sick and Nearly Dead" video documentary. Often the nay sayers follow your lead and participate in the "Reset Raw Juice Cleanse"™ themselves after witnessing your results.

Help I'm not eliminating. What can I do?

Begin each day of your cleanse with water (if you are not eliminating add 1-2 tsp sea salt) and high quality lemon essential oil (or other detoxifying oil of your choosing). Wait a minimum of 15 minutes then begin drinking your juice. Bloating can be a sign of candida yeast die off. You may consider drinking a senna detox tea to encourage elimination. .

I don't know if I can stick with this. What are some tips to keep me on track?

Stay Strong. It is time to be 100% committed to drinking juice, the whole juice and nothing but the juice. Digestion begins in the mouth so try and stick with the plan. While we strongly encourage ditching all food for the length of your cleanse, we do understand that everyone is human. So just in case temptation gets the best of you, we are giving you a few small cheats that won't undo all of your good work. Nobody ever even has to know.

- Half of a fresh avocado with lemon squeezed on it.
- Celery or cucumber. Chew really well to make it easy on your digestive system
- Some romaine with lemon squeezed on it. (Almost like a Caesar salad; minus the croutons, the dressing, and the cheese)
- Warm low sodium vegetable broth.

How can I increase the effectiveness of the cleanse?

Drink lots of water with detoxifying essential oil or lemon juice.
Spend time in a sauna which will help the body rid itself of toxins. Infrared is best.
Book a massage or reflexology. Both help to release stored toxins.
Dry skin brushing promotes lymphatic drainage and exfoliates the skin, our biggest detoxification organ.
Consider getting a colonic before, during, and/or after cleansing.

What if I want to break my cleanse?

Do you feel physically ill and uncomfortable? If so, by all means break the cleanse and contact your health care provider (Always follow your intuition along with any advice given by your physician over all else). Otherwise, you may choose to evaluate your feelings and identify any patterns of self sabotage. Are you willing to commit a few days each quarter for your health and wellness? Are the goals that made you begin this cleanse still as important today? Can you imagine yourself being successful? Are you bored or thirsty? Have you been eliminating? (If no, drink a detox tea or warm sea salt water). Have a headache? (Drink a large water with lemon essential oil and cayenne). Do you need more juice? The average person should feel satisfied with the six juices per day but if you are not contact "Good To Go" and we can customize a plan for you (for an additional fee). Take a

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walk. Read a book. Practice prayer, meditation and positive thinking. Look in the mirror and repeat until you know it to be true: "I will take this opportunity to cleanse my body".

Hurray! I've completed my cleanse. What's next?

As your cleanse comes to an end you should avoid meats and animal fats for the first few days. Eat small, frequent meals consisting mainly of fruits and vegetables as your stomach will be smaller and your body will not be producing the large amounts of digestive acids it required before the cleanse. Continue drinking lemon essential oil and water immediately upon rising. This is also a great time to eliminate processed foods and artificial sweeteners from your diet FOREVER. Continue eating raw, detoxifying meals consisting of mainly fruits and vegetables for at least five days per week. If you do so you will continue to see improvements. Though you may be ending the cleanse, your health and wellness journey is only beginning. Take advantage of this moment in time. Pay attention to how great you feel, as it will be a big motivator.

Consider cleansing once per quarter to keep your system running at optimum capacity. Good To Go now offers "Work-A-Day" cleanses to help you stay on track once you've completed the Reset Raw Juice Cleanse. Call to pre-order as everything is prepared fresh.

Important "not so fine" print

Disclaimer:

Though we provide detailed information on the benefits of juice cleansing we do not offer any medical advice or make promises with regard to addressing specific health conditions. We strongly recommend that you conduct independent research, speak with your physician or medical professional and make decisions based upon those results.

The Reset Raw Juice Cleanse consists of drinking unpasteurized juices. No measures beyond sanitary handling practices have been taken to kill any harmful or helpful bacteria or enzymes in the juices. You must assume complete responsibility in your decision to consume raw juice and release Good To Go and its associates from any and all liability.

Raw juice has a very short shelf life and should not be held to drink at a later date as they contain no preservatives. These juices must be refrigerated at all times on the top shelf of the refrigerator or kept in an iced cooler.

Good To Go does not recommend that individuals under the age of 18, the elderly, those who are pregnant or nursing, or have compromised immune systems participate in the "Reset Raw Juice Cleanse"™.

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