



ALCHEMY

juice bar + café

CLEANSE GUIDE

COLD-PRESSED, DEFINED

Cold-pressing is the process of extracting juice from fresh fruits and vegetables using a high pressure hydraulic press rather than a heat-generating blade found in most at-home juicers. Avoiding heat in the juicing process limits oxidation of the produce, thus helping to preserve the raw nutrient profile and keep important vitamins, minerals, phytochemicals, and enzymes in tact. This method allows juice to stay fresher longer. Juice will remain fresh for 4-5 days after it's pressed and bottled. Our juice is raw and preservative-free. We strive to use local and organic produce when feasible. Our juice is bottled in 100% glass bottles for a safer, more sustainable way to enjoy juice. Repurpose the glass for your own use or return the cleaned bottle for 25 cents off your next purchase.

JUICE CLEANSSES

WHY CLEANSE?

Reclaim your health and find your best self with a nutrient-rich juice cleanse. A cleanse replaces food with raw cold-pressed juice. Giving the digestive system a break from food helps to speed up the benefits of cleansing. Packed with antioxidants, vitamins, and enzymes, cleansing can help kick start a healthy diet, boost mental clarity, regain energy, and detoxify the body. Whether you're looking to reset or simply boost nutrient intake, a juice cleanse is a great place to begin!

OUR CLEANSSES

Each cleanse includes 12-8oz bottles of juice per day. The length of your cleanse depends on your own goals. We offer one day, two day, and three day cleanses. It is recommended that you drink the juice in place of all food during your cleanse. The Hippocrates Cleanse is our "beginners" cleanse, featuring a variety of citrus, root, and green juices plus cashew mylk. If you've never done a juice cleanse before, this one is for you. Regulars love this cleanse as well! The Alchemist Cleanse is our "standard" and most popular cleanse, featuring a larger proportion of green juice. If you've cleansed before and prefer more greens, chose this cleanse option. There is also the option of designing your own juice cleanse from any 12 juices on our menu based on your own personal health and wellness needs

PREPARING TO CLEANSE

BEFORE THE CLEANSE

Maximize your cleanse by dedicating some time before hand to prepare. It's best to be mindful of the cleanse the days or week prior. If you typically eat lots of animal products, processed foods, and not many fruits and veggies, you may want to prepare up to a week in advance in order to avoid uncomfortable symptoms. Breaking down toxins may cause you to feel under the weather in the beginning of your cleanse, but remember that this is temporary! Headaches, nausea, and fatigue are normal symptoms.

Hydrate! Drinking more water will help lighten the load on your digestive system prior to cleansing in addition to facilitating the removal of waste from your liver and kidneys. Remember that dehydration can disguise itself as hunger. The more you drink, the more you'll recognize true hunger cues. Facilitate the transport of nutrients throughout your body with plenty of H2O before, during, and after your cleanse.

Eat more plants! A couple days before your cleanse, try weaning off of animal foods like meat, dairy, and eggs. Stock up on plenty of fruits, veggies, whole grains, beans, nuts, and seeds. Avoid processed foods, fried foods, added sugar, alcohol, and acidic drinks like coffee. Start the day with a big smoothie packed with fruits and veggies.

DURING THE CLEANSE

Once again, hydrate! Feel free to spruce up your water with fresh lemon or sliced strawberries for added flavor. As far as the juices go, do your best to spread them out over 12 hours. You can drink one every hour or drink two (16oz) every couple hours. You may feel full from all the liquids, but sip on. Aim to finish your last juice an hour or two before bedtime.

AFTER THE CLEANSE

Remember that your body hasn't had food in a number of days, so ease back into it. Lots of fresh fruits and veggies in the days following the cleanse is best. Avoid dairy, meat, alcohol, and heavily processed food. Starting with smoothies is always a good idea. Try soup or a loaded salad with chickpeas, veggies, and avocado for lunch dressed with balsamic and olive oil. Keep it simple!

JUICES

TRUE GREEN

apple, kale, parsley, lemon

Apples contain polyphenols such as quercetin that prevent spikes in blood sugar. Kale helps combat chronic inflammation with its 45 unique cancer-fighting flavonoids. Luteolin, one of the primary flavonoids in parsley, has been shown to function as antioxidants and help prevent oxygen-based damage to cells. Lemons are a not only alkalizing for the body, but they're also a great source of vitamin C for immune support.

MEAN GREEN

pear, kale, spinach, celery, cilantro, lime

Cilantro is unique in its ability to chelate heavy metals and neurotoxins from the body such as lead, mercury, and aluminum. Kale helps combat chronic inflammation with its 45 unique cancer-fighting flavonoids. Pear lends a delicate, sweet balance plus a dose of immune-boosting vitamin C. The vitamin K found in kale, spinach, and celery facilitates blood clotting and reduces the risk of bone fractures.

ORANGE ZING

orange, carrot, lemon, ginger, cayenne

Oranges and lemons are loaded with vitamin C, the main water-soluble antioxidant in the body. These plant compounds help neutralize damaging free radicals and enhance the immune system. Habaneros contain higher amounts of capsaicin than other chili peppers, which helps regulate insulin levels.

LEMON FIRE

filtered water, lemon, pure maple syrup, cayenne

This refreshingly tart and spicy elixir helps stimulate the liver and prepare the digestive tract to optimally absorb the nutrients in cold-pressed juice. Lemons are a not only alkalizing for the body, but they're also a great source of vitamin C for immune support. Maple syrup is an excellent source of manganese, a mineral critical for proper brain and nerve function. It's also a good source of immune-boosting zinc. The capsaicin in cayenne acts as a natural metabolism booster.

EASY BEET

pear, apple, beet, lemon

Beets contain phytonutrients called betalains that help naturally detoxify the body, offer antioxidant and anti-inflammatory support. Lemons are not only alkalizing for the body but they're also great source of vitamin C, which helps absorb the iron necessary for red blood cell production.

CACAO CASHEW MYLK

filtered water, raw cashews, pure maple syrup, raw cacao powder, pure vanilla extract, cinnamon

End the day on a delicious note with this protein-packed cashew drink. Raw cacao powder is packed with magnesium to neutralize toxins and combat acid buildup. Fragrant cinnamon slows stomach emptying thus reducing the spike in blood sugar after meals.

THE HIPPOCRATES CLEANSE

1 TRUE GREEN (2)

apple, kale, lemon, parsley

2 ORANGE ZING (2)

orange, carrot, lemon, ginger, cayenne

3 TRUE GREEN (2)

apple, kale, lemon, parsley

4 LEMON FIRE (2)

filtered water, lemon, pure maple syrup, cayenne

5 EASY BEET (2)

pear, apple, beet, lemon

6 CACAO CASHEW MYLK (2)

*filtered water, raw cashews, pure maple syrup,
raw cacao powder, pure vanilla extract, cinnamon*

THE ALCHEMIST CLEANSE

1 MEAN GREEN (2)

pear, kale, spinach, celery, cilantro, lime

2 LEMON FIRE (1)

filtered water, lemon, pure maple syrup, cayenne

3 TRUE GREEN (2)

apple, kale, parsley, lemon

4 ORANGE ZING (1)

orange, carrot, lemon, ginger, cayenne

5 MEAN GREEN (2)

pear, kale, spinach, celery, cilantro, lime

6 EASY BEET (2)

pear, apple, beet, lemon

7 CACAO CASHEW MYLK (2)

*filtered water, raw cashews, pure maple syrup,
raw cacao powder, pure vanilla extract, cinnamon*

FAQ

Can I work out on a cleanse?

Listen to your body. If you feel head-achey or fatigued, which are common symptoms, don't over-stress your body. Sweating is a good way to eliminate toxins, however be sure to not over-do it. A brisk walk or yoga class may do the trick.

Can I eat on a cleanse?

Juices are supposed to replace food during cleanses in order to give the digestive system a break. That said, if you're starving, a piece of fruit or avocado slices with lemon won't undo the benefits of the cleanse. Once again, listen to your body!

Can I drink caffeine on a cleanse?

If you're used to drinking caffeine daily, it's best to eliminate it a week or so before so you don't experience withdrawal symptoms during the cleanse. If you plan on going back to coffee after the cleanse and feel you can't live without it, save yourself the pain of withdrawal and have your cup of coffee while you cleanse. Just be sure to drink a couple extra glasses of water! Tip: green tea and cold-brew coffee have less acid than brewed coffee.

Should you have any questions, feel free to send us an email at info@alchemyjuicecafe.com. We're here for you!