



Juicing with Roda Juice is all about health NOT deprivation, therefore our detox juice bundles are designed for you to enjoy fresh natural fruits and veggies through our delicious combination of flavors. When we drink fresh juice from whole fruits and veggies rather than eat them, it gives our digestive system a break, and allows our bodies to easily absorb nutrients. This break gives our body the time to focus on healing itself and flushing out stubborn toxins and waste. *The following are only suggestions and we ask that you please consult a doctor before detoxing.*

1 Day Detox

Congratulations, you are committing to a 1 day detox! This is a great and quick way to cleanse your body and begin your commitment to healthy food habits.

Please be kind to yourself and know that you can eat & drink water during a cleanse! Yes that is right, this is your detox so feel free to end your day with a healthy, plant-based meal and drink water as needed. Be sure to listen to your body!

For our 1 day juice detox bundles, which includes 6 -12 oz. juices along with one boost shot, we suggest drinking one juice every 2 hours (based on a 12 hour eating cycle, ie. 8am-8pm) and then drink that boost shot when you need, well that boost!

3 Day Detox

WOW!! You are making a serious commitment to your health! The following tips and suggestions are from Good Nature, an industry leader in cold press juicing to help you prepare and make the most of your 3 day detox.

Pre-Cleanse Instructions

Jumping right into the cleanse after maintaining an unhealthy diet, also known as SAD (standard American diet), could cause you to feel quite sick from the detox side effects and not want to continue or even attempt it again.

The week before:

1. Transition unhealthy meals and junk food out of your diet and replace them with more raw organic vegetables and fruit making about 75 to 80 percent of your diet raw and whole foods. Be wary of foods marketed as health food. If they are marketing it as such, it probably isn't.
2. Eat smaller portions than usual, eating only enough to satisfy your hunger.
3. Incorporate regular, non-strenuous exercise into your routine.
4. Make sure you are drinking enough clean water, which is key to flushing out toxins.

During the 3 Day Detox:

Similar to the 1 Day Detox we suggest having a juice every 2 hours and then drink a boost shot when you need it! We also suggest not to deprive yourself and consider eating a healthy, plant-based meal at the end your day if your body needs it.

Post 3 Day Detox: (from Good Nature)

Now is a great time to think about how you want to incorporate what you've learned into your daily regimen. Maybe you will want to swap one meal a day with vegetable juice? or maybe two?

The day after your cleanse you're going to want to ease into solid foods. One of the best ways to come off a cleanse is to drink smoothies and eat small pieces of juicy, watery fruit. Some people recommended to wait at least 3 days before you start adding proteins (organic meat) and whole-wheat grains, but again, listen to your body and monitor how you feel.

**Please feel free to contact us with any questions you may have:
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