

HOW TO?

1 Ease Into It At least two days prior to starting the cleanse, eat mostly vegetables, fruits and small amounts of nuts and seeds. Stay hydrated and avoid processed foods. This makes the “cleanse” work more smoothly and thoroughly.

2 Rest Engage in light exercise before, during and after the cleanse. Do what you’re comfortable with... walking, jogging, yoga? Rest when needed.

3 Hydrate Water helps flush toxins. In addition to daily juices, drink plenty of water. Non-caffeinated herbal teas are beneficial, but do not substitute for pure water.

4 Ease Out Slowly Ease out of the cleanse and transition slowly to a healthy eating routine. First day off the cleanse: enjoy fresh fruit or a smoothie blend for breakfast, a soup for lunch, and finish off the day with steamed veggies. Avoid overeating. Chew thoroughly. Avoid processed foods, sugar, alcohol, caffeine, gluten, dairy and meat for *at least* the first few days off the cleanse.

5 Thrive Your body will thank you for this reset. Cleanse two or more times a year & choose healthy always!

MASTER CLEANSE

Master Cleanse is a tasty beverage made of simple ingredients for a deep cleanse.

Author of *The Master Cleanser*, Stanley Burroughs says:

“This diet will prove that no one needs to live with their diseases. A lifetime of freedom from disease can become a reality. The Lemonade diet has successfully and consistently demonstrated it’s eliminating and building ability.”

Master Cleanse: \$36/gallon
Sugarcane Juice, Lemon & Cayenne

Drink about 1/2 gallon (8 cups) or more per day. Drink plenty of water along with the master cleanse. Or, enjoy the master cleanse drink casually between meals on a regular basis for a gentle cleanse!

Sweet Cane Cafe
48 Kamanā Street,
Hilo Hawaii
(808)934-0002
sweetcanecafe@gmail.com



JUICE CLEANSE



Toxins come from nearly all areas of modern-day living. Over time, toxic build-up can lead to increased risk for illness. Detoxifying the body is essential to gain and maintain health.

DETOX Load your body with nutrient-dense drinks to flush your system. Optimize the liver & lymphatic system to make way for a healthy digestive tract, efficient metabolism & pure rejuvenation.

RESET Regenerate healthy cells, a healthy bloodstream and strong immune response. A healthy gut offers higher nutrient-absorption, energy & better health overall.

THRIVE Commit to cleansing several times a year. Juice cleanses are known to promote clear and youthful skin, a strong immune system, healthy energy, restful sleep patterns, clarity, mindfulness and effortless happiness.

ARE YOU READY?

1) PRE-ORDER Stop by the cafe, call or email sweetcanecafe@gmail.com

2) Your juice cleanse package is made fresh and available for pick-up on your schedule days. Keep drinks chilled.

5) Be aware that you may experience negative side effects from detox, which may include headache, mood swings, excess elimination. Allow time (usually 24 hours) to move through that.

- The timing of the drinks will depend upon your unique schedule.
- You don't have to finish all the drinks. If you get full, offer part of a drink to a friend or save it for tomorrow!
- Need some fiber? Mix one TBSP chia seeds and/or psyllium husk with a tall glass of lemon water and drink several times a day.
- Starting the day with a glass of lemon water is also a bonus.

DAILY DRINKS

#1 **8am Celery** This mild-tasting yet powerful green juice sets your body up for the day.

#2 **10am Rejuvenate** A mix of cucumber, celery and apple is refreshing and delightful.

#3 **12pm Skinny Lemonade** Aloe, cayenne and lemon for alkalinity, sweetened with our raw organic sugarcane juice. These ingredients help to reduce inflammation and flush body fat.

#4 **2pm Sweet & Spice** Carrot, beet, celery and ginger. This root based drink is grounding and nutritious to help carry you through the afternoon.

#5 **Reset** Celery, cucumber, apple, greens, ginger & turmeric. This helps flush the liver and deliver nutrients to the body.

#6 **6pm Golden Mylk** This calcium and magnesium-rich drink helps to calm your body and mind. Allow your body to rejuvenate and work its magic overnight! (Some people prefer this drink slightly warmed over the stovetop).

Juices are cold-pressed. We strive to make every drink 100% organic and use local ingredients when possible.

FAQ's

What can I look forward to? More energy, weight control, vibrant skin, mental clarity, amplified senses, better eating habits, & a heightened level of consciousness & awareness.

Can I eat *anything*? Most people choose to consume only liquids during the cleanse. Others will add all of these drinks into their daily diet for an extra boost of nutrients. If you decide to eat, choose light & simple foods such as soup or steamed vegetables.

Can I exercise? Your daily routine is recommended, but don't overexert yourself.

Can I drink coffee? Switch to unsweetened organic green tea or another tea. Drink this in the morning no later than 8 hours before bed.

Are the drinks gluten-free, raw and vegan? Yes, yes and yes!

Allergies? Tell us!

When can I start? Call or email to schedule your juice cleanse, we need up to 48 hour notice to get everything ready!

Juice cleanse price Includes six 16oz drinks daily, plus one 4oz lemon noni shot.

1 day \$69

5 days \$333

3 days \$205

10 days \$649

Pick up up to 3 days at a time to maintain freshness. If you'd like to do a longer cleanse, email requests and pick up every 3rd day.