



INTRODUCING YOUR PERSONALISED
DETOX PLAN



FUNKYJUICE
BE SMART DRINK FRESH



LOSE WEIGHT
AND GIVE YOUR HEALTH A BOOST
IN 5 DAYS OR LESS

CONTACT US: FULHAM BROADWAY SHOPPING CENTER
P: 07801802324 WWW.FUNKY-JUICE.COM - HEALTHPLAN@FUNKY-JUICE.COM



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THE FUNKY JUICE DETOX IS A GREAT WAY TO LOOSE WEIGHT,
CLEANSE AND BOOST YOUR HEALTH,

IN 1-3-5 DAYS

DETOX PLAN:

- ⚡ DECIDE ON YOUR GOALS
- ♥ 1, 3 OR 5 DAY DETOX PROGRAMME
- ✔ COMPLETE OUR BOOKING FORM ATTACHED IN:
- ➡ [HTTP://WWW.FUNKY-JUICE.COM/DETOXPROGRAMME.PHP](http://www.funky-juice.com/detoxprogramme.php)
- 🍷 COLLECT YOUR 6 JUICES DAILY FROM FUNKY JUICE FOR FREE
- 🍷 DELIVERY IS OPTIONAL AT EXTRA £5 WITHIN FULHAM AND CHELSEA OR £10 ELSEWHERE IN LONDON.

MORE INFORMATION:
info@funky-juice.com



YOUR DETOX PACKAGE:

YOUR DETOX PROGRAMME HAS BEEN CREATED BY:
FUNKY JUICE TO PROVIDE:

- 🍷 A SAFE AND EFFECTIVE AT-HOME JUICE DETOX PROGRAMME.
- 🍷 WE PROVIDE SUPPORT, JUICES AND A DETOX PACK.

A JUICE DETOX IS A CHALLENGE BUT A HIGHLY
REWARDING ONE.



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WHAT'S ON YOUR DETOX PACK

YOUR DETOX PACK CONTAINS:

- ✔ TIPS FOR SUCCESS
- 📄 PRE-DETOX AND POST-DETOX DIET GUIDELINES
- 🥗 GUIDELINES ON TREATMENTS AND ACTIVITIES TO SUPPORT AND OPTIMISE YOUR DETOX
- ? ANSWERS TO MANY FREQUENTLY ASKED QUESTIONS ON JUICE DETOXING.

F.A.Q.



OVERLOADING
MY DRINK

I OR 2??



STRUCTURE OF THE DETOX PROGRAMME:

- ✔ STEP 1. FOLLOW PRE AND POST DETOX DIET FOR 1-3-5 DAYS (DIET GUIDELINES PROVIDED)
- 🥗 STEP 2. 1-3-5 DAY JUICE DETOX
- 🔄 STEP 3. REPEAT.

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WHAT YOU GET?

YOUR DETOX PACK CONTAINS:

- 🌱 SIX DAILY FRESHLY PREPARED FRUIT & VEGETABLE JUICES IN 12OZ SEALED BOTTLES
- 🌱 ONE DAILY WHEATGRASS SHOT (OPTIONAL)
- 📄 DETOX PACK WITH SUPPORT AND PRE/POST DETOX DIET PLANS
- @ EMAIL SUPPORT AT ANY TIME DURING YOUR DETOX



WHAT ARE THE POSITIVE RESULTS OF A JUICE DETOX?

- ✔️ THE REMOVAL OF TOXIC WASTES (SUCH AS POISONS, INDUSTRIAL CHEMICALS, PATHOGENIC MICRO ORGANISMS AND MORE) FROM BLOOD, TISSUES AND ORGANS. NOT TO MENTION...
- ✔️ INCREASED ENERGY LEVELS AND FEELING OF WELLBEING
- ✔️ WEIGHT LOSS (FAT NOT WATER)
- ✔️ CLEARER AND MORE RADIANT SKIN
- ✔️ REDUCTION IN THE APPEARANCE OF CELLULITE
- ✔️ A STRENGTHENED IMMUNE SYSTEM AND DIMINISHED ALLERGIC SYMPTOMS
- ✔️ IMPROVED LIVER FUNCTION
- ✔️ BETTER MENTAL FOCUS AND CLARITY
- ✔️ BENEFICIAL FOR IBS AND CONSTIPATION, HORMONAL IMBALANCES AND PROBLEM SUCH AS PMS, SKIN PROBLEMS SUCH AS A ACNE AND ECZEMA AND JOINT PAIN AMONGST MANY OTHERS

A CLEANSE CAN ALSO TEACH YOU ABOUT YOUR RELATIONSHIP TO FOOD AND CAN PROVIDE THE KICK-START YOU NEED TO START A NEW HEALTHY EATING OR WEIGHT LOSS PLAN.

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TIPS FOR A SUCCESSFUL JUICE DETOX



1.- ITS ALL IN YOUR HEAD

ATTITUDE HAS A GREAT DEAL TO DO WITH SUCCESS – THINK POSITIVELY! FOCUS ON THE CLEANSING YOUR BODY IS DOING AND WHAT YOU WILL GAIN.

2.- SUPPORT YOUR NETWORK

CONTACT SUPPORTIVE FRIENDS AND FAMILY. LET THEM KNOW WHAT YOU ARE ABOUT TO DO. ASK THEM TO HELP YOU SUCCEED. YOU CAN MOTIVATE AND SUPPORT EACH OTHER TO STICK WITH IT AND SHARE A LAUGH.

3.- TREAT YOURSELF AND CREATE A RETREAT IN YOUR HOME

WATCH POSITIVE AND UPLIFTING FILMS, READ INSPIRING BOOKS, TAKE HOT BATHS AND TAKE A HOT WATER BOTTLE TO BED WITH YOU. BE GOOD TO YOURSELF.

4. LISTEN TO YOUR BODY

ALWAYS LISTEN TO WHAT YOUR BODY IS TELLING YOU. DON'T PUSH YOURSELF FURTHER PHYSICALLY THAN YOUR BODY WANTS. IF YOU ARE WORKING THROUGH MOST OF YOUR JUICE DETOX AND WHEN YOU HOME FROM WORK YOU FEEL LIKE GOING TO BED AT 7PM THEN GO!

5. DRINK THE RIGHT ABOUT OF LIQUIDS

DRINKING 2-3L OF WATER A DAY IS ESSENTIAL FOR FLUSHING TOXINS.

6. DO MODERATE EXERCISE DAILY

EXERCISE ENCOURAGES THE PURGING OF TOXINS FROM TISSUES AND HELPS THEIR REMOVAL FROM THE BODY.

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NEXT STEPS...

GO TO: WWW.FUNKY-JUICE.COM

1. CLICK ON DETOX PLAN AND DOWNLOAD THE BOOKING FORM
2. COMPLETE AND RETURN TO FUNKY JUICE VIA EMAIL:
3. JUICE!

YOUR DETOX PACK

WHAT YOU NEED, SHOPPING LIST

WATER FILTER/BOTTLED WATER – YOU MUST DRINK 2-3L OF FILTERED/MINERAL WATER EVERY DAY. [ESSENTIAL]

NATURAL BRISTLE BODY BRUSH (THE BODY SHOP AND HEALTH SHOPS SELL THEM) – FOR 5-10MIN DAILY BODY BRUSHING TO SUPPORT REMOVAL OF TOXINS VIA LYMPH AND SKIN [RECOMMENDED]

ORGANIC HERBAL TEAS (WE LIKE YOGI OR PUKKA) – WARMING AND COMFORTING AND HELP TO WARD OFF HUNGER [RECOMMENDED]

TAKE PROTEIN SUPPLEMENT – YOU CAN BUY FROM US: SPIRULINA, CHIA SEEDS, WHEY PROTEIN

DIETARY PREPARATION: THE PRE AND POST DETOX DIET

THIS IS VERY IMPORTANT TO MAXIMISE YOUR CLEANSE

TRY TO ELIMINATE CAFFEINE, FIZZY DRINKS, ALCOHOL, SUGAR AND ALL SOURCES OF REFINED SUGAR (CAKES, BISCUITS, CHOCOLATE BARS, REFINED CARBOHYDRATES SUCH AS WHITE BREAD, BAGELS, PASTA, RED MEATS, DAIRY PRODUCTS CHEESE, CREAM, BUTTER, MILK, YOGHURT), AND PROCESSED FOODS THAT CONTAIN FOOD ADDITIVES.

INSTEAD, EAT FRESH VEGETABLES, FRUIT, BROWN RICE, WHOLE GRAIN BREAD, FISH, SALADS, BEANS, SOUPS...AND PLENTY OF WATER! IT IS WELL WORTH THE EFFORT – GO ON, YOU CAN DO IT!

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OTHER PRE-DETOX PREPARATION

MINIMISE YOUR EXPOSURE TO TOXIC CHEMICALS.....

JUICING FAQS

WHAT HAPPENS TO MY BODY DURING A JUICE DETOX?

IN THE FIRST 24- 48 HOURS YOUR BODY ADJUSTS TO THE DROP IN CALORIES BY CONVERTING GLYCOGEN IN THE LIVER INTO GLUCOSE. YOUR BASAL METABOLIC RATE WILL ALSO TEMPORARILY DROP AS YOUR BODY TRIES TO CONSERVE ENERGY (THIS IS ONE REASON YOU FEEL THE COLD MORE EASILY WHILE YOU ARE DOING A JUICE DETOX.)

THE BODY WILL USE BODY FAT STORES AS THE PRIMARY FUEL FOR THE REMAINDER OF THE JUICE DETOX. BECAUSE MOST TOXINS ARE STORED IN FAT CELLS, AS THE FAT CELLS ARE BROKEN DOWN TO PROVIDE FUEL, TOXINS ARE RELEASED FOR REMOVAL FROM THE BODY.

THE DIGESTIVE BECOMES INACTIVE AND IS ALLOWED A COMPLETE REST. THIS IS EXTREMELY BENEFICIAL FOR THE BODY AS ENERGY IS DIVERTED FROM DIGESTING TO CLEANSING AND REPAIR OF BODY TISSUES. AS YOU GET FURTHER INTO THE JUICE DETOX, YOUR DESIRE TO EAT SHOULD SUBSIDE.

IN THE LATTER HALF OF YOUR JUICE DETOX, YOUR ENERGY LEVELS WILL RISE – TO LEVELS HIGHER THAN THEY WERE BEFORE YOUR JUICE DETOX. YOU WILL HAVE A GREATER SENSE OF MENTAL CLARITY, FOCUS AND CONCENTRATION. YOUR BODY WILL BE WORKING MORE EFFICIENTLY. THIS IS AN OPPORTUNITY TO MAKE A FRESH START FOR YOUR HEALTH.

HOW MUCH WEIGHT CAN I EXPECT TO LOSE?

WEIGHT LOSS DEPENDS ON THE LENGTH OF PROGRAMME YOU CHOOSE AND YOUR WEIGHT AT THE START OF THE JUICE DETOX. HOWEVER, ON AVERAGE YOU CAN EXPECT TO LOSE ANYWHERE BETWEEN 4-7LBS ON A FIVE DAY PROGRAMME AND 2-4LBS ON A 3 DAY. GREATER CLEANSING AND WEIGHT LOSS CAN ALSO OFTEN BE ACHIEVED IF YOU HAVE COLONIC HYDROTHERAPY, OR OTHER COLON CLEANSING, WE CAN RECOMMEND A CLINIC IF YOU WOULD LIKE TO INVESTIGATE FURTHER.

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CAN I EXERCISE WHEN ON A JUICE DETOX?

YES, IT IS CERTAINLY BENEFICIAL TO UNDERTAKE LIGHT DAILY EXERCISE WHILST CLEANSING AS IT ENCOURAGES THE REMOVAL OF WASTES, BUT WE WOULD NOT RECOMMEND THAT YOU UNDERTAKE HEAVY EXERCISE WHIST ON THIS PROGRAMME. ALSO, PLEASE NOTE THAT DUE TO THE FACT YOUR BLOOD PRESSURE MAY BE SLIGHTLY LOWERED DURING THE JUICE PROGRAMME YOU SHOULD TAKE CARE NOT TO STAND UP TOO QUICKLY AS IT COULD CAUSE DIZZINESS. YOGA, PILATES, GENTLE CYCLING, SWIMMING AND WALKING ARE PARTICULARLY GOOD FORMS OF EXERCISE WHEN CLEANSING.

CAN ANYONE DO A JUICE DETOX?

NO, SOME PEOPLE SHOULD – SUCH AS PREGNANT WOMEN, DIABETICS OR PEOPLE WHO HAVE RECENTLY UNDERGONE SURGERY (THIS IS WHY NUTRITIONIST ASSESSED YOU BY GETTING YOU TO FILL IN OUR CONFIDENTIAL HEALTH CHECK QUESTIONNAIRE TO SEE WHETHER THE PROGRAMME WAS SUITABLE FOR YOU).

WILL I HAVE ENOUGH ENERGY WITHOUT FOOD AND IS IT SAFE TO GO WITHOUT SOLID FOOD FOR 3-5 DAYS?

YES! YOU MAY WELL FEEL A BIT TIRED AND SLIGHTLY WEAKER THAN USUAL FOR A DAY OR SO NEAR THE START OF THE PROGRAMME BUT THIS IS NATURAL – A RESPONSE TO THE CLEANSING AND DETOXING YOUR BODY IS DOING. BUT THIS SOON PASSES AND AFTER YOUR DETOX YOU SHOULD HAVE MUCH HIGHER ENERGY LEVELS THAN YOU HAD AT THE START OF THE PROGRAMME.

WHEN CAN YOU START YOUR JUICE DETOX PROGRAMME?

YOU CAN START ANY DAY OF THE WEEK BUT WE RECOMMEND YOUR CONSIDER YOUR SCHEDULE AND WHICH DAYS ARE YOUR BUSIEST/QUIETEST FOR WORK AND SOCIAL. IF YOU WORK MONDAY TO FRIDAY WE SUGGEST YOU START YOUR PLAN ON FRIDAY SO YOU CAN REST OVER THE WEEKEND FOR DAY 2 AN 3 OF YOUR PROGRAMME – AS MOST PEOPLE FIND THESE THE MOST CHALLENGING DAYS.

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OTHER PRE-DETOX PREPARATION



HOW OFTEN SHOULD I DO A JUICE DETOX?

WE SUGGEST AT LEAST THREE TIMES PER YEAR IS A GOOD AIM – ONCE EVERY 4 MONTHS. HOWEVER, MOST OF OUR CLIENTS DETOX ONCE A MONTH TO ACHIEVE BEST RESULTS. CLEANSING MORE FREQUENTLY IS CERTAINLY VERY BENEFICIAL. IT IS A RED CARPET SECRET OF MANY HOLLYWOOD STARS!

MOST OF ALL ENJOY!

A JUICE DETOX IS A GREAT WAY TO CLEANSE, REFRESH AND GET CONTROL OVER YOUR BODY. A FANTASTIC OPPORTUNITY TO START TO PUT GOODNESS BACK IN THE WAY YOU WANT...



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