



ONE CO.
REGULAR CLEANSE





YOUR REGULAR CLEANSE

BENEFITS OF CLEANSING / DETOXING

A juice cleanse works by eliminating all solid food and all the other 'bad stuff' we consume on a daily basis from your diet. A juice cleanse provides you with all the vitamins and nutrients you need to detox and to restore your body and your gut to a healthy state, whilst also helping you to lose weight by restricting your calorie intake.

WELCOME TO YOUR DETOX

To max out on your detox, start your day with a glass of warm water and freshly squeezed lemon or black rooibos tea.

Drink the eight juices in 1-2 hour increments throughout the day, ideally in the following order:



You'll see the best results if you cut out all the bad stuff. No alcohol, no caffeine, and no solid food while you're detoxing! If you do feel the need to eat, Try a light vegetable broth.

Should you have any urgent questions during the cleanse contact us on online@one-juice.com, reach out to us on our social media pages, look at the FAQ section in the About Us handbook or visit our website which has lots of useful information.