

BE NICE

3 DAY RESET

100% RAW & ORGANIC JUICE CLEANSE

WHY CLEANSE?

Juice Cleansing tackles brain fog.

It challenges your current eating and drinking habits and gives your digestive system a well-deserved rest.

Did you know that up to 75% of your energy is used daily by simply digesting your food? Just imagine what you can do with all of that extra energy when Cleansing. ★

Your body already knows how to detox.

When you control your hunger, other issues in your life fall back into place.

You become lighter, brighter and back in balance.

The Balance in life is between Naughty + Nice

naughtyandnicejuice.com



BEFORE YOU CLEANSE, 3 WORDS

TAKE. IT. EASY

Be Nice 3 Day Reset Cleanse. Please don't go on a bender the night before, but if you do, fear not. Just start a few days later.

If you want maximum results, take good care of yourself.

WHILE CLEANSING, 3 WORDS

TAKE. IT. EASY

Now isn't the time for Sprints or a full body bootcamp. Take a walk. Leave your phone at home. Listen to the sounds around you and hopefully hear your own deep and beautiful breath. Remember: Gratitude is the attitude.

AFTER CLEANSING, 3 WORDS

TAKE. IT. EASY

Don't go ballistic and gobble down a Bacon Sarnie to reward yourself after Cleansing. Try raw fruit and veggies! Mashed avocado on sourdough toast with sea salt and lime juice is our favourite Chez Naughty + Nice.

Think light. Be the light.

HOW IT WORKS: **Morning Routine**

Upon waking, splash cold water on your face. This simple practice improves your brain function, makes your skin look better and increases your metabolism.

Then look in the mirror, breathe deep and say out loud, channeling your best Bill Murray:

"You're Awesome"

Next up: Tongue scraping. Another simple and life-changing habit.






Just do it.

Then, enjoy a cup of hot water with lemon, lime, cayenne or cinnamon.

This mix helps to aid the liver in the detoxification process by simplifying the removal of bile. Then you're ready for your first Be Nice 3 Day Reset liquid bouquet of love.

Our Raw juices are blast frozen to lock in the goodness right after we press them. We bottle our juices by hand and all of our recipes are made with love.

THE TIMETABLE

9.30 _{AM}		VITALITY GLOW
11.30 _{AM}		MORNING GREENS
2 _{PM}		SUPER GREENS
4 _{PM}		CACAO BLISS
7 _{PM}		LIVER SUPPORT

Before your Cleanse, set an intention. Write it down.

When you receive your Be Nice 3 Day Reset pack, please put your juices in the freezer straight away.

*And don't forget you need to defrost your 5 juices each evening during your Cleanse.

During your Cleanse, drink lots of water with lemon or lime, and perhaps a touch of sea salt. If water isn't your thing, then please make sure and stock your cupboards with loads of your favourite herbal teas. We love cinnamon, ginger and mint Chez Naughty + Nice.

Herbal teas access the Third Eye chakra and allow for self-introspection during the Cleansing process. Afterall, it's not just a physical process.

Stay wild, Child.

Do the Plank. Yes. The Plank. Three times daily, Ladies and Gentlemen, for between 60 and 90 seconds. Never attempt this without a seriously good tune playing and a mirror close by. Suck the tummy muscles back towards the spine, tighten the pelvic floor and go go go. Strengthening the core muscles is a wise idea at any stage in life. But do make it a priority during your Cleanse. Core strength helps you to protect your inner warrior.

POSITIVE VIBES

We can rewire our brains. Yes. It is scientifically proven. So when you're giving your digestive system a rest, give your brain a rest too.

If you need any help during your cleanse, email our founder, the naughty juicy one, directly. kerri@naughtyandnicejuice.com

BE NICE TOP TIPS:

- Listen to Music
- Remember your body can actually go for around 40 days without food before giving up
- You're feasting, not fasting
- Go outside
- Unplug yourself
- Indulge in a hot bath each evening for at least 30 minutes...candles, epsom salts and lavender oil...
- Smile and let go of annoying little things. Or annoying big things... Just let go.

Breathe deeply, as often as you can during your Cleanse. Trust in the fact that your breath controls your nervous system and when you breathe deep, you feel better. Boom.

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