



# Prepare for your 7-Day Juice Detox



Our first class is March 20<sup>th</sup> and we start the detox right after the first class ends, so it's best to be prepared with all the food you need to get started.

HANDOUTS: <http://nicolefeywellness.com/7-Day-Juice-Detox>

## 1. BUY OR BORROW A JUICER

## 2. BUY PRODUCE FOR JUICING

Please refer to your **Juice Recipes** handout and choose at least one juice that you want to make to start the cleanse.

YOU WILL BE GIVEN A CHOICE TO DO A FULL JUICE FAST, PARTIAL JUICE FAST OR JUICING ALONG WITH YOUR CLEANSING DIET.

**We will discuss this in detail in the first class on March 20<sup>th</sup>, so if you are not sure which is best for you there is no need to decide beforehand.**

## 3. BUY FOOD FOR YOUR CLEANSING DIET

- Please refer to **Your 7-day Totally Natural Detox Diet** handout to buy the food listed.
- Grains, dairy, nuts, seeds, vegetables, produce, oils: buy **organic** if possible.
- Dairy: Buy brands with no added sugar. (please avoid dairy if you are lactose intolerant or allergic)
- For sweetener, I like Stevia in The Raw

## 4. CLEAR YOUR SCHEDULE AS BEST YOU CAN

- Eat as clean as you can leading up to the first class
- Get plenty of sleep
- Take walks and meditate to reduce stress
- Arrange for quiet time for yourself during this week for walks, baths, meditation, etc.
- SUGGESTION: Make this a “chill” week. Avoid a stressful week by eliminating social commitments, arrange for rides for the children’s activities, reschedule any appointments/difficult discussions, etc. (This is not the week to discuss a raise with your boss, discuss relationship issues, move, etc.)

I am looking forward to our time together!

To Your Health,  
Nicole

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