



# HEALEO™

A Guide to Juice Cleansing

65 percent of Americans struggle daily with being overweight and obese. Our fascination with saturated fats, refined carbohydrates, processed foods, and excess caffeine and alcohol weighs on our health and happiness.

When you rest the liver, reduce your appetite and flood your body with nutritionally dense organic food, you will feel your energy levels soar. Healeo organic juices will help heal you at the cellular level and will support all phases of the body's natural purification process.

A Healeo Juice cleanse will help you break the cycle of food cravings that undermine your health, leaving you feeling and looking better. By resting the digestive system while keeping nutrient intake high, you create an environment for optimal healing and longevity.

## What is a Juice Cleanse?

Juice cleansing is a detox diet in which you consume only fruits and vegetables while abstaining from food consumption for the sake of unleashing the natural healing power of the body.

Juicing fruit and vegetable will retain most of the vitamins, minerals and plant chemicals (called phytonutrients) that would be found in the whole versions of those foods, flooding the body with powerful nutrients and antioxidants.

Phytonutrients aren't essential for keeping you alive, unlike the vitamins and minerals that plant foods contain. But when you eat or drink phytonutrients, they may help prevent disease and keep your body working properly.

Juicing cleansing can be beneficial for people with elevated cholesterol and high blood pressure, and those suffering from autoimmune diseases, like arthritis, digestive problems and skin conditions.

## Juice Cleanse Directions

Consume the following Healeo juices for 1, 3 or up to 5 days consecutively. Eat lightly as needed, consisting of uncooked vegan foods such as whole organic fruits, dark leafy green salads with oil & vinegar dressing, nuts.

**8:00am - PALM SPRINGS JUICE.** Organic orange, organic grapefruit, organic turmeric, organic cayenne pepper.

**10:00am - GREEN DRINK JUICE.** Organic kale, organic cucumber, organic celery, organic spinach, organic parsley, organic apple, organic lime.

**12:00pm - JUST APPLE.** Organic seasonal apples.

**2:00pm - JUST ORANGE.** Organic oranges.

**4:00pm - PURE SIMPLE HEALTH JUICE.** Organic carrot, organic apple, organic ginger, organic lemon.

**6:00pm - LIVER DETOX JUICE.** Organic apple, organic ginger, organic beet, organic lemon, organic aloe-vera juice.

## Why Cleanse with Healeo Juice?

- Our minimally processed Cold Pressed Juices have active, living whole-food enzymes, derived from USDA organics.\*
- Complete phytochemical profile from nutrient-rich, certified organic fruits and vegetables helps the body retain the maximum amount of nutrients and enzymes.\*
- Fruit and vegetable juices retain most of of the vitamins, minerals and plant chemicals (phytonutrients) that would be found in the whole versions of those foods.\*
- Juicing is promoted to enhance the immune system and prevent and treat a wide variety of conditions.\*

FIND HEALEO JUICES HERE





\*These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent any disease. This information may not cover all possible claims, uses, actions, precautions, side effects or interactions. It is not intended as medical advice, and should not be relied upon as a substitute for consultation with your doctor, who is familiar with your medical situation.

Use this information to answer your questions about Healeo products and how to incorporate them into a healthy lifestyle. And remember, your best source of advice regarding your health is always your physician or other healthcare professional.



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