

supporting you:

We provide six fresh, organic juices/smoothies per day (for a total of 18 during the course of the cleanse).

For the classic cleanse, you have the flexibility to pick up all six at once or stagger your daily pickup times throughout the day.

For the cold-pressed cleanse, you have the convenience of picking up all 18 drinks the day before you start the cleanse (these juices will retain the highest nutrient value throughout your cleanse).

With all cleanses, you can supplement with fresh, organic fruits and vegetables as you wish.

when do I need to place my order?

Please consult either the Pittsford, Webster, College Town or Greece juice bar locations to schedule your start date and pickup options.

Planning your cleanse in advance guarantees that **breathe.** can fully support you, plus gives you the opportunity to prepare for the cleanse (by building in time for you to ease off of caffeine, processed foods, etc., if applicable to you).

how do I place my order?

We advise that you stop into one of our juice bar locations to fill out your menu and receive information to support you during the cleanse. Both the classic and cold-pressed juice cleanses are offered at our juice bar locations in Pittsford, Webster, College Town or Greece.

Thank you for choosing to participate in **breathe's** 3-Day Juice Cleanse. As a courtesy to other participants, we require a minimum of 72 hours notice to cancel for a full refund. Due to the nature of a program where ingredients are purchased and juices are prepared, no-shows and cancellations within 72 hours of your pickup time will not be refunded or transferred to different dates/program. Also, we do not offer pro-rated refunds for missed days of the cleanse.

commonly asked questions:

what are toxins?

Toxicity occurs when you ingest more chemicals and unnatural substances than the body can utilize and eliminate. Toxins disturb the balance (homeostasis) of our body. Healthy immune and elimination functions can handle everyday exposure to toxins; it is the over-abundance of toxins that can wreck havoc on our bodies, our food choices or cravings, and our ability to maintain balance.

who should detoxify?

Almost everyone needs to detox and rest their body from time to time — some more than others.

who should refrain from cleansing?

Anyone with the following conditions should refrain from the 3-day cleanse:

- underweight
- cardiac arrhythmia
- pre/post surgery
- low immunity
- cardiac conditions
- nutritional deficiencies
- pregnancy
- cancer
- low blood pressure
- nursing children
- peptic ulcers

how will I feel during the cleanse?

As the body “catches up” with processing and eliminating waste some people may notice headaches, fatigue, irritability, mucous congestion or mild aches and pains. Others might feel none of those symptoms, but may be immediately uplifted with increased energy and a feeling of lightness. If you are a daily coffee drinker and don't wean off before the cleanse, you will most likely experience a headache from caffeine withdrawal.

can I stay active?

Yes. Listen to your body. Adjust as necessary.

**For more information, please call us at
(585) 248-9070**