

PEOPLESRX

**3-DAY
SEASONAL
CLEANSE
PROGRAM**

COLD-PRESS. BLEND. SIMMER. BREW.

Formulated by Julia Strickler, ND*

PEOPLESRX.COM/CLEANSE

ABOUT DR. JULIA STRICKLER, ND*



Dr. Julia Strickler, ND* received her Doctorate of Naturopathy (ND) from Bastyr University in Seattle, WA. She also holds a BA in the History of Math and Science and Philosophy from St. John's College in Annapolis, MD. Prior to living in Austin, her experience includes interning at The Chopra Center in Carlsbad, CA, working at The Texas Center for Biological Medicine in Dallas, TX, practicing at the Hawaii Naturopathic Retreat Center in Pahoehoe, HI and helping to build a foundation for public health in Anam City, Nigeria.

Dr. Julia Strickler, ND* is passionate about natural medicine and discovering new ways to apply ancient healing principles to modern life by assisting individuals with nutrition, botanical medicine, homeopathy, hydrotherapy and mind-body awareness. A runner, aspiring yogi, and cleanse enthusiast, she looks to balance the mind, body and spirit. She works at several Peoples locations in Austin, TX. You can reach her at julia@peoplesrx.com or visit drjuliastrickler.com.

*Because the state of Texas does not regulate or license the profession of naturopathic medicine, naturopathic doctors cannot diagnose or treat disease. For this reason, it is recommended that you consult with your licensed medical doctor for any medical advice, diagnosis or treatment.

BROUGHT TO YOU BY



Austin's Favorite Pharmacy

CENTRAL 512-459-9090
4018 N Lamar

SOUTH 512-444-8866
3801 S Lamar

WESTLAKE 512-327-8877
4201 Westbank Dr

NORTH 512-219-9499
13860 US 183 N (at 620)

THE BASICS

Featuring organic, cold-pressed juices, nutrient-dense smoothies and homemade vegetable broths, this 3-day cleanse was specifically designed by Peoples Naturopathic Doctor* Julia Strickler to promote a sense of rejuvenation. People often report weight loss, improved energy, clearer thinking and better digestion as a result of cleansing.

What does cleansing do?

Cleansing is a great way to kick-start healthy habits! It gives your body the chance to heal and repair digestive and detoxification pathways by providing nutrient-dense foods in easy-to-absorb forms such as juice, smoothies and broths.

Why cleanse with Cold-Pressed Juices?

Cold-pressed juices have a higher nutrient and enzyme content because they are never heated, use less processing and create less waste. The Peoples Kitchen uses the Norwalk juicer to cold-press fresh juices daily.

Who designed this cleanse?

While cleansing has been used in many traditions for centuries, this cleanse was designed by Peoples Naturopathic Doctor* Julia Strickler. She designed this cleanse specifically for Texas seasons.

What to expect?

Everyone's experience varies. Some people feel great the first day, while many people feel a little tired or develop a mild headache. By day three, most people report feeling refreshed and renewed.

Will I lose weight?

Many people report mild to significant weight loss. However, based on the foods you resume eating, you could regain any weight loss.

When should I cleanse?

Whenever you are motivated to jump-start your health! Traditionally, cleanses are implemented at the change of seasons and vary according to the weather.

Who is cleansing for?

People looking to improve their health, especially after a period of indulgences.

Who is cleansing NOT for?

Those with an acute or chronic illness, extreme adrenal fatigue, history of an eating disorder, food allergies to the ingredients in the cleanse and/or those who are on a specific prescription medications. **ALWAYS CONSULT YOUR DOCTOR BEFORE BEGINNING ANY NEW REGIMEN.**

OVERVIEW

For best results, 1-2 weeks or a minimum of 2-4 days before beginning the cleanse, reduce or completely avoid consumption of the following:

- Caffeine
- Alcohol
- White foods (sugar, dairy, white flour, processed/packaged food)
- Over-the-counter medication (UNLESS PRESCRIBED BY YOUR PHYSICIAN)

SHOPPING LIST

- **Peoples Cleanse Package (\$85.49 + tax) includes:**
 - Three 32oz bottles of PharmFresh Cold-Pressed Organic Juices
 - One 32oz bottle of Mineralizing Vegetable Broth
 - One box of Traditional Medicinals Detox Tea (12 bags)
- **2 organic lemons**
- **Supplements** (strongly recommended):
 - Probiotic
 - Multivitamin
 - Fatty Acids (omega-3 and/or coconut oil)
- **Additional support may include:**
 - Bowel movers
 - Epsom salts
 - Coffee replacer



SUPPLEMENT RECOMMENDATIONS

- **Probiotic**
Integrative Therapeutics Probiotic Pearls,
Jarrow Jarro-dophilus EPS
- **Multivitamin**
New Chapter Every Man or Woman, Xymogen
ActivNutrients, Genesis Total Nutrition, or any
food-based vitamin supplement
- **Omega-3 Fatty Acid**
Vinco Omega 3-6-9, New Chapter Wholemega,
Green Pastures Blue Ice Fermented Cod Liver Oil,

Barlean's Lignan-Rich Flax Oil

- **Coconut Oil**
Pure Planet Tropic Oil, Premier Research Labs
Coconut Oil (no more than 1 tbsp per day)
- **Bowel Mover**
Smooth Move Tea, Get Regular Tea, Gaia Lax-
ative Tea, Fiber (Metafiber or Konsyl), Epsom
salts
- **Coffee Replacements**
Green tea or Dandy Blend

BENEFITS OF COLD-PRESSED JUICING

Featuring the **world-renowned Norwalk juicer**, our juices offer the **maximum** amount of **vitamins, minerals, trace minerals, enzymes and phytonutrients** of any juice available. What makes our juice special is **"cold-pressing"**.

In a two-step process, fruits and vegetables are titrated to fine particles, then placed under to tremendous pressure using the Norwalk hydraulic press. This method of extraction produces a juice of **extremely fine quality** and **flavor** that is unequalled by any other method of juice extraction. Through our cold press processes, one will have several days before they are required to drink the juice with little to no loss of nutrients or enzymes, rather than the few minutes you may get from other juice machines.



The **key benefits** of **cold-pressed juices** are:

- **Preservation** of nutrients and enzymes.
- Much **higher juice yield** with **less waste** decreasing the impact on the environment. The Norwalk can produce up to 50% more juice than other juicers.
- **Taste.** Juice simply tastes **cleaner, crisper and more nutritious.**

DAILY SCHEDULE

Peoples Seasonal Cleanse promotes a sense of well-being and clarity for your body, mind and spirit. Follow these simple steps for three (3) days to support your optimal health.

UPON WAKING
6am-8am

Squeeze 1/2 **lemon** in 4-6 oz of warm water. Brew 1 cup **Green** or **Detox Tea**

BREAKFAST
7am-9am

Green Juice (10oz) + **probiotic supplement**

MID MORNING
9am-11am

Your choice of **Cold-Pressed Vegetable-Based Juice** (10oz) + 1 cup of **Detox Tea**

LUNCH
11am-1pm

Smoothie (16oz) + **Multivitamin**

MID AFTERNOON
2pm-4pm

Green Juice (10oz) + 1 cup of **Detox Tea**

DINNER
5pm-7pm

Smoothie (16oz) + **Vegetable Broth** (10oz)

BEFORE BED
9pm-11pm

Laxative Tea or **Epsom Salts** (follow instructions on box)

FOLLOW THIS PROGRAM FOR 1-3 DAYS. Feel free to interchange meal times.

ADDITIONAL PRACTICES

Be sure to nurture yourself while cleansing!

- Take a **bath** or **soak** your feet in **Epsom Salts** to relieve sore muscles and enhance relaxation. Follow instructions on the package.
- **Walk** outside for 30 minutes to **increase circulation** and **oxygenation**. Use this opportunity to connect to nature around you.
- Get a **massage** to assist with **lymph flow** and **total body relaxation**.
- **Meditate** or practice **presencing** every day to become more aware of your own body and the world around you.
- Use a **journal** to write any thoughts or emotions that may arise during the cleanse.

We are here to help solve challenges you might face during the cleanse!

If something arises during the cleanse and you would like to discuss your individual concerns, please call to schedule a consult with one of our wellness practitioners or naturopathic doctors at **512-219-8600!**

FREQUENTLY ASKED QUESTIONS

What to do if you feel hungry and need to eat?

It is normal to feel hungry on a cleanse. The cleanse is designed to meet your basic caloric needs. If you are using more energy than you are consuming, **eat!** Raw or lightly steamed **plain veggies**, such as carrots, celery, or green leafy vegetables will continue to support your cleanse process.

What to do you if you have headaches?

- Drink more water.
- Take 500mg of Vitamin C.
- Drink another 6-8 oz of green juice.
- If your headache persists, contact a practitioner at your nearest Peoples location.

What to do if you stop having bowel movements?

- **Drink laxative tea**, like Smooth Move tea, before bed.
- Increase **fiber** by taking a fiber supplement like MetaFiber or Konsyl.
- Take **200-300mg of magnesium** before bed.
- Contact a practitioner at your nearest Peoples location.

Can I exercise on the cleanse?

Yes! Many people are able to maintain **mild to moderate exercise** routines but make sure you are listening to your body. **Walking and stretching** will help your body eliminate toxins. ***Strenuous exercise is not advised.***

How do I maintain the healthy benefits of cleansing?

- Support your body's health by using this cleanse as a jump-start to maintain healthy habits: **eating well, exercising**, taking needed **supplements**.
- Have a healthy plan to return to eating. You can meet with one of Peoples' Wellness Practitioners to design an **individualized, healthy eating plan**.

When is it time to schedule an appointment with a Peoples Wellness Practitioner?

If you have:

- **Skin outbreaks** or rashes
- **Headaches** that **do not resolve** just by drinking water
- **Digestive upset** like gas, bloating, diarrhea or constipation

These are signs that you may benefit from further support created for your individual needs. Call your nearest Peoples location to schedule an appointment with a Wellness Practitioner.

SMOOTHIE SUPPORT

To purchase a smoothie for cleansing, visit a Peoples Deli location.

CENTRAL

512-459-9090

4018 N LAMAR
AUSTIN, TX 78756

M-F 8am - 9pm
SAT 9am - 6pm
SUN 10am - 5pm

SOUTH

512-444-8866

3801 S LAMAR
AUSTIN, TX 78704

M-F 8am - 10pm
SAT 9am - 7pm
SUN 10am - 6pm

WESTLAKE

512-327-8877

4201 WESTBANK DR
AUSTIN, TX 78746

M-F 8am - 8pm
SAT 9am - 5pm
SUN 10am - 2pm

...or make your own cleanse smoothie!

These smoothies are designed to have **anti-inflammatory** properties with **healthy caloric content** and **balanced sugar intake**. Please **avoid substitutions** for **maximum benefit** and enjoyment of your cleanse. **Avoid any grain** or **dairy protein** smoothies (seeds are okay) or anything with additional sugar and use **organic vegetables** as much as possible.

KING KALE CLEANSE SMOOTHIE

Blend together the following ingredients:

- 10oz water
- 2 tbsps hemp protein
- 1/4 avocado
- 2 kale leaves, ribs removed
- 1 rib celery
- 1 cup pineapple
- 1/2 cup mango
- 2 tbsp fresh lemon juice
- 1/2 inch frozen ginger cube or 1/2 tsp dried ginger
- love & tenderness (essential!)

BERRY KICK CLEANSE SMOOTHIE

Blend together the following ingredients:

- 10oz coconut water
- 2 tbsps lemon juice
- 1 tbsp almond butter
- 2 tbsps hemp protein
- 2 cups blueberries
- 1/16 tsp cayenne
- love & tenderness (essential!)

NOTE FROM PEOPLES DELI: It helps to add the liquid before adding the fruit and veggies.



JUICE INGREDIENT INFORMATION

THE LOVE CLEANSE™

INGREDIENTS

Cucumber, Spinach, Parsley,
Kale, Celery

WINTER GREEN

INGREDIENTS

Cucumber, Spinach, Apple, Lemon,
Cilantro, Ginger

BETA CARROT ZING

INGREDIENTS

Carrot, Green Apple, Ginger

ORACle

INGREDIENTS

Red Cabbage, Red Beet, Carrot, Cilantro, Lime



VEGETABLE BROTH

The savory vegetable broth is handmade in Peoples Kitchen and is crafted to bring a rich, mineralizing balance to the cleanse experience. This vegetarian broth is night-shade free, gluten and dairy free, and avoids many of the food triggers for people with food sensitivities.

The broth contains the following ingredients:

Leeks, Organic Carrots, Organic Bay Leaf, Black Peppercorn, Crimini Mushrooms, Organic Celery, Thyme, Organic Parsley, and Sea Salt.



ORDER FORM

1

Name _____

Phone Number (_____) _____

Email Address _____

2

Pick-up
Location
(circle one)

CENTRAL
4018 N Lamar

SOUTH
3801 S Lamar

WESTLAKE
4201 Westbank Dr

NORTH
13860 US 183 N

Pick-up
Date

3

Select your
items

ITEM	# OF BOTTLES	SKU
------	--------------	-----

● Mineralizing Vegetable Broth	_____	3000
--------------------------------	-------	------

● Cold-Pressed Green Juice (select two)		
---	--	--

The Love Cleanse™	_____	80563
-------------------	-------	-------

Winter Greens	_____	80569
---------------	-------	-------

● Cold-Pressed Juice (select one)		
-----------------------------------	--	--

Beta Carrot Zing	_____	80562
------------------	-------	-------

ORACle	_____	80564
--------	-------	-------

● Detox Tea (Gaia, Yogi Tea, Traditional Medicinals)		
--	--	--

_____	1 box	_____	scan
-------	-------	-------	------

TOTAL COST: \$84.49*

*Prices may vary depending on brand of tea.

Cold-pressed juices stay fresh and retain maximum nutrient content for 3-4 days when stored in the refrigerator. Consuming juices after 4-5 days may be hazardous to your health.

INTERNAL USE ONLY

Scan and email to kitchen@peoplesrx.com by 7pm.

DATE:

TIME:

STAFF INITIALS: