



Healthy Now

CATERING • MEAL PREP • JUICES

How do I know which to drink next?

For a standard cleanse, each day you should drink the juices in this order: Charcoal Lemonade, Greens Focus, Berry Energy, Peach Dandelion, Watermelon Mint and Cocoa Cashew. If you are feeling hungry, we recommend moving the Cocoa Cashew up in the order, since it's the most filling juice of them. For most cleanses each bottle should be labeled 1 through 6, representing the order to drink them in.

Can I eat while juicing?

It's highly recommended that while doing a Juice Cleanse, you only drink the juices. After all, the 6 juices per day have 1400 calories. But if you must have a snack, or want to eat dinner with your family have some cut up veggies like cucumber, celery, red peppers or a green salad with lemon or vinegar as a dressing.

Will I need to use the washroom a lot while juicing?

Most of our clients find that they urinate a lot while juicing since they are consuming a lot of liquids but have no significant change to their bowel movements.

Can I have coffee or tea?

Yes, but don't add sugar or other artificial sweeteners!

How long will they last?

Because the juices are entirely natural, with no preservatives or chemicals added, their shelf life is 7 days, refrigerated. Each bottle will have a best before date on the bottom of each bottle. If you choose to freeze any bottles, we recommend you write the number of days remaining before the best before date on the bottle, so when you unfreeze it you know how many days you have to drink it in. For example, if you freeze it 3 days before the best before date, write "3" on the bottle.

What if I can't finish all 6 in a day?

It is common to not be able to drink the juices all in one day. If this does happen, keep the extra juice refrigerated and have it when the cleanse is over. If you won't be able to have it before the best before date, freeze it for the future, and defrost it overnight when you'd like to have it.

What if I need to stop before finishing my cleanse?

If you cannot finish the juices in the 7 days, I recommend freezing them, then defrosting them overnight the night before you'll drink them.

Email Christine at Christine@HealthyNow.ca or call 647-210-0047

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www.instagram.com/HealthyNow_40/ - www.linkedin.com/company/healthy-now/



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How many calories are in a day's worth of juices?

For our standard cleanse, the 6 bottles total approximately 1400 calories.

Are there any added sugars?

No, there are no added artificial sugars. The fruits and vegetable ingredients of the juices may have natural sugars. If you have questions about the natural sugars in a particular juice, feel free to contact me.

Are they preservative and additive free?

Yes, there are no preservatives, additives, or anything artificial in our juices.

Are the bottles recyclable?

Yes, the bottles and caps of the juices are fully recyclable by most municipal recycling programs.

Where can I get the juices?

HealthyNow does not have a storefront, as we are a small independent business. You can order juices via our website at www.HealthyNow.ca, or by contacting owner Christine at 647-210-0047, Christine@HealthyNow.ca, or by messaging Christine on Facebook or Instagram. Our Facebook site is at www.facebook.com/healthynow40/ and Instagram site is at www.instagram.com/healthynow_40/.

Do you deliver the juices?

Yes, we deliver within the York Region and surrounding areas. Delivery charges may apply.

Can I work out while juicing?

Absolutely! Many of our clients participate in their normal fitness routine while juicing.

How will I feel while juice cleansing?

You may feel a little hungry at first, and some get a slight headache, particularly on the first day. But usually by the 2nd day you'll have lots of energy, feel less bloated and have less sugar cravings. If you have any questions before juicing, or while juicing, feel free to contact us.

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