



The Farm Juice Co is a cold-pressed juice company located in Stratford Ontario. Our juice is made in small batches daily with organic, sustainably selected produce. Designed with your health and taste buds in mind, each sip is a convenient and delicious way to consume vital plant-based nutrients.

Thank you for your interest in The Farm Juice Co. We are honoured you have chosen us to accompany you on your nutritional adventure ahead. The following outlines our Juice Reset Program as well as answers frequently fielded questions. Our goal is to always leave you feeling satisfied, nourished and refreshed—always. At any point please feel free to email or call and we are here to help.

Juice Reset Options

A juice program can be very helpful in making you feel more energetic, and heighten your awareness of what and when to eat. It is not uncommon to want a break from overeating. Take the guesswork out of daily planning and rejuvenate your digestive system.

Press Reset

Interested, but never tried a juice cleanse before? Need a boost? Busy week? This may be for you.

Three 500ml cold-pressed juices

One 500ml alkaline hydrator

One elixir

\$39 per day

Total Reset

Designed for deeper cleansing and intended for those who are familiar with cold-pressed juice.

Five 500ml cold-pressed juices

One 500ml alkaline hydrator

Two elixirs

\$58 per day

All juice programs are completely customized. We take into account our clients' nutritional needs and dietary preferences when determining which juices to include. Either of our purifying, nutrient dense programs can be done from one to five days. Your choice.

Juice Reset Basics:

Please pay special attention to your body and be gentle with yourself. The true purpose of a Reset is to help us be present with ourselves and how our bodies are functioning. In the process I hope we become better connected and feel the benefits and vitality achieved through whole foods.

There is no one size fits all and we all need to do things a little differently. If you have any doubts about cold-pressed juice or our Reset Program please consult your doctor to see if it is right for you.

Avoid disappointment by realizing a cold-pressed juice cleanse is not a quick-fix or will it have long term results. Our juice and juice Resets are designed to help establish new habits that help us feel our best long-term.

Drink water frequently while on a Juice Reset. I recommend filling each emptied juice bottle with water to enjoy in between juices. You are also welcome to drink herbal teas, especially if the temperature outside is cold or if you ever feel chilly.

Time your Reset when you are able to allow yourself a few extra YOU minutes. It's best if you can listen to your bodies needs and follow them. It is never a good idea to introduce something new when you are your busiest or have a stressful week ahead. While juicing, try incorporating other self-care rituals to treat yourself (yoga, message, spa treatment, deep conditioning, sleeping-in, whatever you feel best doing!), your body will thank you.

Exercise compliments a balanced life and keeps your mind and body strong. While juicing it is important to keep moving but try not to over do it. Replace high-intensity with gentler forms during your Reset.

Eating is vital! We NEVER encourage you to eliminate whole foods from your diet. However, you may notice that you are not as hungry as expected during the Reset. Our nutrient dense juices along with water are surprisingly filling, but if you miss chewing or feel real hunger, please, eat something! Take cues and do what feels right for your body.

Transitioning in and out of a Reset is just as important as the Reset itself. Acting as a buffer, a few days of conscious eating before and after a Reset will ensure the juices are easier on your system and that you get the most from your investment. Binge eating before or directly afterwards could have some less than desirable consequences.

Diet Pre-, Post- and during Reset should involve eating a diet grounded in an abundance of raw or lightly cooked vegetables (preferably organic) along with legumes, nuts, seeds, sustainably selected lean animal proteins (if you eat meat), whole grains and fresh fruit. Limit alcohol, refined flours, stimulants, refined sugar, artificial sweeteners, high fat animal products, processed food items, fried food and obviously drugs and tobacco. Foods high in fibre and protein are especially important to include while juicing. If you would like some meal inspiration, let us know, we love talking food!

Cold-pressed refers to the method of how we make our juice. We use hydraulic pressure to extract juice from our ingredients while minimizing heat and oxygen, for a nutrient-dense product with enzymatic activity intact. We press all of our juices in small batches daily right here in Stratford. Our juices, elixirs and milks are entirely raw and unpasteurized. Raw juice is extremely nutritious and highly perishable. We use no preservation technique to preserve their shelf life, thus, it is extremely important to keep juices refrigerated at or below 4C when not enjoying them. Juices should always remain cool to the touch. If you ever believe something is "not right", please let us know right away!

Delivery is free within downtown Stratford and is offered Tuesday through Saturday morning. Juices are delivered in cardboard or cooler carriers with icepacks depending on the outside temperature. Juices should be put in the fridge as soon as possible but designed to stay outside after delivery for up to two hours. Cardboard carries, bottles, ice packs and bags can all be reused! Please help us reduce

waste by leaving rinsed bottles and bags outside when you are receiving a new delivery. Or feel free to drop off at our production kitchen.

Ordering can be done through email or telephone call. We request 24hours notice and 48hours for orders of \$100. Most often our fridge is fully stocked so we always do our best to accommodate your requests as quickly as possible. Payment accepted by cash, cheque, credit card or e-transfer |

Upon delivery juices will be numbered, one being the first juice to drink of the day

- First of the day is the Alkaline hydrator to wake up your system
- E3Live Elixir offers a caffeine free energy boost
- Second juice is to be enjoyed after breakfast before lunch to beat any cravings.
- Third & forth juices will keep energy up throughout the afternoon. When participating in the Total Reset a sweeter juice is provided in the afternoon as a pick-me-up
- The last juice is designed to calm the digestive system and should be consumed approximately 1 hour before bed
- Almond milk can be sipped throughout the day to satiate

As always, please connect with any questions. Happy Juicing!
xo, Alex