



How To Get Started On The **JOOS** cleanse

Place order: When doing a one, two or three weeks cleanse. Orders can be placed online from the website: www.drinkjoos.com. Questions can be emailed to info@drinkjoos.com. Once an order has been placed pick up is at one of the [Depots](#).

Once an order is placed you receive the following as a member of the JOOS cleanse:

- 2 JOOSes for each day of the cleanse, see delivery schedule below.
- Delicious Joosbites
- The Weekly newsletter
- The cleanse book
- Lifecoach support
- Unlimited Online support
- Welcome letter via email explaining what to expect over the next week. Followed up with emails containing helpful suggestions for developing healthy eating and delicious recipes.

Pick up + Delivery: When ordering the cleanse orders must be placed by 8p.m. of the preceding delivery day. All orders placed after 8 p.m. will go to next scheduled date of delivery. For example if an order is placed before 8 p.m. on a Sunday, pick up is the next day, Monday. If the order is placed at 9 p.m. on Sunday or 3 p.m. on Monday pick up is on that Wednesday. Any questions please call **617-942-JOOS (5667)**.

HOME DELIVERY AVAILABLE ONLY IN NEWTON, MA. 5 days Monday-Friday.

DEPOT DELIVERY

3 day delivery schedule (ex. Shows starting on Monday):

Monday you will pick up **5 JOOS**

Wednesday will pick up **4 JOOS**

Friday will pick up **5 JOOS**-if you start your cleanse mid-week you will receive **6 JOOS** to carry you over until Monday.

5 day delivery schedule (ex. Shows starting on Monday):

Monday you will pick up **3 JOOS**

Tuesday you will pick up **2 JOOS**

Wednesday you will pick up **2 JOOS**

Thursday you will pick up **2 JOOS**

Friday you will pick up **5 JOOS**-if you start your cleanse mid-week you will receive **6 JOOS** to carry you over until Monday.

If you are continuing the Cleanse for more than a week you will receive an extra one on Friday to be frozen, because the JOOS is unpasteurized. If you are doing the cleanse longer than a week, it is the same cycle on the following pickup date.

Pick up from the Depots are posted under each depot on our website. Depending on when the cleanse is ordered determines the pick up day.

Completion: Upon completing the cleanse the cleanser will have developed healthy sustainable eating habits. These may include weight loss, healing an illness or overcoming stress and anxiety, to name a few. At this time, we highly recommend to schedule another cleanse. Whether it's a one, two or three week cleanse, this will help maintain their well being through out the year. We also recommend continue Joosing on a daily basis. It's the healthiest way to optimize your body. As the seasons change, so do our systems. In order to achieve optimal health and strengthen our immune systems, we need to adjust our diets accordingly.

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