

The Plant offers purely organic local ingredients of utmost taste and quality. Our cleanses are comprised of some of the healthiest ingredients you can put in your body. Much of what we consume in everyday life provides sustenance such as vitamins, protein, carbohydrates, fat etc which is helpful fuel but not always easy to digest or process. Raw organic vegetable and fruit juices contain high concentrations of vitamins, minerals, nutrients and enzymes that not only help us digest but also act to clean and detoxify our system.

Cleanses give the body a rest from some of the less healthy foods commonly consumed and provide us with only highly beneficial nutrients to achieve a healthier system. Unlike many detox programs that aim to clean the body through fasting, we offer pure juice cleanses which allow the body to rest while also providing key nutrients that boost the immune system and act to clean the body at the same time. Large amounts of fresh vitamins and minerals from the healthiest sources are easily absorbed often with rejuvenating and invigorating effect.

Visit <http://www.theplantcafe.com/cleanses> to find out more and order yours.