

بارد و عذب
Cool & Sweet

برنامج

التصفية

Detox



An Introduction About the Detox Program

It is widely spread recently in the West a program known as Detox or Cleanse & by this it means that the body is clean& purified of all toxins & waste, That's why we chose to name it Detox, because it detoxifies, purifies & relieves the body from all waste & toxins. Someone might ask, from where does all these toxins come? Is there any person with his/her right mind consumes poisons? The answer to this will be that some people do consume poisonous foods & drinks whether they are aware or not and one of those poisons is smoking which is considered to be a poison that tends to kill you slowly both doctors and scientist agreed that it is one of the main reasons that causes lung cancer, also alcohol ,God forbid; is considered to be a deadly poison, although Allah has forbidden in it but some Muslims sadly don't follow the teachings of Islam and drink it anyways, added sugar in all forms is harmful, some scientists and specialists see that sugar feeds cancerous cells and most diseases can be avoided if no added sugar was consumed and they all agree on the fact that an over dose of sugar can be bad for the health. This was a short list of examples of harmful waste & poisons that some people consume & there's a lot more, but you get the idea.

What detox method is used in cool & sweet?

There are lots of ways to detox, we don't claim that ours is the only way or even the best! But we believe that it is a suitable, healthy and useful way throughout our experiences and researches. In summary, our way depends on drinking big quantities of healthy fresh juices that are rich with vegetables and some fruits since we decided to lower the portion of fruits so that in return we lower the percentage of consumed sugar and calories as much as we can and to increase the amount of vegetables due to the fact that it's more healthier, lower amount of calories & much less sugar, also to drink lots of water & to stop eating solid food and depend entirely on drinking water along with healthy juices.





Who might need A Detox?

There is a wildly spread common belief that a detox program is usually needed by people who aim to lose weight which is defiantly a wrong one! Although it does help to lose weight in a timely manner, but this is not the main and essential goal of it as it has many other benefits. First and foremost is to get rid of body waste and toxins, secondly is to help oneself to get use to healthy lifestyle in consuming fruits and vegetables & to avoid unhealthy food and other benefits we will come to discuss later. So, this Detox Program is needed by so many people because it aims to help the body to purify itself from toxins and waste that prevent a person from doing daily duties with full power, activity & liveliness because most people nowadays are used to unhealthy lifestyle habits like smoking, consuming added sugar, drinking energy & soda drinks, eating lots of meat and modified food, in general consuming lots of food even if it was originally healthy. But If your food was healthy 100% then you don't need this Detox Program and we congratulate you for taking care of your health and wellbeing.

Is the Detox Program suitable for everyone?

there is no doubt that consuming lots of fruits and vegetables is a healthy thing to do and beneficial to all people & it is agreed on by scientists, but discontinuing food completely for a certain period of time depending solemnly on fluids can affect some groups of people like:

1. pregnant and nursing ladies since they need to eat and drink regularly and stopping food could harm them in one way or the other so in general the Detox Program might be not suitable for them but we have assigned them and those who are similar to this case to another program called The Easy Program.
2. those who are under weight.
3. patients who were forbidden from fasting by doctor orders.
4. those who take medicine regularly, should console their trusted doctor first before participating in this program.

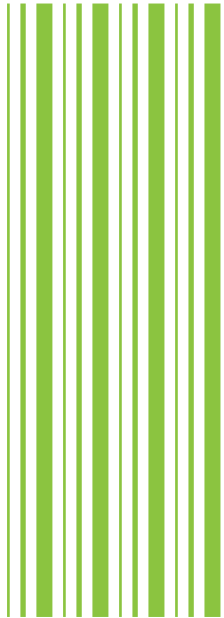
IMPORTANT NOTICE WE ADDED A NEW PROGRAM THAT IS SAFE FOR PREGNANT AND NURSING LADIES AND IT IS CALLED THE EASY PROGRAM.



Isn't the body capable of detoxifying itself?

Yes, Allah has created the human body with the ability to detoxify itself from toxins and waste, but if the person tends to eat and drink more excessively and exaggerates in following unhealthy lifestyle, then this process becomes harder and slower.

Detox Juices



How long is the period of this Detox Program?

The period is determined by the type of the program that you choose, basically it's a four day program but you are able to make it last for eight days or more by repeating it but we would not recommend doing it for more than fifteen continuous days without the consultation of a trusted doctor or doing it under his supervision.

The benefit of consuming Big amounts of fruits and vegetables in general:

The benefits of eating, drinking & making fruits & vegetables key elements in your diet are uncountable, a person might write books about those benefits and still it might be not do them justice, everyday scientists discover new health benefits to this fruit or that vegetable, We thank Allah for blessing us with these fruits & vegetable that keeps us healthy and it's a loss to those who neglect this great value! no more needs to be said about this topic nor there is a need for proofs, anyone with his right mind would agree on this fact and this can be searched over the internet.

Benefits achieved by Detox Programs (by Allahs Will):

- Cleanses body from waste & toxins
- Restful and deep sleep
- Increases vitality and vigor
- Lightness
- Weight loss
- Stomach relief and digestion
- Clears skin
- Strengths immune system
- Clear mind

Those benefits were collected by experience and experts.

Important notice:

The establishment of these facts are still controversial and some scientists wouldn't agree with some of said benefits, let's suppose they were right in their belief and some of those facts are still to be proved, but there is something to be agreed upon by all and by scientist as well, that the consummation of lots of fruits and vegetables is healthy, so what if 100% of your meals depend on these two sources? This is our opinion and only Allah knows what is Best and we urge our dear reader to search and read more about the topic to be more enlightened, and thanks to Allah.



What are the Detox Programs available at Cool & Sweet?

We have four programs:

1. The Adequate Program

This program is limited to drinking 3 liters of healthy juices daily. Which are the usual three meals, breakfast, lunch and dinner, it will be a liter for each meal and in our opinion, this is the most suitable as most people are fine to consume only 3 liters daily.

2. The Tough Program

This program was added recently for those who are known to have a strong will power and are used to consummating green juices and it is not recommended for those who are not! It is the same as the first program in terms of consuming 12 liters of juice in 4 days, each day 3 liters the only difference is that it contains a bigger portion of greens that can be up to 80% of its components, also we added new juices to it and modified our old recipes so that it goes along with this new condition, for example the juice of Force and Power here is different from that of The Adequate Program.

Benefits of The Tough Program:

1. When we reduced the proportion of the added fruits to its' juices this resulted in the reduction of the sugar as well, which lead to the reduction of calories the thing that will help in losing weight faster by Allahs will.
2. When the proportion of vegetables became larger than that of the fruit, in return this made the benefit even bigger because usually vegetables have greater benefits than fruits.

In summary, the Tough Program has less calories and more benefits, its juices are less sweet because it has less fruits in its components.

3. The Thorough Program

The previous 2 programs are the main ones and this Thorough Program is a subsidiary and not an independent all by itself, in other words; you choose one of the main 2 programs and instead of a 4 days program you get to do it in 6 days, consuming 2 liters daily for those who are unable to abandon food completely or don't want to stop it for any other reason, so the person tries the Thorough Program to combine between food and drink knowing that some of its benefits might be less or disappear completely so our advice would be for you is to try the Adequate Program first then if you unable to endure it then go to the Thorough Program, and it is named like that because it combines between food and drink and by food here we mean fruits, vegetables and raw nuts, anything else is not allowed, also we prefer for you to consume those fruits and vegetables raw & uncooked and you can choose whatever you like of any assortment of them and is preferable to consume only water and healthy juices 3 hours prior to sleep.

Stomach relief might be less in this program because it is different how the body digestion works when consuming only liquid from that when you consume solid food, the stomach is completely comfortable when you consume only healthy liquids not to mention a restful sleep, this might be affected or reduced when you combine between the two, mostly the body is at its best when it consumes only liquids and only Allah knows.

4. The Easy Program

This program is like the Thorough Program, is not main but also subsidiary where you are able to choose from either the Adequate or Thorough Programs for a period of 12 days during which you consume 1 liter daily, in this program you are allowed to eat fruits, vegetables, healthy food, drink healthy juices and lots of water and this program is assigned to pregnant and nursing ladies and the like of them. You should eat moderately and not excessively even if it was healthy food, also to avoid eating at night and to have the last meal 3-4 hours before sleep.







Important Notice

We emphasized previously that it is in certain programs allowed to consume fruits, vegetables and raw nuts, and some people add dressing or a combination of spices to their salads thinking that this is a healthy thing to do, I would like to stress that some specialists mentioned that most dressings you see in the supermarket are not healthy and are not to be used while you are doing the program or not, and try to eat the salad without a dressing or make yourself one at home using natural components like lemon juice, olive oil and the like.

As mentioned before, eat whatever you desire of fruits & vegetables and try to focus on vegetables rather than fruits since it contains less calories and to stop eating 3-4 hours prior to sleep, we will not be selling you food as its not part of our program but you are welcome to buy a bowl of fruit salad or a smoothie bowl from Cool & Sweet anytime you like and to distribute the food and drink however you like following our advices mentioned before & will mention later.

Summary:

The programs are limited to drinking water, natural juices, natural unsweetened coconut water, decaf tea and no food at all, only in the Thorough and Easy Programs. Thanks to Allah.





Detox Juices

Advices Before Starting the Program:

- To take care of healthy food and to reduce meat a week prior to starting the program
- To limit yourself to consuming only fruits and vegetables 1-2 days prior starting the program and to avoid any other food types
- To avoid eating heavy fat saturated food especially the last meal before starting the program as this is a huge mistake that we would like to warn you of, the best thing to do is consuming a light meal Such as a fruit salad or a green salad.

Advices While You Are on the Program:

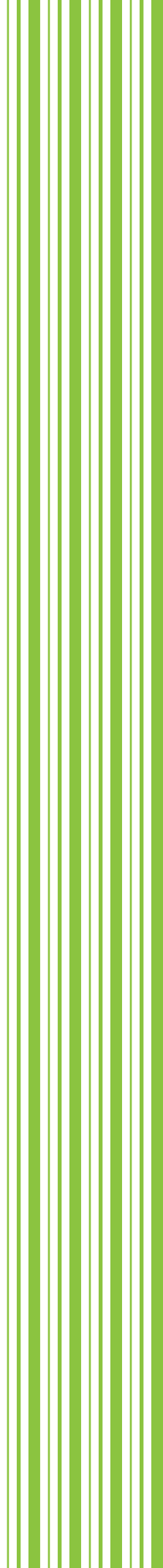
- It is very normal for you to feel tiredness, fatigue or lightheadedness on your first day and if this occurs, we advise you to drink coconut water.
- Do not be surprised or feel panic if you visit the rest room more than usual on your first days doing the program, this is natural and essential in the detox process.
- A person must drink lots of water that reaches 2-3 liters daily or more according to weight and certain factors like sports and others.
- We advise to avoid drinking tea and coffee while you are on the program and its ok for you to drink instead decaf teas such as herbal tea or chamomile tea.
- If you feel extreme fatigue, dizziness or any strong side effects we advise you to stop the program immediately.
- We advise you to drink 2 - 3.6 liters of juices daily or more under the condition that it should be healthy fresh juices that contain 80% vegetables and 20% fruits. We advise that you drink at least 250ml of lukewarm water that has lemonade and ginger first thing in the morning.
- We advise you to drink a 500ml of juice every 3 hours and warn you of neglecting to drink liquids for long hours so that you won't feel fatigue and hungry.

Advices after The End of The Program

After the end of the program we advise you to start consuming fruits and vegetables that are easy to digest like watermelon and cantaloupe and others, it is preferable to be limited to them (fruits and vegetables) on the first 1-2 days after the end of the program and to stay away from heavy, fat saturated food which are hard to digest. Finally I would like to congratulate you on your big accomplishment and for taking care of your health, after you complete the program you will start to feel light weighted, active & in a good health by God's will, so do not through all this effort away by returning to your bad old habits, if you were a smoker then this is the best time for you to quit, if you consume lots of deserts and sugar then this is your opportunity to reduce or stop them, and if you consume lots of meat then it's your chance to reduce that as well, if you eat excessively more than you need & add undesirable calories to your weight and you are overweight, then it's the perfect time to modify your eating habits and to start a healthy diet that covers all your body needs containing proteins, carbohydrates, healthy fats, vitamins, mineral elements, water, fruits and vegetables, and not to be excessive in eating and drinking, Allah Almighty said "and eat and drink, but be not excessive. Indeed, He likes not those who commit excess", Surat Al-A'raf (13)

If you have any bad habit before the detox program now its your chance to correct it and make it right to a healthy lifestyle because by now the body got used to consume what is good which is fruits and vegetables, so this is a great opportunity for us to better our lives in terms of healthy food and drink, by increasing the consummation of fruits and vegetables, and to stay away from anything that might be harmful for us. May Allah bless you with good health always.







Juices of Detox Program

Success Stories

Praise and appreciation be to God for the completion and facilitation that we had, the program was well received by people and most of those who participated in the program gave a positive feedback, recommended it and talked about its benefits & the positive results they achieved, some complained about its hardship, but mostly they mentioned how the program is beneficial and how a good and successful experience it was.

Miss Reem Mohammed, the author of "كينونة الشفاء" and the woman behind the popular account in Instagram @"Reemhealing" after trying our Detox Program says: "my experience with the Tough Program was an amazing and a refreshing one, I liked your cooperation in terms of changing the flavors and the modifying that was offered to me, and the 2 liters of the juice fasting was more than enough because there has to be a place left to drinking water in this healthy dieting which has become a necessity in this polluted environment and the continuous exposure to toxins and malnutrition, and it is suitable to anyone who would like to relief his body and to reduce the burden of toxins and I have explained both my experience & my dieting system with Cool & sweet extensively at my account @reemhealing and we will always be your faithful customers and may Allah bless your efforts.

One of our dear participant sisters says: "thank Allah today was the last day of the Tough Program, it was a very delightful experience. a challenge to myself and a discipline tool for one's self...the first 4 days of the program were perfect and light, but the 5th & 6th day were OK, but something went wrong and I started to have bloating and constipation , but still it is considered a beautiful experience and your juices are very delicious, am used to drinking vegetable juices but your juices are something else and am very much enjoying them...

I forgot to mention that me losing weight has become a very noticeable matter and I feel that I've become very light, the only problem that I had was that mentioned above, other than that the program is considered a real success...

The desire to eat desert has become very minimal... and the feeling of being stuffed was there all along while I was doing the program

I would like to comment here about the issue of belly bloating, I asked the dear sister about drinking water and she said that very little was consumed during the program, a liter or less per day & I expect ,and Allah knows best; that this might be the reason why she had that problem and this emphasizes for us the importance of drinking at least 2 liters per day while you are doing the program.

Success Stories

A program participant mentioned that he went on for 23 days and that led to him losing almost 8kg, he said that he did not do much sports at the time other than walking some days for 45 minutes.

A female participant tells her story: "frankly I liked to try this Detox Program because I felt like I have not been eating healthy, and any dieting or food system am following might not be complete, depending on a certain type of food, so I followed this Detox Program for 8 days along with eating salads and lost 2kg and felt a relief in my digestion system, my nails started to grow faster and am having less hair loss, it was hard on the first 2 days, afterwards you get used to it, that doesn't mean it was easy, for sure am going to repeat this again at least once every 3 months!"

A third Participant mentioned that after he finished the Program, he went to have his regular blood check done, and thank God his blood sugar was normal and everything else was great, praise to Allah.

“An Important Notice: Many people ask, how much weight I can lose if I followed the Program?”

The answer to this question varies from one person to the other depending on multiple factors:

1. Age
2. Current weight
3. How much movement and sports are done / day
4. Sleep
5. How committed to the program you are!
6. Gender

These factors and many others determine how much can be lost while doing the Detox Program, but we can't say in certain words how much a person can lose weight, and Allah knows best

Juices of The Detox Program

The Adequate Program

<i>Sequence</i>	<i>The Adequate Program</i>	<i>Calories</i>
1	Force & Power	481
2	Healthy & Desirable	651
3	Healthy & Delicious	461
4	Winter Juice	525
5	Beauty & Grace	579
6	Beauty & Charm	605
7	Sharp Vision	624
8	Shining & Glowing	741
9	Kale King	377
10	Cool & Enjoyable	476
11	Pleasant & Cheerful	570
12	Relax	546

Juices of The Detox Program

The Tough Program

Sequence	The Tough Program	Calories
1	Force & Power	528
2	Healthy & Desirable	536
3	Healthy & Delicious	528
4	Winter Juice	621
5	Beauty & Grace	642
6	Beauty & Charm	395
7	Hero's Green	398
8	Marry Green	604
9	Kale King	369
10	Pure Green	667
11	Pleasant & Cheerful	534
12	Relax	557

Notice: Juices of The Tough Program has been modified for the program

Program Name	Duration	Liters/Day	Conditions	Aimed Group
The Adequate	4 days	3	No solid food to be consumed and to drink healthy juices and lots of water.	who are trying the program for the first time.
The Tough	4 days	3	No solid food to be consumed and to drink healthy juices and lots of water.	who are used to consuming green juices and are aspiring to better results.
Thorough	6 days	2	It allows you to consume fruits, vegetables & raw nuts along with drinking juices	who are unable to abandon solid food for any possible reason.
Easy	12 days	1	It allows you to consume fruits, vegetables and healthy food along with juices.	Pregnant and nursing ladies and the like of them



The Adequate Program

DAY	Breakfast	Lunch	Dinner
First	Force & Power	Healthy & Desirable	Healthy & Delicious
Second	Winter Juice	Beauty & Grace	Beauty & Charm
Third	Sharp Vision	Shining & Glowing	Kale King
Fourth	Cool & Enjoyable	Pleasant & Cheerful	Relax

The Tough Program

DAY	Breakfast	Lunch	Dinner
First	Force & Power	Healthy & Desirable	Healthy & Delicious
Second	Winter Juice	Beauty & Grace	Beauty & Charm
Third	Hero's Green	Marry Green	Kale King
Fourth	Pure Green	Pleasant & Cheerful	Relax

Important Notice

1. If the person chose the Thorough Program (the Juices of The Adequate Program), then the juices will be in the same order, but each day there would be a consummation of 2 juices instead of 3, for example the first day will be for the juices of Force & Power and Healthy & Desirable, the second day's juices will be Healthy & Delicious and Winter Juices...etc. if the Easy Program (the Juices of The Adequate Program) was chosen then it will be 1 juice to be consumed daily instead of 3, for example the first day will be for the juice of Force & Power, the second day will be for the juice of Healthy & Desirable and so on.
2. It is the same if the Thorough Program (the Juices of the Tough Program) was chosen or the Easy Program (the Juices of the Tough Program).

PROGRAM SCHEDULES AND PRICES


Program Name	Liters/Day	Liters/Program	Duration	Price
The Adequate Program	3	12	4 days	400
The Tough Program	3	12	4 days	420
The Thorough Program	2	12	6 days	Depending on your choice of juices
The Easy Program	1	12	12 days	Depending on your choice of juices

we would like to thank you for selecting our program and we hope for you to achieve all your desired goals and to be a fruitful and useful experience that betters your health and increases your activity and strength, we will be waiting to hear your feedback about our program, opinions and valuable suggestions that are indispensable to us, Allah knows best and Peace be upon our Prophet Muhammad and his family and companions and praise be to Allah, Lord of the Worlds.





 0557569238 / 0543027668

 Coolandsweet_sa

 Coolandsweetsa@gmail.com

