

Pressed Juice Daily's Roots 1 and Citrus 1 both contain nutrients that boost your immune system.



Cleanse the Body & Mind

Fresh-pressed juices deliver health and convenience

BY KIMBERLY LORD STEWART

At a restaurant opening a few weeks ago, a fellow food writer turned down a platter of sliders. “I am on a cleanse,” he said as the rest of us gave him an empathetic smile and dug in nonetheless. In this job, juicing is a food writer’s best defense against a food hangover or as a way to get back on track when a stream of new restaurant openings seems endless.

It’s surprising that the fresh juicing trend has trickled into Colorado at a slower pace than other states, such as our western neighbor, California. Restaurants such as Zeal and True Food have juicing menus, but fresh juicing as a sole business is just now gaining traction. *Denver Life Magazine*

checked in on two of Denver’s boutique juice spots inspired by California juice shops.

PRESSED JUICE DAILY

When Christian Davis and his best friend, Adam Cianciola, played Little League together in Ann Arbor, Michigan, they dreamed of owning their own business. Many decades later, that day finally arrived. Pressed Juice Daily recently opened a new shop on Broadway, adding to the 16th St. Mall and 36th Ave. locations. Davis got into cold press juicing as a hobby for his friends and family. “Every three days I was making juice for eight hours a day, but it was messy and a huge amount of work,” he says. “Denver is the healthiest city in America, so it made perfect sense for us to do this.”

Pressed Juice chooses ingredients that provide the widest variety of nutrients and antioxidants. As a base for a cleanse, they suggest including a couple green drinks each day as well as one root drink and one citrus juice. Pressed Juice removes all of the fiber in their juices because they believe that your digestive system needs a bit of a break during a cleanse. They strive to create cleansing programs that rejuvenate and provide immune support and stress reduction.

Pressed Juice offers four green drinks (Greens 1, 2, 3 and 4). My personal favorite is Green 2, with kale, spinach, pineapple, cucumber and celery. It’s bright and fresh with just enough green. Two more juices worth adding to your cleanse are Citrus 1, with orange, red apple, lemon and

ginger, as well as Citrus 3, with orange, pineapple, grapefruit and coconut water. The former lowers cholesterol levels and boosts your mood; the latter is full of potassium, vitamin C and digestive enzymes. As a health booster and post-workout electrolyte, Pressed Juice sells blue-green algae shots and supplemental waters including lemon; ginger and raw honey; chlorophyll; aloe and coconut.

JUICE BY NUMBER

Pressed Juice Daily’s cleanses are sold in sets for one day, three days, five days and seven days. Each comes in three levels. They deliver throughout the Denver metro area and as far south as Castle Rock and north as Boulder. A one-day cleanse starts at \$57, and a seven-day cleanse is \$399. pressedjuicedaily.com