



CHOMP & JUICE EATERY STATION

JUMPSTART A HEALTHY LIFESTYLE WITH JUICING

We all know that the secret to achieving a dream body, perfect skin, and boundless energy is that there, unfortunately, is no secret. We have to make a long term commitment to living a healthier lifestyle and not get discouraged when the results we're hoping for take longer than expected.

The new year is often the starting line for most of us, a day that marks the beginning of a new and improved you. The version of yourself who wakes up early to get to the gym before work, who only eats carbs on a cheat day, and never leaves dirty dishes in the sink. While I cannot offer you the trick to keeping your resolutions alive, I can offer my own personal secret to jumpstarting a true lifestyle change.

And that, of course, is juicing.



You have no doubt heard of it before. Maybe even tried it, maybe even liked it. After all, juicing is an excellent way to start achieving your health goals. And even though it has been questioned and dismissed as a fad by some, I firmly believe that the organic, cold pressed juice shops popping up on every street corner are here to stay. And now there's a new kid on the block to give the competition a run for its money: **Chomp Eatery and Juice Station.**

I decided to kick off my health resolutions with a three-day cleanse from Chomp, but I first sat down with founder **Rolan Pongpuntara** to fully understand the art and health benefits of juicing.

Revere: How did Chomp come about?

Rolan Pongpuntara: We were searching for a simple word that would embody food. When you think of the word “chomp,” you think of taking a large, crunchy bite of something that tastes good, something you would continue to chomp on until you finish it. We decided to start with cold pressed juices because my boyfriend, Sean Tao, had a stomachache and I had gone out and purchased an apple-ginger-lemon concoction to remedy it. Being new to the juice game, it tasted awful! But it made him feel better. He drank a few more and his ailment was gone. I then became a believer and began our research on the process as well as the benefits [of juicing].

Nowadays it seems like there is a new juicery on every corner. What sets you apart?

It's all about flavor, quality and taste for both our beginner and experienced customers. I want to give my customers the best possible experience throughout the cleanse. The juice cleansing process is not easy; not eating solid food for the whole day, the prices, and the unfamiliar taste are just some of the general complaints people have. But with our product, we make it easy for newbies to enjoy their juices and thus have a more enjoyable experience.

What made you want to dedicate your career to juicing?

Juicing is something I strongly believe in because I know where I was health-wise before I began it, and the total change I've seen to where I am now. I used to get a lot of headaches, had a hard time sleeping, used over-the-counter and prescription drugs, and didn't feel good after most meals. After juicing, my personal well being was greatly elevated. Because it is something I believe in, I have no problem dedicating my career to it.

I was a pharmacy technician for about six years. I had my own dispensary at a doctor's office, dealing with a wide range



of natural remedies to prescription medication. I learned a lot about weight loss, detox and cleansing, low thyroid and hormones, and fatigue and depression. Learning from doctors and pharmacist, I have seen how much the world is moving towards more natural forms of remedies. With the knowledge and experience I gained as a pharmacy technician, I now apply it to my juices.

What do you have to say to the Juice haters out there? Everyone has their own opinion about juicing. It's all up to the individual to make those decisions for themselves. But at least with me, I believe the body should be treated as a temple. Worship it by putting in only the freshest ingredients and it will be harmonious.

- I remember reading, "Why do a juice cleanse?"
- The liver does the work for you." To this I respond
- with the fact that as we live, eat and breath, we accumulate toxins in our body. I believe it
- is important to eliminate those toxins. Even a one day juice cleanse will help flush impurities from your liver and other cellular tissues while giving you all the nutrients to achieve balance and increased energy.

Can you walk us through one of your cleanses?

One of our most popular cleanses is the Sunlight Cleanse. This is for beginners, intermediates and experienced cleansers. It will bring you back to life. The package comes with six cold-pressed juices. When you start, the first thing we want you to do is take a deep breath and give your body a dose of positive energy towards cleansing. Start your morning with the first bottle, Chomp Greens, and move on to the second, Master Cleanse, two hours later. Continue



Sunlight Menu:

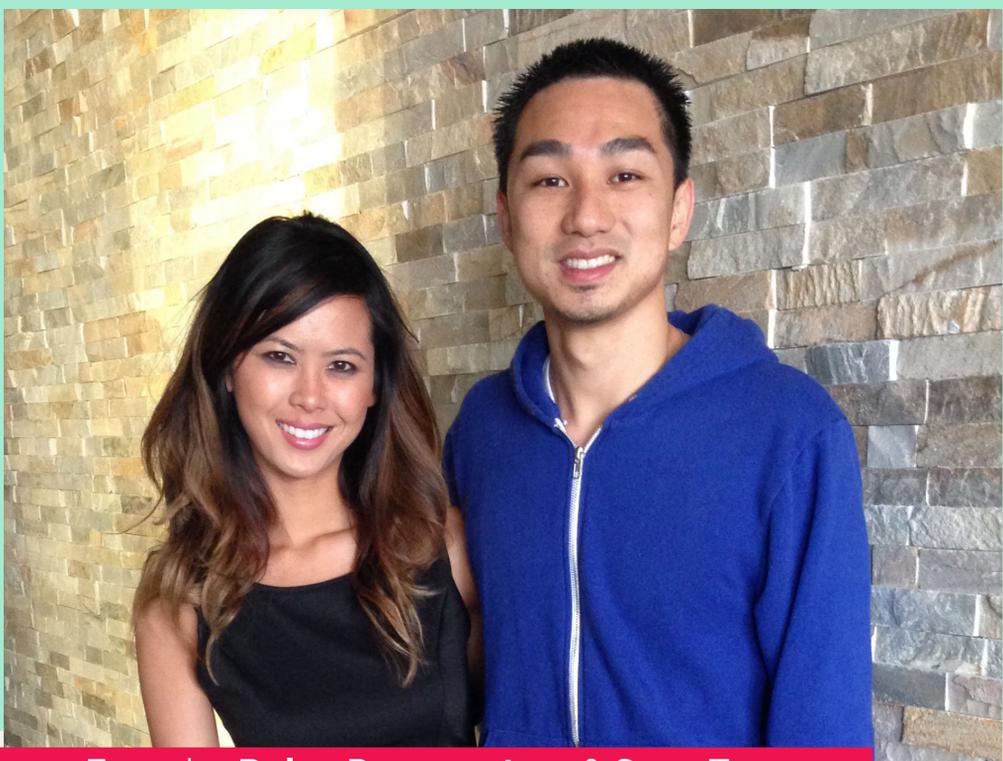
- 1. Chomp Greens:** Apple, Spinach, Cucumber, Kale, Celery, Lettuce, Parsley, Lemon, Lime
- 2. Master Cleanse:** Cayenne Pepper, Lemon, Agave, Filtered H2O
- 3. Clarity:** Watermelon, Chia Seeds (9 grams of Protein)
- 4. Peace:** Apple, Beets, Spinach, Cucumber, Kale, Celery, Lettuce, Parsley, Lemon, Ginger
- 5. Hope:** Pineapple, Green Apple
- 6. Chomp Almond Mylk:** Raw Almond, Raw Honey, Purified H2O, Himalayan Sea Salt

Tap here to learn more about cleanses!

drinking the juices every two hours, with water in between (at least eight bottles of water for the entire day).

If you work out, our Almond Mylk is a good source of protein. Go ahead and drink the Almond Mylk after your workout and continue right where you left off. We try to put as much protein in our juice package as possible.

Why do you add in ingredients such as chia seeds? The main reason is to put as much protein as we can in our juice cleanse. Chia seeds are a fabulous source of protein, have five times as much calcium as milk, and is vegetarian and gluten-free. We put three teaspoons of chia seeds in our Clarity juice, which contains approximately nine grams of protein. Almond Mylk also has a high protein content. This is good for those who are lactose intolerant, like I am. Some people treat it as a dessert, as it tastes amazing!



Founder **Rolan Pongpuntara & Sean Tao**

The Results

After completing my three day cleanse, I can confidently say that Rolan and business partner Sean Tao know what they are talking about. Their juices are delicious, fresh, and left me feeling energized. I was never hungry—which I had feared—and didn't experience the headaches or sluggish behavior that I have with other cleanses. Rolan's medical healing background is apparent in her pressed juices. She puts the emphasis on not only detoxifying the body, but also giving enough calories and protein to sustain a healthy lifestyle.

Chomp Eatery and Juice station will be opening its doors this February in Santa Monica, and the juices are currently available for purchase online.

As a special treat for *Revere* readers, Chomp is offering 10% off their Valentine's Cleanse with the use of promo code "Revere" when ordering online at www.chompeatery.com. For more information, tap here! ■

CHOMP EATERY & JUICE STATION

1612 Santa Monica Blvd.
Santa Monica, CA 90404

Hours of operation: 7 a.m. to 10 p.m.
Average Price of Juices: \$6.49

www.chompeatery.com