



Moon Juice Cleanse Basics

Why cleanse?

Juice cleansing enables the body to naturally go into detox mode while flooding it with live nutrients and enzymes. We like to think of our Moon Juice Cleanses as a juice feast, a holiday for the body, the ultimate indulgence.

As we live, eat, and breathe, we accumulate toxins in the body. It's important to take the time to release ourselves of these toxins, as they can lead to both physical and mental imbalances.

We spend an enormous amount of energy on the constant strain of digestion. When we stop eating solid food our organs are free to redirect blood and energy to the brain, the skin, the liver, and other neglected areas. This allows the body to eliminate toxins and to take much needed rest.

By fasting we are allowing our body to move from the sympathetic nervous system to the parasympathetic nervous system, this is where the body can begin to detoxify and heal.

Whether this is your first cleanse or your tenth, each experience is unique. The overarching theme is peeling away the layers and shedding old patterns leading to a new paradigm. This may pertain to food choices, relationships, career, family, and faith.

Some signs that it is time to cleanse are:

A weakened immune system. Troubled skin. Allergies. Low moods or anger. Sleeplessness. Poor digestion. Weight gain. Low energy. Feeling and looking blah.

Our Rainbow, Indigo and Green cleanses are made to support your body in its own detoxification process as you go about your daily routine. Over the course of your day, you will be flooding your system with over 20 pounds of 100% organic, raw produce and nuts or seeds. The only thing missing is the fiber.

We provide 6 juices, a nut or seed milk, and an Enzymatic Aloe Tonic for each day of your cleanse. This is a nurturing and healing daily dose of juice, allowing you to support your body, not deprive it or stress it out. Our cleanses are 100% certified organic and never treated with any form of cold pasteurization. Live juice is critical while cleansing, because you need a full enzyme count to ensure a good system scrubbing.

How to cleanse.

Before

In order to prepare your body to be flooded with detoxifying nutrients, enzymes, and minerals, we recommend that you shift your diet a few days before the juice begins. It is best to eliminate the following three days prior to your cleanse:

Caffeine | Alcohol | Nicotine | Refined sugar | Animal products | Wheat

If you can spend these few days eating raw foods, broths, sea vegetables, juices and smoothies, and drinking lots of water it will only lead to a more comfortable and graceful cleanse.

During

Within the first 24-36 hours of abstaining from solid foods, the body enters a state of detoxification. Energy that was used for digestion is now redirected to cleansing. The raw and 100% organic juices act as cleansing agents, their enzymes dissolving the toxins being released.

After several days of fasting, the walls of the colon release a build up of plaque, allowing the body to maximize absorption of nutrition and ending auto-intoxication through the intestines. At this stage, you may also experience a release of stored emotions and memories, and a heightened sense of clarity.

Once these toxins begin to leave the body we feel euphoric energy, increased mental capacity, and release of negative emotion. Steeped in high vibrational

juices and foods, we literally begin to vibrate on new levels and tune into more subtle planes of consciousness

Here are some tips to make your cleansing journey more enjoyable.

Drink all your juice. We strongly urge you to drink all of your juices everyday, either in a constant drip or by setting an alarm to have a juice at least every two hours.

Drink lots of water and herbal tea. Continue to drink water or any herbal teas you may desire.

Stay warm. It's a good idea to stay warm, as you may feel colder while cleansing. Be sure to bundle up or take a warm bath if you feel chilly!

Rest. Give yourself the time and space to rest as some major cleaning and healing takes place below the surface. Listen to yourself. If you feel a bit run down, make sure to take it easy.

Release those toxins. Our favorite easy ways to aid your body in releasing toxins include:

- Sweating: This could mean strolling, stretching, your regular exercise routine, or far infrared sauna. Be sure not to let that toxic sweat sit on your skin—rinse off, or you will reabsorb unwanted toxins.
- Skin brushing.
- Tongue scraping.
- Oil pulling.
- Colon hydrotherapy: Colon hydrotherapy is highly recommended during cleansing. It's an effective, fast way to release a lot of toxins. Colonics are very effective in helping with any flu like symptoms, headaches, light-headedness or moodiness that may arise while detoxing.
- Far infrared sauna.
- Magnesium salt baths.
- Deep breathing.

Once you get through those first big detox days and your system is drenched with live nutrients you will experience a sharp clarity, a grounded calm, a sense of weightlessness, and a natural energy from within.

Sleep will come easily and be deep, rising will feel effortless, and the days in

between will flow. You will be charged on revived excitement and stamina. Your skin will glow, your eyes will shine, your body's weight will balance, and you will be buzzing with health.

After

Coming off of a cleanse properly is a critical part of the process. For the first day, it's best to add just soups and smoothies. In the following few days, come down from the cleanse the same way you prepared for it, eating cleanly and avoiding caffeine, alcohol, nicotine, refined sugar, animal products, and wheat.

Cleanse policy.

Cleanses are not intended for use by minors, pregnant or nursing women, individuals with any type of health condition or users of prescription drugs. Such individuals are specifically warned to seek professional medical advice prior to initiating any form of weight loss effort or regimen.

Moon Juice is not a medical organization and our staff cannot give you medical advice or diagnosis. Any information garnered from us should not be interpreted as a substitute for a physician's consultation, evaluation, or treatment.

Frequently Asked Cleanse Questions

How do I get protein on a cleanse?

The body responds vibrantly to plant proteins that are available in abundance in fruits and vegetables—especially greens. You'll be flooding your body with these nutrients all day long.

Can I work out and cleanse?

Exercise is absolutely good while cleansing. We've seen it range from a 20-minute walk to a 20-mile bike ride.

During a cleanse, your body is very busy on a cellular level. See how your energy levels are on a day-to-day and moment-to-moment basis. On some days, you may want to respect the internal work being done by resting, and on others you may feel surges of energy that you need to express.

Can I cleanse while pregnant?

No.

When you are pregnant, you do not want to be triggering your system to release toxins into your bloodstream. What you can do while pregnant is drink juice all day long, while supplementing with healthy raw fats and foods.

Can I go to work and cleanse?

Yes. Our juice programs provide enough calories on a daily basis to keep your brain, organs, and metabolism functioning. You may experience higher energy and brainpower while cleansing, which would be great for work, and you may have moments of experiencing crankiness, which may require a walk around the block.

Are there products you recommend while cleansing?

Yes. We have several recommendations for tricks and tools we've learned along the way, available in our Moon Juice Cleanse Packages.

See these Cleanse Packages [**here**](#).

Should I have a colonic while on a cleanse?

We recommend supplementing your juice cleanse with colon hydrotherapy. A colonic is a safe and effective way to aid and accelerate the release of the toxic waste that your body will send into your colon while cleansing.

Colon hydrotherapy involves gently filling and flushing the colon with warm filtered water. As the water is flushed out it carries with it any material that has built up in the large intestine, including toxins, waste and trapped gasses. This is a painless, simple, and sterile clinical procedure.

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