

Cleanse

Rainbow

	1 Gingered Lemon*, 1, California Sun*, 1 Goodness Greens*, 1 Carrot, Lime & Coconut*, 1 Roots Rock*, 1 Cilantro Celery Punch*, 1 Moon Milk of Choice*, 1 Enzymatic Aloe Tonic					
days	1	3	5	7	10	14
price	\$70	\$197	\$325	\$460	\$650	\$915

Indigo

	1 Canyon Greens*, 2 Goodness Greens*, 1 Carrot, Lime & Coconut*, 1 Roots Rock*, 1 Cilantro Celery Punch*, 1 Moon Milk of Choice*, 1 Enzymatic Aloe Tonic					
days	1	3	5	7	10	14
price	\$70	\$197	\$325	\$460	\$650	\$915

Green

	4 Goodness Greens*, 2 Canyon Greens*, 1 Moon Milk of Choice*, 1 Enzymatic Aloe Tonic					
days	1	3	5	7	10	14
price	\$70	\$197	\$325	\$460	\$650	\$915

why?

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 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.

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 certified 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 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.

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.

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 certified organic juices act as cleansing agents, their enzymes dissolving the toxins being released.

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.

Drink lots of water and herbal tea.

Stay warm.

Rest.

Release those toxins. Some of our favorite easy ways to aid your body in releasing toxins include: Sweating, skin brushing, tongue scraping, oil pulling, colon hydrotherapy, far infrared sauna, magnesium salt baths, and 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.

