

Mindful Ingredients



Mission Statement

Mindful Ingredients connects strongly with the concept that what you put into your body plays a vital role in sustaining optimal health. We aim to not only provide a healthy, alternative drink that fits into the lifestyle and budget of every individual, but to transcend the boundaries of being just another juice in a bottle and become advocates for the wellness of the people. We believe in being environmentally conscious, so we take care in choosing organic and locally grown produce, giving you the purest ingredients in every bottle.

Life is to be lived to the fullest and we are dedicated to giving you a juicing experience that is wholesome, natural, healing, and truly Mindful.

About Us

Mindful Ingredients began its journey in October of 2013 with one sole purpose: Wellness of the People.

Sustaining optimal health goes beyond the simplistic aspect of making time for physical exercise and being mindful of the quantity of what one consumes, but also being mindful of the quality of what's being eaten and the effect that it has on the body. Sadly—many are unaware of the interconnected relationship between conscious eating and physical health, and that illness can be prevented and/or eliminated by simply taking the time to connect with what you are eating.

This concept of conscious eating is what inspired founder Alston Moore to use his long time passion for healthy living to cultivate awareness in urban communities (where the awareness is needed the most) on the harmful effects of soda and other chemically processed drinks, and to offer those communities a healthy and affordable alternative that is pretty much non-existent in a lot of inner city neighborhoods.

This passion was further propelled through his daily interactions with the people in those communities who were suffering from obesity, cancer, and many other diseases that could be prevented—if only they had the knowledge. From that spark of inspiration, he set out to create a brand that not only catered to the unwell and underprivileged, but provided worldwide education on the importance of nutrition and using the natural healing powers of fruit, vegetables, herbs, and spices to combat health conditions.

The heart of our company lives by the creed that eating and drinking quality foods isn't a privilege reserved for the just rich and wealthy, but a basic human right that should be available for all who want to live a life of vitality and experience the wonders that juicing can do for the body and the mind. Awareness is the soul of change—and we at Mindful Ingredients are committed to bringing awareness to a way of living that will greatly improve the quality of your life—one soul and bottle at a time.

Stay Young, Stay Healthy, Stay Mindful.

Future of Mindful Ingredients

As the strain on our environments natural resources continues to escalate and genetically modified foods become a mainstream addition to the American diet, it's become increasingly challenging to find produce that is organically and locally grown. We've done our homework concerning this food crisis and formulated some ambitious future plans that we hope will eliminate the need to outsource, and place the essential elements of untainted, organically grown food back into the hands of the people where it belongs.

Mindful Ingredients recognizes the importance of reducing environmental impact and supporting local farming, so our goal is to shorten the long distance produce often has to travel and develop organic farms and grocery stores which are sustained by locally grown produce. Not only will these new developments promote energy conservation and produce less waste, but it will help us to create opportunities for the people in the less fortunate communities and build a connection with them based on trust and a deep understanding of where their food is coming from.

Living in a world with a sustainable food system *is* possible, but it has to be a collective effort. We believe earnestly in creating sustainable communities and ensuring that the future generations have access to nutritionally valuable and wholesome food in abundance. Raising consciousness concerning the importance of choosing foods that give life can change the individual, but the simple choices made every day that assist in putting life back into the environment is what will raise Universal consciousness—and that is the ultimate goal Mindful Ingredients aims to foster.

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Benefits of Juicing



The body is such an amazing and forgiving machine, but we often don't fuel it with the proper nutrients so that it can operate at its most proficient capacity. This in turn leaves us physically and mentally depleted and unable to feel our very best. Demanding work schedules and to-do lists can make it challenging to give your body what it needs, but there is a remedy that is wholesome, natural, and will leave your body feeling revitalized. This remedy is doesn't have to be found in some far off, mystical place or cost you more than you can afford, but can be found right in the comfort of your own kitchen. When it comes to giving your body vital energy and detoxifying the system, there's no better remedy than juicing.

Mindful Ingredients is dedicated to giving you the most authentic juicing experience and has taken the time to thoroughly research the healing properties of nature's most valuable medicine. We stand by our creed of bringing awareness to the people and we want you to be knowledgeable about every aspect of your juicing journey. There are many benefits to incorporating juicing into your lifestyle and we've listed a few that we hope will peak your interest and get you inspired.

1. Increase Your Vegetable Intake

With a recommended 5 to 13 servings of fruits and vegetables per day (depending on various factors such as age, gender, physical activity, and general health), getting the daily requirement can seem impossible for most—but it doesn't have to be a daunting task. Juicing not only guarantees that you'll meet your daily target, but it allows you to experiment with vast assortment of recipes and try out vegetables you may not usually enjoy whole.

2. Boost Your Immune System and Energy Levels

Vegetables are loaded with essential nutrients, enzymes, vitamins, and minerals that assist the body in doing everything that it needs to do to function properly—from assisting with food digestion to healing viruses or infections attacking the immune system. There are times when the busyness of life gets the best of us and we may find ourselves physically exhausted or even ill, but juicing can provide the natural antibiotics to heal sickness in the body and boost energy levels so that you have more stamina to get through your day.

3. Facilitate Weight Loss

Many are under the impression that physical activity and the daily recording of calories is the most efficient way to drop unwanted pounds. While it's true that physical activity aids in toning and shaping the body, and being mindful of how much you're consuming ensures you don't undo all of your progress—*what* you are putting into your body is the key element to shedding weight. Juicing allows you consume as many fruits and vegetables as you like without putting strain on your system from the constant digesting, and cures nutrient deficiencies that cause you to crave junk foods. You'll find yourself eating less and having the energy to be more active—two essential components when it comes to weight control.

4. Cleanse and Detox Internal Organs

Consistently eating foods that are chemically processed and lacking nutritional value is like injecting poison into your system and with time—this creates toxicity in the body leading to many of the chronic illnesses people are plagued with on a daily basis, but this is not something that has to be lived with. Plants are a powerful detoxifier and the juice of organic vegetables can speed up the detoxification process—flooding your body with antioxidants and micronutrients that aid in breaking down toxins and cleansing the body so that you're absorbing nutrients more efficiently.

Healing the body from the effects of years of improper eating isn't a one stop solution that can be achieved in a short period of time, but a step by step process of simple choices that if practiced daily can assist you in the alteration of your health as you know it. The art of juicing is not some diet fad or placebo that will provide you with short-lived results, but a way of life that will allow your body to do what it was made to do: Thrive.

Mindful Ingredients understands that it may take some time to form new habits and eat in a way that is both conscious and unique to your body's needs, but we are passionate about our quest to make your juicing journey as natural as breathing—and to give you the guidance you need to regain balance and transform your inner space.

As always—**Stay Young, Stay Healthy, Stay Mindful.**