

# Nutritional Cleansing Manual



*“Impossible is only a word —  
it doesn’t exist in nature.”  
— Udana Power*

**Mission Statement:**  
To help a nation in crisis regain it’s optimum health one  
person at a time by teaching people how to cleanse.

Revision: 2-1-08

# Contact Sheet

	Name	Phone #
<b>Sponsor</b>		
<b>Team Support Coach</b>		
<b>Other Teammates</b>		
Name	Phone	e-mail

My ID #: \_\_\_\_\_  
 My Website: www. \_\_\_\_\_ .isagenix.com  
 My Username: \_\_\_\_\_ Password: \_\_\_\_\_

More questions?! Contact your Sponsor and/or Team Support Coach!!

Corporate Update Product Training Call: Thursday @ 6 p.m. PST  
 620 294-3000 Pin 6107 # *(these are also posted in your back office under the Library tab, then Product, then Product Training Calls)*

Toll Free Order Line: 1-877-877-8111  
 English Customer Service: 1-480-889-5777  
 Spanish Customer Service: 1-480-889-5788  
 Chinese Customer Service: 1-480-889-5755  
 French Customer Service: 1-480-889-5766

You are now embarking on an amazing journey... a journey back to your original, optimum health - the ingredients in these products are raw & mostly organic. We believe the formulation of these ingredients is awesome.

## The body is the miracle and heals itself.

*The Isagenix Cleansing and Fat Burning System is not intended to diagnose, treat, cure or prevent any disease. Results may vary with each individual. Consult your health care professional before taking these or any nutritional supplement.*

This manual is designed to give you the tools you need to prepare your products for the initial days and to answer most of the frequently asked questions.

Our Team is committed to educating you on how the nutrients in these products assists the body in the cleansing process. Then we feel better, have clearer thinking and enormous natural energy. In our opinion the Isagenix nutritional cleansing system is a cutting edge technology... there is nothing else out there on the market like it.

## Isagenix is not a colon cleanse, not a fast and it is definitely not a diet!

Open your mind to learn some new things, follow the coaching and get on the team calls. It's good to communicate with your Sponsor or Team Support Coach each day. We work as a team. All great athletes have coaches — they know they can't create amazing results without the outside influence of someone who has been there and can see the whole picture. It's no different for you as you begin this journey. You have a coach — someone who will help you to learn and apply the new strategies for changing your life for good.

## Isagenix is not a quick fix. It is a lifestyle.

This first few days, if followed according to the instructions, will give you results that you never thought possible. Give yourself a break - resolve to do the cleanse as laid out and use all the tools available to you. Your vision for what your life can be is absolutely attainable. Once you've experienced your initial results you'll know in your heart how different you feel. You'll then begin to realize how important it is to keep these products in your body to lose more weight and/or experience even greater results.

It is impossible for the first few days to completely cleanse your body of a lifetime of stored up impurities. We have designed on-going Breakthrough Strategies and a Total Health & Wellness System that provides you tools to continually feed your body beyond this first few days. We are dedicated to helping our great nation reclaim the optimum health that is our natural birthright — one person at a time. We welcome you to our Isagenix family!

## A votre santé! (To your health!)

### 11 Day Product Experience

Warm-up	Warm-up	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Warm-up	PreCleanse Call	Weigh & Measure		Weigh & Measure							Weigh & Measure
Shake-Meal-Shake		Cleanse with snacks & accelerator capsules	Shake - Meal - Shake with snacks and Accelerator Capsules					Cleanse with snacks & accelerator capsules			

# Record your Weight and Measurements

It is very important that you record your starting weight and measurements as well as your milestones along the way. How much fun would a basketball game be if you didn't keep score?

Be sure to weigh and measure before you start your pre-cleanse day/s, so the total on day 3, etc., will reflect the true total.

Experience the full satisfaction of knowing your results.

Take a "Before" photo. Your Before and After photos will be priceless!

**\*\*\* Only weigh & measure after cleanse days not on shake-meal-shake days. \*\*\***

DATE	/ /	/ /	/ /	/ /	/ /	/ /
	Before Pre-cleanse	Day 3	Day 10	Day 31	Day 61	Day 91
Neck						
Upper Arm L						
Upper Arm R						
Chest						
Rib Cage						
Waist						
Abdomen 6" below waist						
Buttocks 9" below waist						
Upper Thigh L						
Upper Thigh R						
Upper Knee L						
Upper Knee R						
Calf L						
Calf R						
Total Inches						
Weight						
Total lost						

**NOTE:**

- Weigh and/or measure yourself on the morning of the above days ONLY. Let Day 3 and Day 10 be like a gift you give yourself. If you don't own a scale — buy one or borrow one for these initial days. Give yourself the benefit of knowing the truth of what you are doing.
- As your body starts ridding itself of impurities it will also start building a little muscle mass ... remember, muscle weighs more than fat.
- Good news: you are not losing water weight. How could you? You're probably drinking more water than you've ever drank in your whole life.
- Make sure you place the tape on the same spot when you measure each time.
- Have fun.

# Helpful Hints for Success

*“It’s too bad that in this day and time we need a cleansing technology of this kind... but thank God we have it.”*

- John Anderson, Founder of Isagenix

This is not a replacement for your Doctor’s care or prescribed medications you are currently taking. We always suggest consulting with your doctor before you start any new program. Ask her/him to **monitor** your progress.

**Shopping List:** Items to have on hand before you start.

Ziploc snack size baggies (*not needed for the Pre-cleanse day/s*)

1 or more cases of 16 - 24 ounce bottles of purified water and/or use a good water filter

**ENHANCEMENTS:**

black strap unsulphured molasses & organic extra virgin coconut oil (*add 1 tablespoon of **both** to your morning shakes - this combination is known to slow down the release of the natural sugars in the shake & feeds the brain*) (*you need to use **both or neither***)

These nuts are **listed in order of best to a little less than best for fueling the fat burning process**, also helps curb hunger & helps give you energy:

*(highly recommended - be sure you get raw organic (when available) & **unsalted**):*

1 to 1 1/2 tsp. pine nuts **or** 1 brazil nut **or** 2 almonds **or** 2 walnut 1/2's **or** 2-3 pecan 1/2's

FYI: Almonds, raw-pasteurized or dry roasted unsalted

*(if you choose raw almonds, you may want to spread them on a cookie sheet and bake at 275° for approximately 20 minutes.)*

**HINT 1:** Fill 9 Ziploc snack size baggies with the following:

- 6 Isagenix nutritional Snacks (*none on Pre-cleanse day/s*)
- 2 Accelerator capsules
- nuts (*have a few with each Snacks*) (*pine nuts - approx. 1 to 1 1/2 teaspoon @ a time*)
- Take one baggy containing your Snacks, nuts and Accelerator Capsules with you each day. (*Keep an extra bag in your desk at work in case you forget one.*)

**(Start taking the Isagenix Snacks on Day 1– Not on the Pre-cleanse Day/s)**

**HINT 2:** How to prepare the Cleanse For Life drink (**wait** to prepare **on** your **last** Pre-Cleanse Day)

Mix the Cleanse For Life drink, as directed, at the timed intervals on the schedule.

## OR

- On Day 1 line up 8 bottles of water and one 32 ounce bottle Cleanse for Life.
- Take 4 ounces (*1/2 cup*) of water from each bottle of water (*save to drink later*).
- Replace water in each bottle with 4 ounces (*1/2 cup*) of Cleanse for Life drink.  
*(You will have used one bottle Cleanse for Life drink by the end of Day 2 (2 cleanse days))*
- Keep prepared and/or opened bottles refrigerated.
  - Starting with Day 1 you will drink 4 of these bottles per day for the next 2 days.
  - Note: Each 16 ounces of Cleanse for Life drink has the nutritional equivalent of a 1,500 calorie day - except it has very few calories.
  - (*save the second 32 ounce bottle of Cleanse For Life drink for Days 8 & 9 of the cleanse*)

# Daily Schedule

**Pre-cleanse Day/s: 1** (if you ordered Option 1 or 3) **or 2** (if you ordered Option 2)

Start with Pre-Cleanse (*warm-up*) day/s before you start Day 1 of the cleanse.

This will set your body up to be well prepared.

Snack on the nuts. **Do not use your Isagenix Snacks yet.**

Time of Day	Action	Time Done	Amount of Water (oz)
7:00AM	<b>BREAKFAST: IsaLean Shake</b> with (optional - 1/2 scoop <b>IsaFruits</b> , 1 tbsp. black strap molasses <b>&amp;</b> 1 tbsp. organic coconut oil) in 10 to 12 oz <b>COLD water</b> / one <b>Accelerator</b> + 10 oz <b>COLD water</b>		
9:00AM	8 to 14 oz water		
10:30AM	8 to 14 oz water		
Noon	<b>LUNCH: 4 to 6 oz protein (Tofu, Chicken or Fish)</b> & dark green vegetables* w/ a few pinenuts on your salad		
2:00PM	8 to 14 oz water / one <b>Accelerator</b> capsule		
3:30PM	8 to 14 oz water		
5:00PM	8 to 14 oz water		
6:00PM	<b>DINNER: IsaLean Shake</b> with (optional - 1/2 scoop <b>IsaFruits</b> ) in 10 to 12 oz <b>COLD water</b> + 10 oz <b>COLD water</b>		
8:00PM	8 to 14 oz water / 2 <b>IsaFlush</b>		

## To prepare the IsaLean Shake:

- Put 10 - 12 ounces of **COLD** water into an IsaBlender or hand blender, add 2 ice cubes and blend until smooth. Then put in 2 scoops of shake & (*optional*) 1/2 scoop IsaFruits and (*to your morning shake only*) 1 Tbsp. black strap molasses **together with** 1 Tbsp. organic coconut oil - blend no more than 5 seconds. Drink, **chewing constantly**, within 5 - 10 minutes. Drink 10 more ounces of **COLD** water after the shake.
- Drink your first shake or cleanse drink of the day within 45 minutes of waking up!

**IMPORTANT: The cold water activates the live digestive enzymes in the shake!** Drink your shake within 5 - 10 minutes after you make it so those enzymes end up in your stomach not the glass. **DO NOT** make the shake and then take it with you on the road. Or put it on the counter for a while. Or even put it back into the refrigerator until later - the power of the enzymes will be lost. When you take a mouthful of shake chew it before you swallow it - that releases digestive enzymes from inside your mouth.

**FYI:** It's known that by using 1 tablespoon black strap molasses **and** 1 tablespoon organic coconut oil **together** it slows down the release of the natural fructose in the shake & feeds the brain.

## IsaFruits

An awesome addition to the IsaLean Shake or by itself. It's pure nutrition without the sugar (*each scoop is equivalent to about 1 pound of fruit except it has a very low glycemic index*). Always stated as optional but is **highly recommended**.

Promotes Long-Term Health  
Promotes Mental Clarity

Supports a Healthy Heart  
Supports Digestive Health

Helps Boost Immune System  
Supports Prostate Health

# Daily Schedule

**Day 1:** Day: \_\_\_\_\_ Date: \_\_\_\_\_

Your first cleanse drink or shake should occur within 45 min. of waking up. Drinking water (*at least, 1/2 your body weight in ounces **TO**, the most, 120 - 140 ounces per day*) at consistent intervals is a powerful part of this program. **DO NOT SKIP MEALS.** This is about hydrating and replenishing the cells on a scale that you've never experienced before. Take your prepared bag of Snacks and nuts with you. Keep an extra one in your car or at the office in case you forget one. Set yourself up to win.

Time of Day	Action	Time Done	Amount of Water (oz)
7:00AM	<b>1ST MEAL:</b> 4 oz <b>Cleanse for Life</b> drink in 8 to 14 oz water or (1 prepared bottle) / one <b>Accelerator</b> capsule		
9:00AM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b> .		
10:30AM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b>		
Noon	<b>2ND MEAL:</b> 4 oz <b>Cleanse for Life</b> drink in 8 to 14 oz water or (1 prepared bottle)		
2:00PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / one <b>Accelerator</b> capsule / a couple un-salted <b>nuts</b>		
3:00PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b>		
4:00PM	<b>3RD MEAL:</b> 4 oz <b>Cleanse for Life</b> drink in 8 to 14 oz water or (1 prepared bottle)		
6:00PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b>		
8:00PM	<b>4TH MEAL:</b> 4 oz <b>Cleanse for Life</b> drink in 8 to 14 oz water or (1 prepared bottle)		
9:30PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b> - 2 <b>IsaFlush</b>		
Middle of the night	When you use the restroom in the middle of the night drink 8 to 14 oz water before going back to bed		

- Congratulations! You have taken the first step on an awesome journey. Stay the course!
- **DO NOT** work out on cleanse days! Relax and take it easy. Your body is working VERY hard on the inside. Don't work hard on the outside.

# Daily Schedule

**Day 2:** Day: \_\_\_\_\_ Date: \_\_\_\_\_

The consistent timing of the nutrient intake with water is important. Do not skip meals or water.

If you feel hungry - are you drinking enough water? Also you can drink water with 1 teaspoon organic apple cider vinegar in it.

Time of Day	Action	Time Done	Amount of Water (oz)
7:00AM	<b>1ST MEAL:</b> 4 oz <b>Cleanse for Life</b> drink in 8 to 14 oz water or (1 prepared bottle) / one <b>Accelerator</b> capsule		
9:00AM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b> .		
10:30AM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b>		
Noon	<b>2ND MEAL:</b> 4 oz. <b>Cleanse for Life</b> drink in 8 to 14 oz of water or (1 prepared bottle)		
2:00PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / one <b>Accelerator</b> capsule / a couple un-salted <b>nuts</b>		
3:00PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b>		
4:00PM	<b>3RD MEAL:</b> 4 oz. <b>Cleanse for Life</b> drink in 8 to 14 oz water or (1 prepared bottle)		
6:00PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b>		
8:00PM	<b>4TH MEAL:</b> 4 oz <b>Cleanse for Life</b> drink in 8 to 14 oz water or (1 prepared bottle)		
9:30PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b> - 2 <b>IsaFlush</b>		
Middle of the night	When you use the restroom in the middle of the night drink 8 to 14 oz water before going back to bed		

- The nutritional Snacks provide the body with chromium, protein and omega oils to help metabolize the nutrients, support the lean body mass and stabilize blood sugar levels.
- The Natural Accelerator capsules support a healthy metabolic process and help suppress the appetite.
- Water (*at least, 1/2 your body weight in ounces **TO**, the most, 120 - 140 ounces a day*). Timed water intake (*a glass every 1 1/2 to 2 hours is important*). It supports cleansing, rinsing the impurities out and adequate hydration every day from now on.



# Daily Schedule

**Day 3:** Day: \_\_\_\_\_ Date: \_\_\_\_\_

**IMPORTANT: Weigh & measure first thing this morning!!** Call your Sponsor & Team Support Coach to share the good news!

If you chose Option 1 when you signed up make sure your order is in for Option 1a (*to complete the 30 day accelerated breakthrough*) or Option 4, the Total Health & Wellness System (*if you're already at your goal weight*) so it will arrive at your house by the time you complete these first 10 days (*1 pre-cleanse day + the initial 9 day cleanse*). Give your Sponsor or TSC a call, they will assist you.

Time of Day	Action	Time Done	Amount of Water (oz)
7:00AM	<b>BREAKFAST: IsaLean Shake</b> with (optional - 1/2 scoop <b>IsaFruits</b> , 1 tblsp. black strap molasses & 1 tblsp. organic coconut oil) in 10 to 12 oz <b>COLD water</b> / one <b>Accelerator</b> + 10 oz <b>COLD water</b>		
9:00AM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b>		
10:30AM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b>		
Noon	<b>LUNCH:</b> 4 to 6 oz <b>protein (Tofu, Chicken or Fish)</b> & dark green vegetables*		
2:00PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water/ one <b>Accelerator</b> capsule / a couple un-salted <b>nuts</b>		
3:30PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b>		
5:00PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b>		
6:00PM	<b>DINNER: IsaLean Shake</b> with (optional - 1/2 scoop <b>IsaFruits</b> ) in 10 to 12 oz <b>COLD water</b> + 10 oz <b>COLD water</b>		
8:00PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b> - 2 <b>IsaFlush</b>		
Middle of the night	When you use the restroom in the middle of the night drink 8 to 14 oz water before going back to bed		

\*Enjoy low carb vegetables including Romaine lettuce, radishes, spinach, celery, broccoli, zucchini, string beans, mushrooms, avocado, celery, a **few** raw carrots, etc.. **Avoid** starches, salt, sugar, yeast, flour, preservatives and highly processed foods.

Eat your salad dry or with a little (1/4 tsp.) olive oil and organic apple cider vinegar (*make sure it does not have sugar in it*) or lemon. **Avoid** the heavy, thick creamy dressings.

Remember... this is NOT about deprivation. ENJOY your food. Choose thoroughly delicious, healthy food and completely enjoy every mouthful.

# Daily Schedule

Day 4: Day: \_\_\_\_\_ Date: \_\_\_\_\_

Reminder: Eat your first Shake meal within 45 minutes of waking. The **COLD** water activates the live digestive enzymes.....so drink it within 5 - 10 minutes of blending. Drink an additional 10 ounces of cold water after the shake.

Call your Team Support Coach or your Sponsor any time you have any questions. They are there to support and help you.

Time of Day	Action	Time Done	Amount of Water (oz)
7:00AM	<b>BREAKFAST: IsaLean Shake</b> with (optional - 1/2 scoop <b>IsaFruits</b> , 1 tblsp. black strap molasses <b>&amp;</b> 1 tblsp. organic coconut oil) in 10 to 12 oz <b>COLD water</b> / one <b>Accelerator</b> + 10 oz <b>COLD water</b>		
9:00AM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b> .		
10:30AM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b>		
Noon	<b>LUNCH: 4 to 6 oz protein (Tofu, Chicken or Fish)</b> & dark green vegetables*		
2:00PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / one <b>Accelerator</b> capsule / a couple un-salted <b>nuts</b>		
3:30PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b>		
5:00PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b>		
6:00PM	<b>DINNER: IsaLean Shake</b> with (optional - 1/2 scoop <b>IsaFruits</b> ) in 10 to 12 oz <b>COLD water</b> + 10 oz <b>COLD water</b>		
8:00PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b> - 2 <b>IsaFlush</b>		
Middle of the night	When you use the restroom in the middle of the night drink 8 to 14 oz water before going back to bed		

- Your body is most likely feeling relaxed and rejuvenated on a deep level it's never been before.
- DO NOT weigh and measure again until Day 10.
- If you feel a little tired — then rest. It's only cleansing. Drink the correct amount of water. Enjoy.
- Right about now we get a lot of people telling us that they have so much energy they're up cleaning the house or trimming the trees. How about you?

# Daily Schedule

Day 5: Day: \_\_\_\_\_ Date: \_\_\_\_\_

**Just stay the course.** Listen to the recordings on your daily GoCleanse e-mails. Let the M.D's and the professional trainers inform you of what these fabulous products are doing in your body.

Keep taking those Isagenix Snacks. They're important! Don't skip them!

Time of Day	Action	Time Done	Amount of Water (oz)
7:00AM	<b>BREAKFAST: IsaLean Shake</b> with (optional - 1/2 scoop <b>IsaFruits</b> , 1 tbslp. black strap molasses & 1 tbslp. organic coconut oil) in 10 to 12 oz <b>COLD water</b> / one <b>Accelerator</b> + 10 oz <b>COLD water</b>		
9:00AM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b> .		
10:30AM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b>		
Noon	<b>LUNCH: 4 to 6 oz protein (Tofu, Chicken or Fish)</b> & dark green vegetables*		
2:00PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / one <b>Accelerator</b> capsule / a couple un-salted <b>nuts</b>		
3:30PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b>		
5:00PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b>		
6:00PM	<b>DINNER: IsaLean Shake</b> with (optional - 1/2 scoop <b>IsaFruits</b> ) in 10 to 12 oz <b>COLD water</b> + 10 oz <b>COLD water</b>		
8:00PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b> - 2 <b>IsaFlush</b>		
Middle of the night	When you use the restroom in the middle of the night drink 8 to 14 oz water before going back to bed		

- Exercise that increases your lymph system is important. Jump on a mini trampoline. Do the "Bounce and Shake" ... Take a light walk while swinging your arms. Or put on some music and dance.

KEY: The lymphatic system carries the impurities from the cells into the blood stream and deposits them into the colon. The lymphatic system does not have its own pump... like the blood has the heart. The lymph system depends on your physical activity to pump it around. The more you do that, the faster those impurities will leave your cells. Again... don't overdo or be strenuous... just bounce around and feel that great tingling that comes from letting your bodies energy flow.

# Daily Schedule

Day 6: Day: \_\_\_\_\_ Date: \_\_\_\_\_

## Hang in there. You're moving into the home stretch.

Are you invited out to dinner? No problem. Have your morning shake, your noon meal and then have \*1/2 shake BEFORE dinner. Enjoy a nice meal (*make good choices*) ... feel free to take half of it home for lunch the next day. When you get home enjoy \*1/2 shake more. The enzymes in that last 1/2 shake will go to work on the dinner you just ate. Your last meal should be that shake.

Time of Day	Action	Time Done	Amount of Water (oz)
7:00AM	<b>BREAKFAST: IsaLean Shake</b> with (optional - 1/2 scoop <b>IsaFruits</b> , 1 tblsp. black strap molasses & 1 tblsp. organic coconut oil) in 10 to 12 oz <b>COLD water</b> / one <b>Accelerator</b> + 10 oz <b>COLD water</b>		
9:00AM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b> .		
10:30AM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b>		
Noon	<b>LUNCH: 4 to 6 oz protein (Tofu, Chicken or Fish)</b> & dark green vegetables*		
2:00PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / one <b>Accelerator</b> capsule / a couple un-salted <b>nuts</b>		
3:30PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b>		
5:00PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b>		
6:00PM	<b>DINNER: IsaLean Shake</b> with (optional - 1/2 scoop <b>IsaFruits</b> ) in 10 to 12 oz <b>COLD water</b> + 10 oz <b>COLD water</b>		
8:00PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b> - 2 <b>IsaFlush</b>		
Middle of the night	When you use the restroom in the middle of the night drink 8 to 14 oz water before going back to bed		

- **Do NOT do Shake-Shake-Meal.** You want those enzymes in there digesting that food. This is NOT about deprivation. This is about flooding the cells with nutrition.
- Feed your body... don't just fill it up.

\*1/2 a shake = 1 scoop IsaLean Shake in 6 to 10 ounces **COLD** water.

# Daily Schedule

Day 7: Day: \_\_\_\_\_ Date: \_\_\_\_\_

**Remember to eat your first Shake meal within 45 minutes of waking.** The COLD water activates the live digestive enzymes... so drink it within 5 - 10 minutes of blending. Always drink 10 more ounces of COLD water after your shake.

Drink enough water (*at least, 1/2 your body weight in ounces **TO**, the most, 120 - 140 ounces per day*). Add a slice of lemon or lime if you like.

Time of Day	Action	Time Done	Amount of Water (oz)
7:00AM	<b>BREAKFAST: IsaLean Shake</b> with (optional - 1/2 scoop <b>IsaFruits</b> , 1 tblsp. black strap molasses & 1 tblsp. organic coconut oil) in 10 to 12 oz <b>COLD water</b> / one <b>Accelerator</b> + 10 oz <b>COLD water</b>		
9:00AM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b> .		
10:30AM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b>		
Noon	<b>LUNCH:</b> 4 to 6 oz <b>protein (Tofu, Chicken or Fish)</b> & dark green vegetables*		
2:00PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / one <b>Accelerator</b> capsule / a couple un-salted <b>nuts</b>		
3:30PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b>		
5:00PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b>		
6:00PM	<b>DINNER: IsaLean Shake</b> with (optional - 1/2 scoop <b>IsaFruits</b> ) in 10 to 12 oz <b>COLD water</b> + 10 oz <b>COLD water</b>		
8:00PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b> - 2 <b>IsaFlush</b>		
Middle of the night	When you use the restroom in the middle of the night drink 8 to 14 oz water before going back to bed		

- Go to bed early. Get a massage. Let someone rub your feet. This is luxurious. Relax and enjoy. Why not curl up with a good book? Rent a good movie. Your body is doing the work.
- You've earned the peace of knowing you have changed your life forever and being at peace right now is the most you can do for yourself.

“The key is to rest in peace *before* you're dead.”

- Udana Power

# Daily Schedule

**Day 8:** Day: \_\_\_\_\_ Date: \_\_\_\_\_

You are on the home stretch! A couple more days to go in this initial few days. Finish strong! These two cleanse days will be easier than the first 2 cleanse days... even so, your body is working very hard on the inside. Take this time to relax and enjoy your newly-found freedom from the initial impurities burden you've been carrying around for years.

Time of Day	Action	Time Done	Amount of Water (oz)
7:00AM	<b>1ST MEAL:</b> 4 oz <b>Cleanse for Life</b> drink in 8 to 14 oz water or (1 prepared bottle) / one <b>Accelerator</b> capsule		
9:00AM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b> .		
10:30AM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b>		
Noon	<b>2ND MEAL:</b> 4 oz <b>Cleanse for Life</b> drink in 8 to 14 oz water or (1 prepared bottle)		
2:00PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / one <b>Accelerator</b> capsule / a couple un-salted <b>nuts</b>		
3:00PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b>		
4:00PM	<b>3RD MEAL:</b> 4 oz <b>Cleanse for Life</b> drink in 8 to 14 oz water or (1 prepared bottle)		
6:00PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b>		
8:00PM	<b>4TH MEAL:</b> 4 oz <b>Cleanse for Life</b> drink in 8 to 14 oz water or (1 prepared bottle)		
9:30PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b> - 2 <b>IsaFlush</b>		
Middle of the night	When you use the restroom in the middle of the night drink 8 to 14 oz water before going back to bed		

- Make sure more product is already at your house or on its way so that you don't have to miss a day without getting this nutrition into your body. Have your Team Support Coach tell you about Ionix Supreme... the most potent super juice in the world. You are eligible to start taking 1 to 2 ounces a day after, at least, your first 9 days. Wow! It has a product in it from the Himalayas called "Shilajit". It is known as "The Miracle of the Himalayas" and the translation in Sanskrit is "Conqueror of Mountains, Destroyer of Weakness."
- As wonderful as you feel now, you're just beginning!

# Daily Schedule

**Day 9:** Day: \_\_\_\_\_ Date: \_\_\_\_\_

TOMORROW morning is VERY exciting! Just stay the course. Give yourself time to weigh and measure before you do anything else. Report your new numbers to your TSC, your Sponsor and your Support team! Wake them up to do it, they'll be delighted to know!

Time of Day	Action	Time Done	Amount of Water (oz)
7:00AM	<b>1ST MEAL:</b> 4 oz <b>Cleanse for Life</b> drink in 8 to 14 oz water or (1 prepared bottle) / one <b>Accelerator</b> capsule		
9:00AM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b> .		
10:30AM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b>		
Noon	<b>2ND MEAL:</b> 4 oz <b>Cleanse for Life</b> drink in 8 to 14 oz water or (1 prepared bottle)		
2:00PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / one <b>Accelerator</b> capsule / a couple un-salted <b>nuts</b>		
3:00PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b>		
4:00PM	<b>3RD MEAL:</b> 4 oz <b>Cleanse for Life</b> drink in 8 to 14 oz water or (1 prepared bottle)		
6:00PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b>		
8:00PM	<b>4TH MEAL:</b> 4 oz <b>Cleanse for Life</b> drink in 8 to 14 oz water or (1 prepared bottle)		
9:30PM	One nutritional Isagenix <b>Snacks</b> / 8 to 14 oz water / a couple un-salted <b>nuts</b> - 2 <b>IsaFlush</b>		
Middle of the night	When you use the restroom in the middle of the night drink 8 to 14 oz water before going back to bed		

- This is the beginning of the rest of your life. What you have experienced in these last few days will continue.
- Get on AutoShip, it keeps orders coming every 30 days so you don't run out of product.
- Isagenix products are nutritionally dense. Use them daily to supplement your regular eating. You don't have to just be on or off the cleanse... have product every day. After you reach your goal weight & are on the maintenance plan add enough product to do a full 9 day cleanse every 3 months.
- If you chose Option 1 and/or part of 1a **OR** Option 2 at sign-up you now order either the rest of Option 1a **OR** Option 2a.

# The Products and What They Do

By **Tony Escobar**, Nutritionist / Isagenix Medical  
Advisory Board / Academy of Scientists

## Isagenix Cleanse For Life Drink: 96 ingredients

- 72 that are known to be Ionic-based minerals
- 10 that are known to metabolize fat
- 7 that are known to help promote a healthy liver
- 2 that are known to help reduce yeast
- 10 that are known to assist with emotional stress
- 2 that are known to assist with maintaining a healthy gall bladder
- 1 that is known to help reduce water retention
- 3 that are known to reduce impurities in the blood
- 4 that are known to suppress appetite
- 2 that are known to promote healthy adrenal system



## Isagenix Accelerator Capsules: 24 ingredients

- 10 that are known to metabolize fats
- 3 that are known to help reduce emotional stress
- 7 that are known to assist liver function
- 3 that are known to stabilize blood sugar
- 1 that is known to reduce impurities in the blood
- 3 that are known to oxygenate the cells
- 1 that is known to assist gall bladder
- 1 that is known to assist in reducing sugar cravings



## Isagenix IsaLean Shake: 108 ingredients (242 nutrients)

- 7 that are known to be digestive enzymes
- 12 that are known to metabolize fats
- 3 that are known to promote a healthy liver
- 7 that are known to help with emotional stress and control Cortisol secretion
- 45 that are known to promote regularity
- 3 that are known to reduce appetite
- 3 that are known to stabilize blood sugar
- 4 that are known to support healthy adrenal system
- 4 that are known to promote lean muscle
- 2 that are known to maintain lean muscle mass
- 3 that are known to boost energy



*For a list of specific ingredients in each product go out to the first page of your website, scroll down, on left you will see "Isagenix Products". Click through to the pdf files with a full list of specific ingredients in each product.*



# Possible Symptoms & Remedies

The ingredients in the Isagenix nutritional products are known to rid the body of impurities. We want each new participant to get the best results possible.

We suggest that everyone start with 1 or 2 pre-cleanse days, depending on which Option you chose at sign-up, prior to starting your first few days of cleansing, especially if you drink coffee or soda pop. If you partake of either (*or both*) of these, start decreasing your intake and replace them with pure water so that by the first day you are completely weaned off of them.

Some people have no unpleasant side effects to nutritional cleansing, however some do. There may be some minor discomforts as the impurities are released from the cells, re-enter the blood stream and find their way into your colon to be eliminated. Most cleansing symptoms are short-lived and are directly due to the load of accumulated impurities by unhealthy habits, i.e., excessive sugar, caffeine, alcohol, overeating, sedentary lifestyle, insufficient sleep, etc.. As uncomfortable as they might be, it's possibly a lot more comfortable than if they were to stay in your body.

**IMPORTANT: Drink enough water!** (*at least, 1/2 your body weight in ounces **TO**, at most, 120 - 140 ounces per day*). Water flushes the impurities out of the cells and dilutes their impact as they leave your system. Should any cleansing symptoms occur, always consult your Team Support Coach, as they are experienced with helping people cleanse safely and efficiently.

*Isagenix are nutritional products only and are not intended to diagnose, treat or cure any medical condition. It is suggested that you consult your physician before starting any cleansing or exercise program and ask your doctor to monitor your results.*

Note: The following are *possible* side effects which we choose to prepare you for in the event that one or more occur.

It is suggested that you do not engage in heavy physical exercise or working out on the cleansing days. Your body is working extremely hard on the inside — don't overexert so that the inner work cannot be done.

- HEADACHE** —Drink 16 ounces of water right away (sometimes this is all that's needed).  
—Add 1/2 - 1 scoop IsaFruits to 2 Shake drinks daily.  
—Take a walk and breathe deeply.  
—Go to bed - it will pass. A headache is a possible cleansing symptom usually associated with caffeine or carbohydrate withdrawal.  
—Take an Epsom salts bath **except those who have** high blood pressure or are Diabetic (*2 cups in water clear up to your neck & soak for about 25 minutes*).
- NAUSEA/  
UPSET  
STOMACH** —Drink water with 1 teaspoon organic apple cider vinegar in it on cleanse days.  
—If nausea persists change the way you take the cleanse. Instead of taking 4 ounces of Cleanse For Life Drink in 8 ounces of water 4 times per day... take 2 ounces of CFL Drink in 8 ounces of water 4 **TO** 8 times per day.  
—Take an Epsom salts bath **except those who have** high blood pressure or are Diabetic (*2 cups in water clear up to your neck & soak for about 25 minutes*).

**HUNGER**

Most people are amazed to discover that they are not outrageously hungry.

NOTE: Drinking four - 4 ounce Cleanse For Life Drinks (*a whole cleansing d ay*) has the nutritional equivalent of a 1500 calorie day (*with very few calories*). Add 1/2 to 1 scoop IsaFruits to your Shake drinks daily.

—Frequently you are not hungry, you're thirsty. (*see: www.watercure.com*) It is important that you follow the schedule for drinking water and taking your Snacks.

—Eat your un-salted nuts.

—Drink water with 1 teaspoon organic apple cider vinegar in it on cleanse days.

—Add 1 T. black strap molasses **AND** 1 T. organic coconut oil to the morning shake.

—You can eat 2 small meals during the day rather than one large meal.

Also after the initial 9 days, on the shake days, you'll be dividing the increased food calories 600-800 (*women*) - 800-1000 (*men*) into 2 small meals.

**RASHES / SKIN PROBLEMS**

Drink lots of water to flush out the impurities.

—Your skin is the largest organ on your body. Skin brushing can be helpful — with a soft bristled brush, stroke in one direction from the fingertips towards the shoulders towards the heart and from the feet toward the heart.

—Help the lymph system carry the impurities out of the cells by shaking vigorously for a few minutes or jumping on a mini-trampoline. Your lymph system has no pump and body movement is the only way to get it moving (*lymph delivers the impurities from the cells back to the colon to be eliminated*).

**DARK BOWEL MOVEMENT**

This is a good sign — the impurities are coming out.

—Frequent urination is very common — you are drinking a lot of water.

—Good news: The weight you lose is NOT water weight... it's impurities. The impurities are being carried away by the water.

**IRRITABILITY**

Usually goes away within a short time :)

**BODY ODOR**

—Drink plenty of water to flush out the impurities.

—Skin brush per above.

—Take an Epsom Salts bath if you do not have high blood pressure or Diabetes (*2 cups in water clear up to your neck & soak for about 25 minutes*).

**FATIGUE**

Your body is working very hard to flush out the impurities. Relax. Go to bed. Take a bath. Don't push yourself.

**FEELING COLD**

Take a hot shower. Go to bed. Put on a sweater. Wrap up in a blanket.

**CONSTI-PATION**

—Take IsaFlush capsules — 2 at bedtime & 1 in the morning until you start moving your bowels, start on pre-cleanse days. The magnesium in them moisturizes the colon (*not a laxative*), the ingredients are also known for being good for your heart and brain (*short term memory*).

—Add 1 scoop IsaFruits to the Shake drinks daily.

—Juice up a Kiwi or two, put it in hot bathwater and soak for 15 to 20 minutes.

—As a last resort you can use Cascara Sagrada, a natural laxative.

**GAS / BLOATING**

—Subsides as digestion improves from the enzymes in these products.

—Use 2 IsaFlush at bedtime, to help impurities slide out more efficiently.

—Drink water with 1 teaspoon organic apple cider vinegar in it on cleanse days.

**BLURRY VISION**

Goes away in a short time.