

INSTRUCTIONS FOR YOUR CLEANSE DAYS

The best results are achieved with 2 continuous days of cleansing. But not everyone can handle this, especially at first. It is not a sign of weakness or failure if you can't. It just means that your body is "toxic," & we'd need to take things more slowly while the body begins to heal itself. We'll see how your body reacts to our first attempt at cleansing, & adapt our strategy from that.

So we are going to try to do 2 Cleanse Days in a row. If you experience any "cleansing symptoms" that are not addressed by the information in the back of your manual, then please call the Isagenix hotline or your Coach right away. We can always back away from the cleansing, do some additional Pre-Cleanse Days, & return to the cleansing after your body receives a bit more preparation.

How to Do a Cleanse Day:

1. You will NOT be having any shakes or meals. However, this is not the same thing as "fasting." With fasting, you are depleting the body. With this program you are simply taking in liquid nutrition throughout the day. You are also giving your digestive system some time off!
2. You will be following the schedule for "Cleanse Days" that you received.
3. If you have the liquid Cleanse for Life (CFL), refrigerate 1 bottle of it the night before you begin your cleanse. Be sure to keep the CFL refrigerated once it is opened. One bottle of CFL is enough for two cleanse days, so you will only use half of it for each Cleanse Day. The powdered form of the CFL does not need refrigeration, unless you mix it up in advance.
4. Immediately when you get up, drink 4 oz. liquid CFL, either straight, or combined with 4-10 oz. of cold purified water. If you are using powdered CFL, mix two rounded scoops of CFL with 4-8 ounces purified water—either room temperature or warm (not boiling). The amount of water does not matter much in either case. Pour over crushed ice after mixing, if desired. Either way, drink your CFL, & then immediately follow with another glass of water. Be sure to take your Accelerator pill. (Optional: you can also add 1 ½ tsp of any flavor Want More Energy. The whole concoction can also be blended with ice for a nice "Cleansing Slushie.")
5. Continue to follow your schedule for the rest of the day, using the same intervals, but adjusting the actual times based on when you had your first Cleanse Drink. Use the Isagenix Snacks from the bottle today when the schedule calls for a "Snack," instead of providing your own. These are critically important. Be sure to drink a big glass of cold purified water every time you have one of these Snacks. Follow the schedule exactly & do everything it says to do. Also, be sure to take the second Accelerator pill on schedule!
6. In addition to your water, you can have as many cups of no-caffeine herbal tea as you want.
7. Try not to take any over-the-counter medicines on cleanse days, as they could interfere with the cleanse process.
8. If you think you have detox symptoms, read the manual, and call if you need more help!
9. Try to take it easy on cleanse days & go to bed early if possible.

What To Do FOLLOWING the First Two Cleanse Days:

Very important: On the morning after completion of your 2 cleanse days, get up 5 minutes early, use the bathroom, and then immediately weigh and measure yourself. Call or email your Coach and everyone on your Support Team with the results!

Also on the morning after you've finished your first 2 Cleanse Days, we will go to the schedule for Shake-Meal-Shake (SMS) Days. We will use the SMS schedule for at least 5 days in a row. The SMS Days are pretty much identical to the Pre-Cleanse Days, except that now you can continue to use the Isagenix Snacks from the bottle, in addition to nuts or raw veggies if you'd like, whenever the schedule calls for a "snack."

We strongly advise that you DO NOT weigh yourself on the days between Cleanse Days. Your weight is very likely to fluctuate on the intervening SMS days. Please do not ride this roller-coaster. And if you do, please do not ask us to ride it with you! We advise you to weigh yourself only on the morning after you finish cleanse days.

Following the 5 SMS Days, we will do 2 more Cleanse Days in a row. This will finish your first 11 days. The Isagenix company calls this a 9-Day Deep Cleanse (but it's really an 11-day program, if you include the Pre-Cleanse Days). This is shown on page 2 of your manual, as Option #2.

If you've met your initial weight goal after the 11 days, you can congratulate yourself & we can decide what your maintenance program should be.

If you are continuing on with just Shake and Food Days (no more cleansing) for the rest of the month, then what you're doing is called a 30-Day Program with an Express Start (shown on p. 2 of your manual as Option #4).

If you'd rather stay more aggressive in your approach, we can order you 2 more containers of CFL and another bottle of the Snacks. This would enable you to do another 9-day program during the second half of this month. (However, you must do at least 5 more SMS days before you can do another cleanse day.) This is called the Accelerated 30-Day Breakthrough, and is described on p. 2 of your manual as Option #5. Let us know right away if you need these products and want us to help you order them.

No matter what, feel free to call or email the Isagenix hotline or your Coach any time you have questions. And, and on the morning after the 11th day, let everyone know how you did!!! ☺

GOOD LUCK!!!!