

What is Nutritional Cleansing?



Cells, Organs, and Bodies Work Better When They're Clean

The revolutionary practice of Nutritional Cleansing, which can result in greater health, well-being and weight loss, is the foundation in which Isagenix® and its systems were developed.

Nutritional Cleansing is built upon the health routine of cleansing--including fasting and drinking herbal remedies--which has been practiced throughout history. Cleansing gives the body the chance to rest and regenerate, and assists the body in its natural ability to remove toxins and impurities. This promotes long-term wellness. Isagenix Nutritional Cleansing improves upon this ancient practice with a system that not only cleanses, but replenishes and revitalizes the body with essential nutrients. While fasting helps to remove impurities from the body, Nutritional Cleansing speeds up this process, and infuses the body with healthy nutrients.

The “cleansing” part of Nutritional Cleansing can be compared to changing the oil in your car. We regularly change the oil in our cars, because it gets dirty and clogged by pollutants. Replacing dirty oil with clean oil helps our cars to run more efficiently. The same thing can be said about our bodies. We are regularly exposed to pollutants in our environment, impurities in our diets, and the harmful effects of stress. Cleansing our internal body of accumulated impurities helps our organs function better.

But our system goes beyond just cleansing, because it also infuses the body with superior nutrition. We focus on a complete approach to optimum health. Nutritional Cleansing combines cleansing with nutrition-packed meals and taking very high quality essential daily nutrients. “Cleanse Days” are periods of low-calorie intake, using our Cleanse for Life™ liquid nutritional supplement, which replenishes the body with essential vitamins and minerals. On other days, called Shake Days, one or two regular meals are replaced with very healthy, low-calorie options such as nutrient-rich IsaLean® Shakes or Soups. On these days, your other meal(s) are self-provided but we work with you to make them nutrient-dense. A critical component of our systems is the infusion of an extremely high grade of essential nutrients that provide essential vitamins and minerals to optimize health.

Our Nutritional Cleansing systems are not a “quick-fix” or a diet, but a means to creating a healthy, manageable lifestyle. The benefits of Nutritional Cleansing have given people the ability to change their lives in remarkable ways. After following one of our programs for a while, people generally comment that they have greater energy and stamina; improved muscle tone; better mental clarity; reduced cravings; fewer hormonal swings; better quality sleep, and, of course, the relatively rapid reduction of excess fat.

We offer “everyday cleansing” programs for certain health goals, as well as “deeper cleansing” programs for intense cleansing and/or rapid weight loss. The choice as to which program is best for you is usually determined by working with a trained Nutritional Cleansing Coach.

If you would like more information about Isagenix Nutritional Cleansing, just contact us.