

ISAGENIX™ “SUCCESS TEAM” CLEANSING GUIDE

Congratulations on making the commitment to yourself for a healthier body, mind and spirit! You personal Coach (name and telephone) is _____.

While you are waiting for your package to arrive:

- Make sure that you have a **blender** that chops ice.
- You may need a little **cooler** to transport your Cleanse drinks if you are on the road.
- You will need a good supply of **clean drinking water** and begin to increase your intake of water now before you start the program.
- Buy some **organic apples, celery and raw almonds** (without salt) to have on hand **if** absolutely necessary on the cleansing days.
- If you drink a lot of caffeine, you might want to slowly decrease your intake now so as not to have a difficult first day on the Cleanse. Ideally, during the Cleanse, one should **abstain from caffeine, alcohol, salt, sugar, and carbonated beverages**.
- **Call 1-800-242-0363, ext. 1144**, to hear a 9 day Cleansing program overview.
- **Print this sheet** to have handy during your program.

When your package arrives:

- Refer to the Programs Guide (**read it!**) to familiarize yourself with the program and the contents of the package. Include are the measuring tape and measurement chart.
- If you choose to do the **Pre-Cleanse**, turn to Page 12 in the Guide, and call your cleansing coach for suggestions and to ask any questions.
- **LISTEN to the “Why Cleanse...” CD** enclosed in your package. It contains a wealth of helpful information about the ISAGENIX™ Health and Wellness System from a Doctor’s perspective and answers commonly asked questions.
- Place the CLEANSE FOR LIFE mineral drinks (there are 2 bottles) in the fridge. **Once opened, the mineral drinks will spoil if they are not kept in the fridge or in a cooler if you need to travel.**
- The night before you plan to begin your first Cleanse day, call **1-800-242-0363, ext. 1155 (getting ready for Day 1)** and listen to the 3-minute support recording by Dr. Natrajan. **And then, call your coach to check in and go over any questions.** (These recordings are also available on your “ISAGENIX™ For Life” CD included in your package.)
- Be sure to **weigh and measure** yourself before you start the program so that you will have an accurate assessment of your external success. You **do not** need to weigh and measure again until Day 10!

Tips for Cleanse Days:

- It's important that you check in with me (or your designated coach) around **11:00 am** on Day 1 of the program!
- It is best to **start your Cleanse days around 9:00 am and end around 9:00 pm**. We want to have nutrition flowing through your body all day. Most people that get up early eat early out of habit, not hunger. Please feel free to adjust this start time to work within your schedule.
- **This step is crucial.... Water! Water! Water!** All day long! Preferably with ice as this helps with the fat burning process – 12 to 14 large glasses of filtered water are recommended during this program.
- **The magic number to remember is 4!** You will have your CLEANSE FOR LIFE mineral drink **4** times a day, **4** ounces each time (**mixed with a big glass of water**) and you will space out your drinks no more than **4** hours apart. You should completely finish the first CLEANSE FOR LIFE mineral drink bottle by the end of the second day.
- You will enjoy **ISAGENIX™ SNACKS** throughout the day. **They are necessary, not optional on the Cleanse days (1 & 2 and 8 & 9)**. Please try to drink at least an 8 oz glass of ice water with each snack. They are really little wafers (affectionately nicknamed “Scooby Snacks!”) and they are best if you suck on them like a piece of candy. You may chew them if you prefer. You may have up to 8 ISAGENIX™ SNACKS on the Cleanse days and 6 ISAGENIX™ SNACKS on the food days. You will have better results by using them and you will feel better too. They are not used just for hunger, but contain a small portion of balanced nutrition to keep the blood sugar stabilized and curb any hunger to keep you comfortable.
- **You will have 2 NATURAL ACCELERATOR capsules each day**, one in the morning and one in the afternoon.
- If you get hungry, try eating another ISAGENIX™ SNACK wafer and drink a glass of water. This usually helps to satisfy and to adjust for any common cleansing symptoms. **If necessary**, have a few almonds, some celery or a half an apple and more water.
- Try to get some exercise - even a brisk walk is great.
- Try to get to sleep early on Days 1 & 2.
- If you have purchased the **IONIX SUPREME**, you will drink 1-2 oz per day, beginning on the first day of the Cleanse, and continue as you move into the Maintenance for Life Program. This can be taken any time of the day either like a shot, mixed with a couple ounces of water and ice, or simply added to your daily shake on days 3-7. We also recommend a multivitamin and antioxidant. Ask your coach how you can receive them from ISAGENIX™, for free. I also recommend **WANT MORE ENERGY**. Please refer to the bottom of the schedule for instructions on using it.

* Note: Most people comment on their surprise about how easy this program is. Yet, feeling tired or a bit foggy on Day One is **normal** and a result of the detox associated with your Cleanse. Typically the late afternoon/early evening on Day One seems to be the most difficult for some and for others; they notice no change at all! The Second Day tends to be much easier.

If you have any questions, concerns or need support, please call your coach. It is our intention for you to have a successful experience and personal adjustments can be made if necessary. This system fits into any lifestyle and is intended to compliment “real life.”

We encourage you to tune into yourself and notice the internal as well as external shifts. Most people experience dramatic shifts in all areas of their life – not just the physical. Scheduling time to relax and focus on you - your intentions and goals, take some time to meditate to take a walk and get some fresh air. Try to get to bed early, if possible.

To your Best Health - “Your Personal Health Coach”

Below is a sample schedule that seems to work well for most people. Please refer to the schedule – it really makes the day easier. Also, when you have a chance, please take the time to watch the “Dr. Dr. Give Me the Truth” DVD, **especially** the “title track” and “Take Control of Your Health.”

Note: The following schedule is a general guideline for your Cleanse & Shake Days. We do highly recommend that you first do 2-4 days of Pre-Cleanse, and then consult with your personal coach to determine whether the aggressive 9 Day or the gentler 30 Day Schedule is right for you. Whichever schedule you choose...have fun, talk with your coach frequently and remember, it’s all about balance!

ISAGENIX™ CLEANSE DAY - SAMPLE SCHEDULE

(Here's a checklist you can use to help keep you comfortable, and to ensure you don't miss any snacks or drinks!)

CLEANSE DAY(S)

	Time	What to Take
	9:00 a.m.	1st CLEANSE FOR LIFE mineral drink (4oz) mixed with water and ice. Dilute it as much as you want. If you must, a pinch of Stevia is okay. Take your Natural 1st NATURAL ACCELERATOR capsule
	10:30 a.m.	ISAGENIX™ SNACK followed by an 8 oz glass of water
	11:30 a.m.	ISAGENIX™ SNACK followed by an 8 oz glass of water
	1:00 p.m.	Take your 2nd CLEANSE FOR LIFE mineral drink, mixed as above
	2:30 p.m.	ISAGENIX™ SNACK followed by an 8 oz glass of water
	3:30 p.m.	ISAGENIX™ SNACK followed by an 8 oz glass of water
	4:00 p.m.	2nd NATURAL ACCELERATOR capsule with a glass of water
	5:00 p.m.	3rd CLEANSE FOR LIFE mineral drink, mixed as above
	6:00 p.m.	ISAGENIX™ SNACK followed by an 8 oz glass of water
	7:00 p.m.	ISAGENIX™ SNACK followed by an 8 oz glass of water
	9:00 p.m.	4th CLEANSE FOR LIFE mineral drink, mixed as above

Additional Options:

- You may also have 2 more ISAGENIX™ SNACKS throughout the day, if you want.
- Take the IONIX SUPREME anytime of the day. It can be put into your CLEANSE FOR LIFE mineral drink, plain water, or it can be taken straight up!
- If you would like to use the WANT MORE ENERGY, you can enjoy 1 serving daily – 1/2 serving daily is recommended during the Cleanse days. This powder can be sprinkled into your CLEANSE FOR LIFE mineral drink as another form of “sweetener.” It also tastes great as a “cocktail” – just mix IONIX SUPREME and WANT MORE ENERGY in a tall glass of ice water (and on Cleanse days, you can also add the CLEANSE FOR LIFE mineral drink). It is delicious and refreshing!
- Take 1 IsaFlush daily- if you have it (30 day packet) or 2 each night for constipation.

SHAKE DAYS

2 ISALEAN SHAKES and a regular meal! (plus 1-2 oz IONIX SUPREME) You will enjoy a delicious ISALEAN SHAKE for breakfast and dinner and have a sensible meal of your choice for lunch consisting of approximately 400-600 calories. (If during this time you have a special dinner engagement to attend, you may have your ISALEAN SHAKE at lunch instead, **but it is better to have your meal midday.**)

Stay away from fats, sugars, red meat, processed anything, and the obvious for weight release. If you prefer 2 small meals, perhaps one at 12 and one at 3 would be okay, too. This would be a great opportunity to “go organic” as well.

Make sure to blend your ISALEAN SHAKES and add about 5 ice cubes to 8 oz. of water for a perfect consistency – experiment with this to suit your taste. Add cooking extracts for additional favors and/or Stevia if you really feel the need for a sweeter taste.

Don't forget to take your NATURAL ACCELERATOR capsules, two times per day. Also, you may have a couple of ISAGENIX™ SNACKS if you need them. AND, of course, drink plenty of WATER!

REPEAT THE CLEANSE SCHEDULE ON BACK TO BACK DAYS IF ON THE AGGRESSIVE 9 DAY SCHEDULE OR COMMIT TO THE 1 DAY CLEANSE AND THEN PHASE RIGHT BACK INTO THE SHAKE DAYS ON THE 30 DAY SCHEDULE

CONGRATULATIONS FOR TAKING ACTION NOW FOR A HEALTHY TOMORROW!