

Your Guide To The 30-Day Nutritional Cleansing Program

Imagine the possibilities!

About this Guide

This Guide contains the most current information I've been able to compile from my clinical experience of cleansing. In just a few days, you will be amazed at how astonishingly better you feel – so much so that you may wish to continue the healthy nutritional cleansing lifestyle for life!

Transforming the world, one person at a time...

I did the 30-day Nutritional Cleansing program, repeating it four times, for a total of four months until I reached my desired health goals. I lost 43 pounds and five clothing sizes! Most of the aches and pains that I suffered when I was heavier, have now improved dramatically. I don't have to wear my knee brace anymore and I have way more energy. I still use some of the Isagenix® products because of their high food value and how good they taste. I am really grateful. J.O. age 66

Please NOTE: The Isagenix Cleansing and Fat Burning System is not intended to diagnose, treat, cure or prevent any disease. Results may vary with each individual. Please consult your health care professional before taking these products or any other nutritional supplements. Copying this article is permitted for personal use only. Copying any portions of this article for publication, either print or electronic is not permitted without prior written permission from Melinda Leeson, P.A.

What is Nutritional Cleansing?



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

Nutritional Cleansing is built upon the health routine of cleansing, including fasting (or drinking herbal teas), a process that has been practiced throughout history. Cleansing gives the body the chance to rest, regenerate and assist in its natural ability to remove toxins and impurities to promote long-term wellness. However, Nutritional Cleansing improves upon this ancient practice with a system that cleanses, replenishes and revitalizes the body with essential nutrients. Fasting helps to remove impurities from the body, but Nutritional Cleansing speeds up this process by infusing the body with anti-inflammatory cleansing herbs, healthy nutrients and essential trace minerals.

In simple terms, 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. We drain the dirty oil and replace it with clean oil, which helps our cars to run more efficiently. The same can be said for our bodies. We are regularly exposed to pollutants in our environment, impurities in our diets and stress that is often created by our hectic lifestyles. Nutritional Cleansing helps the body and organs to do what they are designed to do naturally and remove impurities.

Isagenix has created the practice of Nutritional Cleansing to help to promote optimum health. This system focuses on a complete approach to greater health and wellness utilizing, a 6-day low-calorie, nutrient rich, anti-inflammatory meal routine along with essential daily nutrients. This regime alternates with weekly 'Cleanse Days' – 24 hours of low-calorie intake, with no meals and only suggested snacks, accompanied by our Cleanse for Life™ super juice. This specially formulated nutritional supplement not only cleans our cells but also replenishes them with essential vitamins and minerals. It also encourages the evacuation of newly released impurities via the urinary bladder and bowels.

The low-calorie meal routine consists of 6 Shake Days where two meals are replaced with healthier inflammation reducing nutrient-rich IsaLean® Shakes. The third meal consists of a low-calorie, nutrient-dense, fresh food meal of your choice. The final component of our system consists of an adaptogenic herbal drink called 'Ionix Supreme' that infuses your body with essential nutrients, including essential vitamins, minerals and anti-oxidants to optimize health.

Our Nutritional Cleansing system is 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, creating greater vitality, metabolic harmony and lasting weight loss for hundreds of thousands of people.

The 30-Day Cleansing and Fat Burning System:



2 bottles of Cleanse for Life super juice.
1 bottle of Ionix Supreme liquid nutrients
4 canisters of Isalean Shake meal replacements (non-denatured whey powder)
1 bottle Isagenix 60 snacks
1 bottle Isaflush capsules to assist in the elimination of impurities.
1 bottle of Accelerator capsules to naturally modulate the metabolism.

The 30-day supply of the Cleansing and Fat Burning System helps you create a cleansing and nutrient infusion routine to optimize health, help you feel younger and more energetic. Each pack is a full 30-day supply. Stimulant-free.

* You may experience:

- Better energy and stamina
- Better focus and concentration
- Improved sleep patterns
- A healthier immune system
- Consistent weight loss over time
- Reduced cravings for sugar and junk foods
- Improved muscle tone
- Balanced digestion

Get Ready! Here's your Grocery List!

Here is a list of things you'll want to buy as you get started with your Isagenix program. You'll find it all at an organic grocery store; the more organic food, the better! I will explain how to use these foods when I see you..

1. Leafy greens (preferably organic, locally grown), celery, cucumbers, zucchini, yellow squash, carrots.
2. Protein selections (the size of your palm) such as organic, free range chicken, buffalo, lamb, or beef filets, fish, tofu, Boca burgers, etc.
3. Organic apples
4. Chia Seed (use in combination with hemp seed), Olive, Coconut or Macademia nut oil
5. Purified water (you will drink 1/2 your body weight in oz of water daily)
 - Example: If you weigh 150 lbs; drink 75 oz (or 5 16 oz bottles) of water every day. The water you drink first thing in the morning is the most effective and important to remoistening all your cells so that they can transform and transport impurities.
6. Optional:
 - o Hulled Hemp Seed Nut (extraordinarily high source of a complete protein & GREAT on salads! Did you know? Isagenix has IsaCrunch; please consider it for your next product shipment.)
 - o Nuts - unsalted, raw Almonds (perfect balance of protein vitamins & fat),
 - o Glucomannon Root - pure, water-soluble fiber made by Nature's Way (stabilizes sugar levels in the body & makes shakes nice & thick!)
 - o Ziploc (or other) snack baggies - Pack your daily snacks, nuts & vitamins to carry with you
 - o Small cooler bag - to carry your water & cleanse drink when you are out

If your goal is to release weight, please avoid all sugars, starches, and simple carbohydrates; Increase the amount of cooked or raw greens. Legumes are good sources of fiber and protein in small amounts.

Food Preparation

- o Snack Bags (Prepare one for each day; Keep an extra bag in your desk or glove box as a back up)
 - 6 Isagenix nutritional snacks
 - 2 Accelerator capsules
 - 12 almonds, 1 tsp. raw pumpkin seeds
- o Shakes (Prepare with a blender or shaker)
 - 10 oz of room temperature purified water
 - 2 scoops of IsaLean shake mix (filled to the line; not the top)
 - Blend until smooth or shake manually 75 times.
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 - Hint 1: Open 1-4 capsules of Glucomannon root & dump the contents in the shake for a thicker shake
 - Hint 3: If you desire 1/2 cup of fruit to add to your morning shake, use fruits from the following list: banana, blueberries, strawberries, kiwi, pomegranate.
- o Cleanse Drinks
 - 1/2 cup of Cleanse For Life
 - 8 - 12 oz of room temperature purified water
 - Shake to blend
 - Hint 1: When you're away from home, prepare your cleanse drinks in advance using 16 oz water bottles filled with 1/2 c. of Cleanse drink & water filled to the top. Take as many of these bottles as the number of "meals" you will drink away from home Pack them in your cooler bag to keep them cold until needed. Then warm at room temperature for 20 minutes before drinking.

Daily Schedule: Adjust the start time to fit your schedule, and then follow the schedule in the same intervals from your start time

Day 1 and Day 2 Pre-Cleanse Days: (For at least 2 days to prepare your body for cleansing)

Time	Action	Done	Water
7:00 AM	Ionix Supreme: 1/2 oz first thing in the morning with 8 oz. of water Breakfast: IsaLean Shake (with 1/2 cup of fruit if preferred) and 10 oz. of room temperature water; 1 Accelerator capsule after the shake.		
9:00 AM	1 Isagenix snack ; 8-16 oz of water; 2 unsalted raw almonds ; 1 tsp. raw pumpkin seeds 8-16 oz of water		
10:30 AM	1 Isagenix snack ; 8-16 oz of water; 2 unsalted raw almonds ;		
12:00 noon	Lunch: IsaLean Shake with 10 oz of room temperature water		
2:00 PM	8-16 oz of water & 1 Accelerator capsule		
3:30 PM	1 Isagenix snack ; 8-16 oz of water; 2 unsalted raw almonds ;		
5:00 PM	1 Isagenix snack ; 8-16 oz of water; 2 unsalted raw almonds ;		
6:00 PM	Dinner: 2-3 c. of greens + 4-6 oz of protein + 1/4 cup beans; water		
8:00 PM	8-16 oz of water; 1 or 2 IsaFlush capsules; 1 tsp. raw pumpkin seeds 1/2 oz Ionix Supreme with 8 oz. of water		

- Always drink the shake within 10 minutes of mixing it to make sure the enzymes get into your body. The power of the enzymes will be lost if you delay drinking the shake. In other words, no taking the shake on the road, no storing it in the refrigerator until later, etc.
- Please eat all meals, take all the snacks & drink all water. The consistent timing of the nutrient intake with water is very important. The chromium in the snacks helps stabilize blood sugar levels, the protein & omega oils help metabolize nutrients & support lean body mass
- The Natural Accelerator capsules support healthy metabolism & suppress the appetite without stimulants.

Day 3 CLEANSE DAY

Time	Action	Done	Water
7:00 AM	Ionix Supreme: 1/2 oz first thing in the morning with 8 oz. of water and a probiotic beadlet Breakfast - about 15 minutes later: 1 Isagenix Snack ; 1/2 cup of Cleanse for Life drink in 8-16 oz. of water; and one Accelerator capsule		
9:00 AM	1 Isagenix snack ; 8-16 oz of water; 2 unsalted raw almonds ; 1 tsp. raw pumpkin seeds		
10:30 AM	1 Isagenix snack ; 8-16 oz of water; 2 unsalted raw almonds ;		
12:00 noon	Lunch: 1 Isagenix snack ; then 1/2 cup of Cleanse for Life drink in 8-16 oz. of water		
2:00 PM	1 Isagenix snack ; 8-16 oz of water; 2 unsalted raw almonds ; 1 tsp. raw pumpkin seeds & 1 Accelerator capsule		
3:30 PM	1 Isagenix snack ; 8-16 oz of water; 2 unsalted raw almonds		
4:00 PM	3rd meal: 1 Isagenix Snack ; 1/2 cup of Cleanse for Life drink in 8-16 oz. of water		
6:00 PM	1 Isagenix snack ; 8-16 oz of water; 2 unsalted raw almonds ; 1 tsp. raw pumpkin seeds		
8:00 PM	4th meal: 1 Isagenix Snack ; 1/2 cup of Cleanse for Life drink in 8-16 oz. of water; 1 or 2 IsaFlush capsules; 1/2 oz Ionix Supreme with 8 oz. of water about 15-30 minutes later		

Drink the first Cleanse Drink within 45 minutes of waking. Drink at least 1/2 your body weight in oz of water daily. Don't exceed 120-140 extra ounces of water in a day!
When hungry, drink water, or eat slices of organic apple with hummus. Remember – you are not starving! Each 4 oz cleanse drink equals 1500 calories of nutrition for only 40 calories!

NOTE: If your goal is to release weight, you may cleanse two days in a row (days 3 & 4).

The first day tends to stimulate the release of sugars and reduce carbohydrate cravings, making the second cleanse day easier. Day 2 stimulates the release of fat cells and the impurities they contained. This method is quicker and more expensive (you'll run out of products before the 30 days are up). It is not suitable for everyone. The slower once weekly cleansing will provide an excellent deep cleanse over the 30 days.

Days 4 - 9 SHAKE SHAKE MEAL DAYS (6 day cycle)

Time	Action	Done	Water
7:00 AM	Ionix Supreme: 1/2 oz first thing in the morning with 8 oz. of water Breakfast: IsaLean Shake with 10 oz. of water (and 1/2 cup fruit if preferred); 1 Accelerator capsule		
9:00 AM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted almonds & 1 tsp. raw pumpkin seeds		
10:30 AM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted almonds		
12:00 noon	Lunch: IsaLean Shake with 10 oz. of water		
2:00 PM	1 Isagenix snack ; 8-16 oz of water ; 1 Accelerator capsule ; 2 unsalted almonds		
3:30 PM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted almonds		
5:00 PM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted almonds		
6:00 PM	Dinner: 2 -3 cups greens & 4-6 oz. protein, 1/4 cup legumes (can be a soup) & 8 oz. of water.		
8:00 PM	1 Isagenix snack ; 1 or 2 IsaFlush capsules; 1/2 oz Ionix Supreme in 8-16 oz. of water & 1 tsp. raw pumpkin seeds		

Use chia seed, organic extra-virgin olive oil, lemon juice & hulled hemp seed on your salad for a nutritious, delicious meal. Remember you may use up to 5 cups of greens with your 4-6 oz. of protein. Or, have your protein with steamed green veggies & legumes such as lentils or 3 bean salad. The addition of legumes provides a low glycemic fiber-filled source of carbohydrates and will assist bowel movements. AVOID heavy, thick, creamy salad dressings & sauces! Simple food is best!

Day 10 CLEANSE DAY REPEATED(This is the same day of the week that you cleansed last week)

Time	Action	Done	Water
7:00 AM	Ionix Supreme: 1/2 oz first thing in the morning with 8 oz. of water and a probiotic beadlet Breakfast - about 15 minutes later: 1 Isagenix Snack ; 1/2 cup of Cleanse for Life drink in 8-16 oz. of water; and one Accelerator capsule		
9:00 AM	1 Isagenix snack ; 8-16 oz of water; 2 unsalted raw almonds ; 1 tsp. raw pumpkin seeds		
10:30 AM	1 Isagenix snack ; 8-16 oz of water; 2 unsalted raw almonds ; 1 tsp. raw pumpkin seeds		
12:00 noon	Lunch: 1 Isagenix snack; then 1/2 cup of Cleanse for Life drink in 8-16 oz. of water		
2:00 PM	1 Isagenix snack ; 8-16 oz of water; 2 unsalted raw almonds ; 1 tsp. raw pumpkin seeds & 1 Accelerator capsule		
3:30 PM	1 Isagenix snack ; 8-16 oz of water; 2 unsalted raw almonds		
4:00 PM	3rd meal: 1 Isagenix Snack ; 1/2 cup of Cleanse for Life drink in 8-16 oz. of water		
6:00 PM	1 Isagenix snack ; 8-16 oz of water; 2 unsalted raw almonds ; 1 tsp. raw pumpkin seeds		
8:00 PM	4th meal: 1 Isagenix Snack ; 1/2 cup of Cleanse for Life drink in 8-16 oz. of water; 1 or 2 IsaFlush capsules; 1/2 oz Ionix Supreme with 8 oz. of water about 15 minutes later		

Days 11-16 SHAKE SHAKE MEAL DAYS (6 day cycle repeated)

Time	Action	Done	Water
7:00 AM	Ionix Supreme: 1/2 oz first thing in the morning with 8 oz. of water Breakfast: IsaLean Shake with 10 oz. of water (and 1/2 cup fruit if preferred); 1 Accelerator capsule		
9:00 AM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted almonds & 1 tsp. raw pumpkin seeds		
10:30 AM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted almonds		
12:00 noon	Lunch: IsaLean Shake with 10 oz. of water		
2:00 PM	1 Isagenix snack ; 8-16 oz of water ; 1 Accelerator capsule ; 2 unsalted almonds		
3:30 PM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted almonds		
5:00 PM	1 Isagenix snack ; 8-16 oz of water ; 2 unsalted almonds		
6:00 PM	Dinner: 2 –3 cups greens & 4-6 oz. protein, 1/4 cup legumes (can be a soup) & 8 oz. of water.		
8:00 PM	1 Isagenix snack ; 1 or 2 IsaFlush capsules; 1/2 oz Ionix Supreme in 8-16 oz. of water & 1 tsp. raw pumpkin seeds		

Things You Should Know

By the morning after the 2nd cleanse day, you will feel great! You will be literally amazed by the weight & inches you release, the level of energy you feel and how great your skin is beginning to look. In the event you are one of the people who experience some unpleasantness during the first or second cleanse period, have a look at the common symptoms experienced during detoxification on the following page. Things to do are listed on the right hand side. If you are concerned about your symptoms, please call the clinic (941) 926-9082 between 10 am and 5 pm Monday through Friday. I can talk you through what to do on the telephone when I return your call. Don't forget to have a look at the information on the next page first. This cleansing process, although unfamiliar at first, is really easy!

SYMPTOM	REMEDY
Headache	Usually due to caffeine or carbohydrate withdrawal; Immediately drink 16 oz of purified water, slowly eat 1/2 an organic apple, breathe deeply, or go to bed
Nausea/Upset Stomach	Change the way you take the cleanse; use 1/4 cup of Cleanse For Life in 8 oz of water & drink it 8 times per day, or drink the cleanse straight & chase with water; slowly eat 1/2 an organic apple; drink 1/2 a shake (1 scoop in 4 oz water)
Rashes & Skin Problems	Drink lots of water to flush the impurities; Activate the lymph system by lightly massaging your skin so it more quickly transports impurities to the colon. Use a soft bristle brush and lightly brush from the fingertips to shoulders & from the feet to the heart, shaking your body, or jumping on a mini-trampoline.
Dark Bowel Movement & Frequent Urination	A great sign! Impurities are being released! Frequent urination is very common, especially during the 1 st 2 wks until your body re-learns to absorb the water. GOOD NEWS! The weight you release is not water; it's the impurities!
Diarrhea	Use room temperature water with shakes & cleanse drink, do not use ice;
Constipation	Take up to 4 IsaFlush capsules per day; Try drinking prune juice. If you need something stronger call us to get a bottle of Ai Kang- 1 caps after dinner once daily.
Blurry Vision	Goes away in a short period of time
Fatigue	Your body is working hard to cleanse itself; Use IsaDelights chocolates; Go to bed or rest.
Feeling Cold	This is common. Drink green tea in hot water; Take a hot shower or bath; Dress warmly
Irritability	Your body is transforming itself & change can produce emotionality; Use IsaDelights medicinal chocolates & be assured the moodiness will pass
Body Odor	Drink lots of water; Brush your skin as above; Take an Epsom Salts bath
Gas and/or Bloating	Use up to 4 IsaFlush capsules per day (the bentonite clay helps the body release) Add chopped soaked prunes to your shakes. Absolutely take probiotics daily. The gas and bloating usually subsides as digestion improves (digestive enzymes in the isagenix products help!

Special Note:

Statements made in this guide have not been evaluated by the Food and Drug Administration. They are the results of my personal clinical research and experience and those of other Isagenix® product users as advertised on the Isagenix® website. Product recommendations are not meant to diagnose, treat, cure, or prevent any disease. Remember, always consult with your doctor before undertaking a new diet or engaging in a new exercise program. Be safe.

Resources:

The Light Team Connection (Independent Isagenix® Associates) at www.isagenix.com
 The 30-Day System Guide at www.isagenix.com