

TIPS FOR SUCCESS DURING THE ISAGENIX CLEANSE

We want you to study some of the key items that we have outlined below to help you with your first two days on the program. **Print this page and please study it.** It will be the difference between make or break.

First and foremost . . . Here is a little-known fact about FAT. Its role (in addition to storing excess fuel) *is TO STORE TOXIC WASTE THAT WE HAVE EITHER EATEN, DRANK, OR ABSORBED THROUGH OUR SKIN . . . i.e.,* pesticides, air pollution, food additives and preservatives, chlorine in our drinking water, artificial sweetener (really bad), aluminum in our deodorants and baking powder, lipstick and some make up, some body lotions, refined sugar, processed flour . . . the list goes on and on . . .

Now don't fret okay ? You don't need to dramatically change your lifestyle. We mention the above because some people cannot figure out why they don't look or feel their best. It's because over years and years, these tiny little toxic chemicals have finally taken their toll on our body and have accumulated to the point that **IT IS** the cause of the stubborn fat in our bodies that just won't go away and it's also why we don't feel our best. Thank heaven for Isagenix.

1. Your liver will cleanse toxic matter from your body if you abstain from solid food for 48 hours, but it's **CRITICAL** that you give your body nutrient-loaded water or your metabolism will shut down and fat loss will be inhibited. The Isagenix Cleanse For Life Drink is not only a cleanser - it also has 70 minerals and natural botanicals. Your body **WILL NOT** shut down on this product. **Use 4 capfuls 4-times a day.** You would be surprised how many people confuse the simple instructions that come with the Program and only use half or 1/4 the required amount.

2. The importance of getting rid of the toxins is numerous . . .

a. Body fat becomes metabolically inactive because it's doing an important function - it keeps the toxins out of your bloodstream and it protects you from the toxins' harmful influence. No matter how hard you exercise, your body will not let go of this fat until the toxins are gone first. You **will** lose fat and inches on this program.

b. When we cleanse and rid our bodies of years of accumulated toxins - we become revitalized and re-energized. We feel better and have more energy. **WE FEEL YOUNG AGAIN BECAUSE THE BODY HAS BECOME RENEWED.**

c. We help to prevent the development of future disease. That is often why people become seriously ill - because eventually, the body can no longer tolerate the vast accumulation of poisons. Dr. John Gray says, **"Every ailment, sickness, disease or illness can be traced to a mineral deficiency."** That is powerful.

Now that you understand THAT . . . the only thing you need to concentrate on for the Isagenix Cleanse Program – Day One and Day Two - are the following points . . .

1. Drink **TONS** of water. This will help dilute the toxins as they leave your body. **THIS WILL REALLY HELP YOUR BODY TO DEAL WITH THE EFFECTS OF DETOXIFICATION.**

Drink water all day - especially JUST before bed and immediately upon waking.

2. Start Day 1 and Day 2 with a large glass of water . . . THEN Drink the Cleanse For Life Drink. Most people like the Cleanse For Life drink straight-up, on the rocks. The CD says to mix it with water but some of us think it dilutes the taste. Then chase it with another tall glass of water. This quickly gets your liver in the cleansing mode.

3. Eat the Fat-Burning Snacks that come with the kit . . . **at least 6 to 8 . . .** over the course of the day . . . **whether you're hungry or not!** This helps keep your metabolism moving.

- Drink lots of Water ! If you get a little constipated - that's normal because plaque build-up in your colon is breaking free and may cause a temporary traffic jam.
- Take 1 Accelerator Capsule in the morning with your first drink and 1 with your second drink.

4. Make a mental note NOW that Day 8 and 9 **WILL BE MUCH EASIER** than Day 1 and 2 because Day 1 and 2 can be a little difficult due to your body experiencing something new and it kind-of freaks out a little the first time.

5. If you are **HUNGRY** on Day 1 and 2 . . . **BE HAPPY . . . BECAUSE THAT MEANS YOU HAVE A HEALTHY METABOLISM AND YOU WILL HAVE GREAT RESULTS ON THIS PROGRAM.**

6. If you feel **UNCOMFORTABLE** on Day 1 or 2 . . . **BE HAPPY . . . BECAUSE THAT MEANS YOU ARE FEELING THE SIDE EFFECTS OF THE POISONS AS THEY ARE LEAVING YOUR BODY AND YOU WILL HAVE GREAT RESULTS ON THIS PROGRAM.** DRINK MORE WATER !

If you have a little light-headedness or slight dizziness, it's because your blood sugar is a little low. Have a few slices of an apple, some celery sticks, or small salad . . . but only if necessary.

- **MINDSET . . . This is very important** - your overworked liver has been processing solid food for 20, 30, 40, 50, or 60 years straight – 24 / 7. It is begging for a couple days off.
 - If you are a little uncomfortable on the cleansing days - just remember your body's most vital organ is finally getting a short break after years and years of continuous and exhaustive operation. It will thank you in ways you have never dreamed about. Just hang in there and **DO NOT QUIT . . .** it's only 2 days. You CAN do this.
7. **Make another important mental note . . .** Day 3, 4, 5, 6, and 7 are *pleasant, happy, easy, rewarding, satisfying, and fulfilling.* **The Isagenix Shakes are wholesome and awesome.**

If you want to add a **FEW** blueberries or strawberries, or half a banana to the Shake for variety - it's okay on Day 10 or later . . . but keep Days 1 – 9 sacred. Another tip - make sure to use a blender and ice. It makes your Shake smooth and even more delicious.