

## Why Cleansing with Isagenix Works

Cleansing with Isagenix include a specific form of intermittent fasting because cleansers drink the detox-supporting beverage, Cleanse for Life. Not only are cleansers benefiting from intermittent fasting, but they are also supporting their body nutritionally to rid itself of impurities. Cleanse for Life provides nutritional support in the form of antioxidant vitamins and botanicals, which are essential for effective detoxification. Additionally, nutritional support is needed to counteract the oxidative damage caused by toxins.



### ★Ways to Cleanse★

There are different ways to cleanse based on your situation. Let's break it all down for you!

**Daily Cleansing:** This is when you take 1-2 oz of Cleanse for Life Liquid or 1-2 scoops of Cleanse for life Powder at night before bed on an empty stomach. The benefits are nutritional, providing great nutrients for the body's nighttime rejuvenation and provide very mild cleansing benefits.

**1-Day Cleanse:** This is considered a moderate cleanse and begins when you arise in the morning and ends the following morning. Follow your cleanse guide provided in your cleansing system. Your guide reads per day- 4 serving of Cleanse for Life, 2 capsules of Natural Accelerators, 6 IsaSnacks, 2-4 IsaDelight Chocolates, minimum of 64 oz. of purified water. An organic apple cut into 8th's just in case of low blood sugar.

**2-Day Cleanse:** This is considered a deep cleanse and begins when you arise in the morning and ends at 8am or when you arise on the morning the 3rd day (this is a 48 hour period or 2 full days). Follow your cleanse guide provided in your cleansing system. Your guide reads per day: 4 serving of Cleanse for Life, 2 capsules of Natural Accelerators, 6 IsaSnacks, 2-4 IsaDelight Chocolates, minimum of 64 oz. of purified water. An organic apple cut into 8th's just in case of low blood sugar.

Our Founder and Formulator, John Anderson recommends all of the above options. He always shares that the magic happens in a full 2-Day Cleanse. It is strongly discouraged to cleanse into the 3rd day.

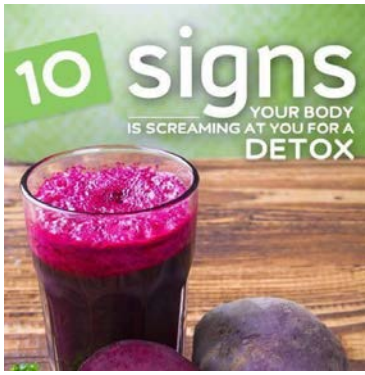
There is a schedule that some recommend that suggests beginning your cleanse at night, cleansing through the following day, into day 2 and then on the night of day 2, break your cleanse with a shake. This method would be considered an 18 hour cleanse.

This is acceptable however it is not to replace the deep 2 Day Cleanse mentioned above. Counting hours when you are sleeping technically does not count. True cleansing requires you to be up and awake, moving the body, consuming water and Cleanse for Life, hence this being dubbed an 18 hour cleanse.

No matter what system you use or what cleansing option listed above, you have flexibility. For example, some people can only cleanse for a 1/2 day while others are geared up for 2-Day Cleanses immediately.

Be flexible, listen to your body and know what's right for you.

Try the 2-Day deep cleanse when you're ready.



When you hear the word "cleansing" are you thinking "Nope, I don't need that... I don't need to lose weight"? Nutritional cellular cleansing (no, you won't need to be chained to the bathroom) has MANY other benefits...

If you've noticed any of the following occurs on a regular basis, you're likely overdue for a detox. It may not be the cure-all, but in many cases it can at least improve the situation, and is the perfect starting point towards fixing it for good.

### 1. **Low Energy/Fatigued**

If you wake up in the morning feeling sluggish, and pretty much stay that way throughout the day with varying degrees of lethargy, you should definitely consider doing a detox.

### 2. **Constipated**

Chronic constipation is a sign that something isn't right in your digestive system. If you've tried increasing your fiber intake and adjusting your diet with limited results, it could be your body telling you that it needs a cleansing. Frequent Indigestion is also a common sign.

### 3. **Brain Fog/Unable to Focus**

If you consistently find that in your natural state you lack the ability to focus and find yourself adrift in a mental fog, your body could be screaming at you to detoxify it, and this is its cry for help.

A detox helps get rid of the toxins that are preventing your brain from firing on all cylinders.

### 4. **Feeling Depressed**

The way you feel is largely dependent on your ability to feed your body with nourishing foods. Your mood can change with the right or wrong meal, and eating foods that are low-quality or even toxic to the body over long periods of time can put you in a depressed state.

The problem is that when you start to make changes to feel better and change your diet to include more life-giving foods, the toxins will block the nutrients from finding their way to your brain. Toxins have a way of nestling into the body and can remain there unless acted upon by another force. In this case a detox program can help to get your mind back in the right place.

\*\*\*\*It's important to make the distinction between feeling down and depressed and having clinical depression. If you believe that you may be clinically depressed it's important to consult with your doctor for the best help.

### 5. **Overweight/Trouble Losing Weight**

If you're not at your ideal weight even after several earnest attempts at weight loss, it could be that you were fighting an uphill battle thanks to all of the toxins in your body.

A detox cleans the slate if you will, and allows you to start fresh rather than swimming upstream by trying to be healthy while still having plenty of stored up toxins.

### 6. **Trouble Sleeping**

An excessive amount of toxins can keep you up at night, tossing and turning as your natural cycle is disrupted. Melatonin signals the body for sleep, but an excessively toxic body can reduce the amount of melatonin that is released, and cause a domino effect when it comes to getting natural, restful sleep.

### 7. **Sexual Dysfunction**

It's funny to think that many of the prescriptions filled and products sold in relation to sexual problems could be solved with a detox program. But your sexual organs are the same as any other organ, and their proper function can be thrown off when there are too many toxins wreaking havoc on the body.

### 8. **Unexplained Headaches**

If you suffer from regular headaches with no obvious cause it may be just the time for a detox.

A detox gets rid of impurities in the body that may be making you more prone to a headache.

Just be warned, your headaches may worsen during the detoxification process, but when it's complete they should be gone, or at least greatly reduced.

### 9. **Unexplained Soreness/Stiffness**

When you have toxins in the body that need to come out you are more likely to suffer from inflammation, because many of the foods and beverages that cause toxicity also lead to inflammation.

A detox can help reduce excessive inflammation, which in turn helps to soothe the aches and pains brought on by too much inflammation in the body.

### 10. **Skin Problems/Allergic Reactions**

A detox works at the source of the problem, ridding the body of toxins that can lead to rashes, outbreaks, and allergic reactions on the skin, as well as sneezing, coughing, and asthmatic conditions.

One thing to keep in mind is that a side effect of doing a detox is often rashes and other skin problems, especially if

many toxins are being released. These will subside by the time the process has finished, and should not be confused as a worsening of your problem.