

Beginning the Isagenix Cleanse –Which IsaLean Program? Jim Rhoades with Elisabeth Andersen, Nutritional Educators

The 4 Pillars of Health are: 1) What you do & don't put into your body -- what you eat and drink, what you soak your body in, and what you put on your body, 2) What you put into your mind/soul and stress management, 3) Adequate exercise, 4) Adequate rest and relaxation. Every pillar is needed for your body to function at its personal best. Remove any one leg of a chair and it is hard to keep your balance – the same is true of wellness.

Your body is the miracle. Isagenix does not heal or cure anything. What Isagenix does is help support the body in maintaining a healthy balance and in removing wastes from cells and major filter organs. Isagenix also provides all 90 essential building blocks and a lot of additional nutrition for constructing healthier cells. Over days, weeks and months of providing the cleansing nutrients and the building blocks, increasing numbers of your 60 to 70 trillion cells are replaced with healthier cells -- most are replaced every 4 months. All your body cells are changed out at least once every 7 years, with the exception of some brain and nerve cells. As you build healthier cells making up healthier organs, your body is often able to “heal itself”, i.e. function in a better way, with fewer problems and less discomfort. Remember, it is the body doing the healing. Isagenix provides the essential organic balanced tools that are easy for the body to assimilate, transport into the cells, and use to do its crucial work.

Take your health to a higher level – help support your body in its efforts to “dejunk” the cells and the major filter systems of the body by adding the Isagenix Cleanse Program to your nutritional routine. Provide the building blocks for your body to construct healthier cells as the body replaces billions of cells every day.

A. Beginning your Cleansing & Revitalizing Program - the 30-Day Program is usually the way to start.

1) Do 2 Pre-Cleanse days by having 2 shakes (2 scoops powder in each) and a healthy meal - drink lots of water.
2) Do a One-Day-Cleanse, using the protein Snacks between servings of Cleanse, together with raw or dry roasted almonds if desired, or ½ of an organic apple. Keep drinking lots of pure water, 8 to 12 glasses a day. Repeat the One-Day-Cleanse routine once a week for the month.
Repeat the 30-Day Program until you achieve your weight goal; then go on either the IsaLean Wellness Maintenance Program, or the Mars/Venus Health and Wellness program -- continue to support healthy cells.
3) The other 6 days each week, have 2 meal replacement IsaLean Shakes – with 2 scoops of Shake powder in each. Optional: add fresh or frozen fruit in small quantities. Eat one regular healthy meal of roughly 400 to 600 calories. Skipping meals makes the body hold on tightly to all calories and fat - eat 3 to 5 smaller meals. Continue to drink lots of pure water daily, minimum 10 to 12 glasses.
Refer to page 18 of the Isagenix Programs Guide for helps on healthy meals. Additional tips for success are on www.isacalls.com on page 5. [What To Eat & What To Avoid - Success Tips](#)

B. For faster results, Jump Start your 30-Day Program with an accelerated 9-Day Cleanse if you have no real health challenges and are not on significant medications.

You will need one extra bottle of Cleanse For Life. After your 2 Pre-Cleanse days, do 2 days in a row of Cleanse followed by 5 days of the Shakes and meals as outlined in #3. Then do 2 more days of Cleanse. If you can't do 2 full days, do 1 ½ day or 1 day -- always end your Cleanse with a Shake as the first meal. Continue with One-Day Cleanses one day each week until you reach your weight goal. Remember to drink lots of pure water!

C. Cleanse At A Slower Pace if you have Serious Health Challenges or are on strong medications.

1) Initially, do NOT use the Accelerator caps & DO NOT do a full day of Cleanse – ask your physician to monitor you on your new healthier way of eating. Because it is low calorie, you may need to eat small amounts more often – your IsaLean Snacks are your friend – healthy even for children and diabetics. As your body gets rid of built up debris and you build healthier cells, ask your physician to re-evaluate your meds – you may need less.
2) Begin with one-scoop Shakes twice a day with two small healthy meals. Have one regular healthy meal.
3) Start with 1 or 2 ounces of Cleanse every morning and 1/4 oz Ionix Supreme. Repeat in the evening.
4) After a period of time if that is going well, you might want to try 2 scoop shakes to replace one meal, and ½ day of Cleanse -- start an hour before bed with 4 oz Cleanse, then in the morning have 4 oz Cleanse again and eat 1 teaspoon IsaFuel. Have a Shake mid morning or at lunch. Remember to drink lots of pure water. As tolerated, after consulting your physician, gradually increase to a 1-Day Cleanse and Ionix Supreme to 1 to 2 oz. per day.