

# WINTER CLEANSE MANUAL

*Winter, the season of stillness, darkness and inner warmth.*

*This time of deep rest and meditation is a time to vision, seek self-understanding, and refine the spiritual essence. The kidneys rule the winter with their sense of body vitality and housing the life essence. The sense of hearing is prevalent with the crisp sounds of winter, the silence of the snowfall, and the inner peace of the souls journey. One might say that the inner listening is heightened. The sounds of nuts roasting, and fires crackling stimulate the appetite and warm the core. Deep purification of the spiritual journey happens when we cleanse in the winter months.*

*Stay cozy, and connected.*



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our ongoing programs and other seasonal manuals.



— “Nutritional cleansing unlocks the miracle  
of the human body.”

Isagenix





Welcome to a journey of deep cleansing, personal inquiry, and mind body health. Nutritional Cleansing increases the health benefits you'll receive from the ancient health practice of cleansing. The herbs, vitamins, and minerals that aid cleansing do three primary things:

- Accelerate detoxification and removal of impurities from the body.
- Nourish the body with vital nutrients to rapidly revive health.
- Create opportunity to reach and maintain your ideal weight, and body composition.

A cleansed and revitalized body is stronger, resists illness better, is more efficient and performs at a higher level than one that is filled with impurities. In addition, many people notice an ability to reach and maintain their ideal weight.



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What do you want?

What are you willing to do to have what you say you want?

Contained in this manual are the practical tools you need to successfully complete the Cleanse for Life program using the Isagenix 9 Day Cleanse System – a results-oriented, proven system developed by a top nutritional formulator. The Isagenix Cleanse supports your body's natural ability to cleanse and heal itself.

\* The Isagenix Cleansing and Fat Burning System is not intended to diagnose, treat, cure or prevent any disease. Results may vary with each individual. Consult your health care professional before taking these or any nutritional supplement.



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# CLEANSE MANUAL



*When the body is cleansed, the mind purified  
and the senses controlled, joyful awareness,  
needed to realize the inner self comes.*



*Yoga Sutras*

## CREATING YOUR VISION

Knowing what you would like to get out of a program, detox, or for that matter just about anything in your life, is a great way to set the stage for a successful experience. As you create your Health for Life vision, you will be able to refer back to this statement if you come across any obstacles or challenges in your program.

Below is a space for you to write down some basic intentions supporting what you are looking to achieve, as well as a place to create your statement of purpose. Keep this handy for the duration of your cleansing process. We're confident it will be a helpful tool for you along the way.

Top 8 reasons you chose to participate in The Cleanse for Life Program

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

### Statement of Purpose

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# CLEANSING

## TOXINS AND FAT-BURNING

The human body has an estimated 100 trillion cells. Each cell has its own individual “furnace” that makes the cell function. The furnace is called the mitochondria. In order to heat up the mitochondria in the cell and help raise our metabolism, our bodies require over 70 trace minerals and live, active enzymes daily, combined with proper nutrition.

Our bodies are designed to burn fat. Excess weight or being overweight is sign that the body is burning sugar, not fat.

The key question is: How do we shift the body from fat storing to fat burning?

### Myth:

Dieting is what we need to lose weight.

When you reduce calories you slow down the metabolism and shut down the mitochondria. When you stop the diet and begin to eat more calories, your body now has less mitochondria fired up, your metabolism is sluggish, you have elevated levels of cortisol (a stress hormone that causes fat storage) and when you begin eating again you put weight on very quickly.

### Truth:

Cleansing along with proper nutrition, eating frequency, and portion sizes, coupled with a healthy lifestyle and feeding the soul, leads to sustainable weight loss and maintaining a healthy weight.

When the body burns fat cells, the impurities are released into your bloodstream. Minerals and trace minerals carry the impurities away from the body tissue to the liver, allowing the liver to deliver those impurities to the colon and out of the body. Without minerals, this function does not happen.

### The Detoxification Process

The soil in which our food is grown is severely depleted of minerals, and the food we eat does not contain adequate minerals to support the detoxification process. At the same time, the foods we eat, the products we use, and the environment in which we live contain more toxins than ever before.

During the Isagenix cleanse, minerals allow enzymes to carry waste products from the cells to the liver. The liver produces bile that carries the waste products to the colon and out of the body. Without the minerals and enzymes and a properly functioning colon, the impurities re-circulate throughout the body.

### Why Cleanse?

The body recognizes impurities as toxic. When the body and liver are overloaded, the body creates fat cells to enrobe and store the toxins in the fat cells. That is why if you do everything else needed to achieve a healthy weight and do not cleanse, it may be challenging to lose that last five to ten pounds. The body resists burning the fat cells because that would release toxins back into an overloaded system. The Isagenix cleanse carries toxins out of the body – unloading the body and allowing it to release toxins and burn fat.

### The Cleanse

The Isagenix Cleanse for Life products include 72 ionic minerals and trace minerals plus live, active enzymes and is formulated to effectively support the body's detoxification and fat burning processes.



Without concern for results, perform the necessary action; surrendering all attachments, accomplish life's highest good.



*Bhagavad Gita.*

## TOXINS AND FAT BURNING RECAP

When calorie reduction is used to lose weight, the metabolism slows down as do the cells' mitochondria (cells' power sources) that generate energy for the body to use. When starting to eat again, weight quickly comes back on because:

1. The furnaces (mitochondria) and metabolism have been shut down.
2. Without adequate minerals and enzymes, the impurities recirculate inside the body and are eventually stored in fat.

### Maintaining Fat Burning Mode

Around 40 days are required to fire up the mitochondria and raise the metabolism so that the fat burning system is stable.

The key is to get adequate nutrition balanced with proper glucose for brain function and all 70 minerals to flush impurities out of the system along with living, active enzymes. The Isagenix Cleanse System provides all required minerals and nutrition for this process. After two days of cleansing with the Cleanse for Life Drink, the body moves into fat burning mode. After 40 days, all mitochondria are fully fired up in fat burning mode.

Suspending digestion assists in the detoxification process. The Isagenix Cleanse is designed with two back-to-back days of cleansing with the Cleanse for Life Drink. After digestion is suspended for only four hours, the body begins to produce hormones that make lean muscle mass and increase your metabolism. During the first 24 hours, the body cleans sugars from the liver. During the second 24 hours, the body begins to burn fat.

## SUGAR 101

The first sugar refinery in the United States was built in 1689. Its product, white sugar, was very popular. Shortly after the first refinery was built, colonists began to sweeten their breakfast porridge with sugar, and within ten years, the total consumption per person was at four pounds a year. Current estimates show that the average American today consumes 142 pounds of sugar a year! Sugar qualifies as an addictive substance for two reasons:

1. Eating even a small amount creates a desire for more.
2. Suddenly quitting causes withdrawal symptoms such as headaches, mood swings, cravings and fatigue.

White sugar, a simple carbohydrate, is found in various foods in varying amounts. As the most common form of sugar, this is the refined sugar of the cane or beet plant. Complex carbohydrates, known as starches, are a chain of glucose molecules. Both sugars and starches are found in natural foods such as grains, beans, vegetables and fruit. In their natural state, they are linked together with vitamins, minerals, enzymes and proteins. Table sugar requires extra effort to digest because it lacks vitamins, minerals and fiber. The processing strips necessary nutrients from the sugar, so our body depletes its own store of minerals and enzymes to absorb it properly. Sugar is described as empty calories. Instead of providing the body with nutrition, sugar causes a deficiency. Raw, brown or turbinado sugars, at 96% sucrose are hardly better than white sugar, which is 99.9% sucrose—they are still highly refined.

In the last few years, we have been inundated with products made using organic evaporated cane juice and fructose. These products have been created to seduce "health-conscious" consumers into believing they are having something sweet while still being healthy.

Today we find sugar not only where we've come to expect it—in children's cereals, cakes, cookies and other desserts - but also in such foods as canned vegetables, baby food, bread, and tomato sauce. In some cases it is called corn syrup, dextrose, maltose, glucose, or maltodextrin. Blood sugar levels go up sharply, then down quickly after a sugar high, and many people don't realize the emotional roller coaster ride that accompanies that sweet, seductive flavor. We feel happy and energetic for awhile and then inexplicably, our mood begins to crash. Manic depression is an extreme example of sugar ups and downs. Refined sweets and the sad state of the average American diet also lead to diabetes and hypoglycemia. Diabetes is when the body does not release insulin to reduce sugar levels in the blood. Hypoglycemia is the opposite, when our blood sugar gets too low and the pancreas cannot release anti-insulin to raise our blood sugar to the proper level. Today half of Americans are hypoglycemic. We crave sweets uncontrollably. We experience unexplained mood swings, anger, tiredness and major binges. If you're kicking the habit, you're in for a challenge. The white stuff is sneaky, seductive and can easily keep you hooked.



— *By reminding yourself to breathe during meals, you'll naturally slow down, become more present, and metabolize with greater power.*



## The Blood Sugar Blues

Blood sugar is the culprit for 99% of imbalance, degenerative disease, and chronic illness in the body. It is crazy to see diseases such as type II diabetes, high cholesterol, and a plethora of mood and attention disorders showing up in children under the age of ten. What used to take a lifetime to manifest is now accelerated to a childhood epidemic that is totally out of control. The amount of processed and refined food consumed by today's American culture is the culprit for the overall health devastation that is spreading throughout the country. What used to be intuitive natural eating has become so far removed from holistic health that we are now completely confused and disconnected from what was an inherent instinct, eating food from the earth. The reason I make this point is to take us to the fact that natural whole food eating will in fact keep our blood sugar balanced naturally because whole foods are much easier on your blood sugar levels as a whole.

What is commonly happening in our society today is the rampant trend of eating of a multitude of processed food. What used to be natural foraging, hunting and gathering from nature has transformed into a diet that is not only totally disconnected from nature, the seasons, and mother earth, but also an addiction to the high glycemic content of the processed food most people eat every day. As our food is processed, it is essentially broken down into nutrient weak food that provides very little nutrient base for absorption, while also totally throwing off the insulin reaction in our bodies leading to a multitude of other health issues and imbalances in the body.

It is our job now to reclaim, remember, and re-implement a whole food diet into our daily lives. This new beginning to find overall health, and to feel reconnected to the currents of nature will positively impact our entire being down to a cellular level.

It all starts with insulin, the mother of all hormones....when insulin is balanced, our energy is balanced, our mood is balanced, our hormones are balanced, our cholesterol and triglycerides are balanced, our sleep is more peaceful, and we can function as the highly effective people we were designed to be! It is totally workable, do-able, and delicious.

## SUGAR RECAP

The effect of sugar on the liver is detrimental over time to the overall health of an individual. Excess sugar in the liver can lead to high cholesterol, weight gain around the mid-section, and imbalances in mood and brain chemistry.

- Eating a diet with a low to moderate glycemic rating from whole foods keeps the blood sugar in a much more balanced state.
- You can absolutely improve your overall health by regularly cleansing.



Overeating happens when our meals are deficient in relaxation, time, pleasure, awareness and high-quality food.



## WHAT IS GLYCEMIC INDEX?

Glycemic Index is the rate at which a food stimulates the insulin response in the body. This rating is used to mark the severity of a blood sugar spike that will occur in the body after eating certain foods. Some foods are very low on the glycemic scale, whilst some are very high. Fat is one of the few foods that incurs zero insulin response, while white sugar is very high glycemic and often causes a spike in blood sugar followed by a crash. See the glycemic chart for further ratings of foods you eat every day.

### Daily Tips for Health and Balanced Blood sugar:

1. Keep blood sugar and insulin levels as even as possible: Eating low glycemic foods throughout the day is critical for healthy metabolism. Take all supplements included which help burn fat and support total cell nourishment. Do not eat high glycemic foods on an empty stomach, and be sure to keep up with exercise and building of muscle mass.
2. Eat often, and eat low glycemic foods: Do not go for more than 4 hours without eating and do not skip meals (even breakfast). Skipping meals will compromise your metabolism.
3. Water, water and more water: Drinking half your body weight (ounces) in water per day in the form of pure water will keep fat burning and metabolism optimized. Do not substitute caffeinated tea, juice, or flavored water for your water intake.
4. Read labels: Learning what is in your food, the amount of sugar, sodium, fiber, and the form of sweetener used will be helpful in opening your awareness. The best choice is to minimize food with ingredient lists, and shop on the perimeter of the stores.

### High Glycemic Foods >65 GI:

*These are foods that have 4 or more times the amount of sugar (grams) as fiber (grams).*

- Sugar
- White Rice
- Soda
- Dried Cereal
- Juice

### Moderate Glycemic Foods 45-65 GI:

*These foods have no more than 3 times the amount of sugar (grams) as fiber (grams).*

- Brown Rice
- Refried Beans

### Low Glycemic Foods: <45 GI:

*These foods have sugar (grams) and fiber (grams) equal to each other.*

- Nuts
- Animal protein
- Oatmeal (steal cut)

SEE GLYCEMIC INDEX CHART IN APPENDIX

## THE BENEFITS OF CLEANSING

### Symptoms Cleansing often addresses:

Excess weight	Digestive problems	Irritability	Headaches
Joint pain	Fatigue	Constipation	Skin rashes
Poor concentration	Bad breath	General malaise	Itchy skin
Pallor	Skin blemishes	Age spots	Wrinkles

### What a carefully planned detoxification program can offer you:

Weight loss  
Increased energy  
Anti-aging effects  
Clear and radiant skin and eyes  
Greater motivation and creativity  
Reduction of allergic symptoms and spring allergies  
Improved sleep

### Mental Detoxification

The cleansing of our mind of negative thought patterns is essential to overall health, and physical detoxification can aid in this process. Emotionally, detoxification helps us uncover and express hidden frustrations, anger, resentments and fears replacing them with forgiveness, love, joy, hope, and inner radiance!



— You have to keep showing up, being open, and doing the work. The journey into the self is not a group experience. It's solitary work. But so many of us are afraid of being alone. So you need to experiment. . . . The whole process of following these spiritual instructions has a lot to do with conquering our fear.



***Beryl Bender Birch***

## YOUR CLEANSE: 11 Days Total

*This is not a replacement for your Doctor's care or prescribed medications you are currently taking. We always suggest consulting with your doctor before you start any new program. Ask her/him to monitor you during the cleanse.*

2 Pre-Cleanse Days  
2 Liquid Cleanse Days  
5 Shake-Meal-Shake Days  
2 Liquid Cleanse Days

### GENERAL INFORMATION & GUIDELINES

#### Water (all days)

Drink filtered water. Chlorine is a carcinogen and sometimes an allergen. If you use bottled water, avoid reusing the cheap plastic bottles and preferably use either Fiji or Smartwater because these plastic bottles are harder and will not leach plastic. For water away from home, fill your empty Cleanse for Life bottle with filtered water or use a reusable stainless steel bottle. Cleanse for Life bottles are pharmaceutical grade bottles and will not leach plastic molecules into the water.

#### IsaLean Shake (pre-cleanse days and shake days)

Use the scoop provided to measure two scoops. Combine two scoops of IsaLean Shake mix with 8 ounces purified cold water and blend. For thicker, creamier shake, add a combination of ice and water equal to eight ounces. May or may not use a blender. Instead of blending, combine shake mix with cold water and shake or stir vigorously. The shake contains live digestive enzymes and should be consumed within eight minutes to ensure getting the benefit of the live enzymes. Cold water activates the live digestive enzymes in the shake. For athletes and those needing more calories or building lean muscle mass, consider adding one scoop of IsaPro whey protein powder to shake.

### Cleanse For Life Drink (cleanse days)

Refrigerate Cleanse for Life drink. Drink 4 ounces Cleanse for Life drink per serving. May or may not mix with 8-10 ounces of cold water. If not mixing, follow with 8-10 ounces of cold water.

### Meals

You can choose to follow the Menu Plan as closely as you like for the duration of the cleanse program. There may be times that you are pressed for time, needing to eat out, or having some kind of social dinner event. This is all acceptable and workable. The Menu Plan is designed to give direction and new ideas for your food choices, not to have you regimented and overwhelmed. You can mix and match days, and substitute other foods in the same general category no problem, (i.e. substituting chicken for salmon, or rice for quinoa). If you are eating out, or at a friend's house, stick to whole foods. At any restaurant, you can always find a salad, with olive oil and lemon or vinegar, and some protein, for example. Just keep it simple and whole and you will do just fine.

### Snacks

Snacking is a key way to avoid large fits of hunger, keep your blood sugar balanced, and move through your day gracefully. The last thing you want to do is end up really hungry, with no good choices because that is a no win situation. Please see the Menu Plan for inspiring and satiating snack options.

**TIP:** Combine low glycemic foods with higher ones to lower overall glycemic index of snacks.

For instance, if eating a few slices of granny smith apple, eat some almond butter at the same time. Carrots and apples (with exception of granny smith which have less sugar), and fruits in general are higher in sugar, so do not eat during the 11-day period unless combining to lower the glycemic index. Also refrain from eating simple carbohydrates such as white rice, flour, sugar, high glycemic fruits, corn, etc. Eat fresh, whole foods rather than processed foods. Start to notice what foods do not serve you and make new healthy and organic choices.

### Isagenix Snacks (for cleanse days and shake-meal-shake days – not pre-cleanse days)

The Isagenix Snacks are imperative. They are specially designed to keep blood sugar balanced. When blood sugar “crashes” (that light-headed, nauseated and queasy feeling when you are hungry) – it is too late. The body has gone into “stress” mode and cortisol has been released. This means your cells have locked down the fat, the body is now in sugar-burning mode (lean muscle burning) and metabolism slows down. Eat snacks every couple of hours as designed and you will find that your metabolic furnace will stay fired up all day. Isagenix Snacks provide the body with chromium, protein and omega oils to help metabolize nutrients, support lean body mass and stabilize blood sugar levels.

### Exercise (all days)

Do at least 20 minutes of exercise – yoga, cardio, weights, walking/hiking, etc. On cleanse days, take it easy – perhaps a gentle yoga class, walk, or hike. Rest; so the body, mind, and spirit can detoxify and rejuvenate. Listen to your body. IMPORTANT: On cleanse days, it’s important to rest so that the body does not “crash” and go into sugar burning/fat storing mode.

### Niacin Flush

The Cleanse for Life Drink and the Natural Accelerator capsules contain niacin. Some people find that they feel a bit jittery, heart-racy on the Natural Accelerator capsule. The capsule contains niacin and a small number of people may get a niacin reaction (called a niacin flush – heating up of neck, face area, tingling sensation, possible itching). This is not an allergic reaction. Most find that it helps curb appetite, and accelerates the metabolism. Also, “the flush is needed to force the blood into parts of your intestine where there are infections” (from Tissue Cleansing through Bowel Management, Bernard Jensen, D.C. Ph.D., Nutritionist ).

**IMPORTANT:** If niacin flush occurs, drink water immediately and continue to drink more water throughout the day. Stay in communication with your cleanse coach.

### Constipation

Our bodies respond to cleansing and change in diet in any number of ways. A number of people experience constipation at some time during the 11 day program. A few suggestions are:

- Take one IsaFlush capsule at night and possibly in the morning (can be ordered from Isagenix; included with the 30 Day System, but not the 9 Day System)
- Take magnesium capsules (200-500 mg) (available at your local health food store)
- Drink Apple Cider Vinegar Tea (1-2 TBS Bragg's Apple Cider Vinegar; one squirt honey or agave nectar; one cup hot water) in the morning and/or evening
- Have a cup of Yogi Tea-Get Regular or Traditional Medicinals-Smooth Move in the evening
- Take daily in the morning, Isagenix FiberPro (not included with cleanse kit, is a daily fiber-probiotic formula that gently supports bowel regularity)
- Also daily, take an additional probiotic supplement (MegaFlora, USANA) for overall digestive health
- Take Vitamin C
- Add Isagenix Greens to water or shake
- Add flax seed to the IsaLean shake
- Use aloe vera gel (also found in Cleanse for Life drink)
- Mix 1/2 tsp flax seeds in a 8 ounce glass of water; let sit for 20 minutes, drink the water
- Get a colonic or enema

See additional tips for constipation in Frequently Asked Questions (FAQ'S)

### Slow Down And Breathe

By reminding yourself to breathe during meals, you'll naturally slow down, become more present, and metabolize with greater power. Overeating happens when our meals are deficient in relaxation, time, pleasure, awareness and high-quality food.

### Sleep

Increase your sleep by striving to go to bed one hour earlier than usual.

### Colonic

Consider scheduling a colonic on a liquid cleanse day.

### Let go of...

#### Sugar

Eliminate sugar and refined carbohydrates (i.e. bread, pastas, cereals, crackers) including artificially sweetened foods, and beverages.

#### Yeast

Eliminate all foods containing yeast and all foods that promote yeast overgrowth (processed foods, refined sugars, commercially prepared condiments, breads, peanuts, vinegar and alcoholic beverages).

#### Alcohol

Eliminate all alcohol-containing products including beer and wine.

#### Caffeine

Eliminate all caffeine-containing beverages including coffee, tea and soda. Also avoid decaffeinated coffee.



— Success is achieved neither by wearing the right clothes nor by talking about it. Practice alone brings success. This is the truth without doubt.



*Hatha Yoga Pradipika 1:66*

## PREPARATION IS THE KEY

Along our quest to better nourish ourselves, there are some essential skills that give us a firm foundation to stand on. As we learn to plan, shop, and prepare our healthy choices, the path to nourishment will become easier. A few simple tips will guide us on this journey.

1. Start by organizing your storage containers. You may need to update your supply. Look for containers that are spill proof and easily transported. Buy a variety of shapes and sizes. You may find it useful to include a thermos for teas and other beverages. A favorite water bottle will keep you ready with fresh purified water of your choice. Find a large bag to carry your food with you wherever you go.

2. At the start of each week take a few moments to assess the groceries you will need for the week. Begin a short list to accommodate your needs. If you are a single person, it is especially helpful to plan extra for a few meals so you can take the leftovers with you on your journey the next day.

3. Shop ahead of time. Plan to shop the day before your work week begins. Make sure to incorporate portable snacks that you can eat for short breaks. Foods such as chopped veggies, apples, and nuts make great snack ideas (for children too!!). Make up some herbal tea to bring along to avoid commercial beverages that are commonly high in sugars and other unnatural ingredients.

4. Chop your veggies. For those lazier moments, you would be surprised how many more veggies you will eat if they are pre-chopped. Designate one storage container just for chopped veggies. Chop enough for 2-3 days and use a generous handful with each meal. Eat them raw or lightly steamed and you may find that you are eating more vegetables than ever.

5. Pre-cook your grains. If you enjoy whole grains in your diet, try pre-cooking enough for 2-3 days. Keep them ready to heat in the refrigerator and they will be ready in just minutes. Heat in a saucepan with 2-3 tsp water and enjoy.

6. Never leave the house without your food bag. You never know when hunger will hit, and having healthy choices is always best.



*Do you have the patience to wait until your  
mud settles and the water is clear?  
Can you remain unmoving till right action  
arises by itself?*



*Lao-Tzu*

## PRE-CLEANSE DAYS (Days 1 & 2)

The consistent timing of nutrient intake with water is important. Do not skip meals, snacks, or water. If you feel hungry, drink water. If you are still hungry, meditate, do yoga, or get up and do something. The sensation will most likely pass within 10 minutes.

Pre-cleansing is about eliminating toxic foods, so that when you begin to cleanse on days 3 & 4 you will have less withdrawal symptoms, i.e. headache, lethargy, intense cravings, etc. The foods you've been eating may be your "drug of choice," especially if they contain caffeine, sugar and carbs. As you go off these foods, you may have some withdrawal symptoms. So, make these two days about cleansing the palate, and choose good, healthy alternatives.

### Pre-Cleanse Items:

- 2 shakes each day
- 1 sensible meal each day
  - Lunch or Dinner (NOTE: substituting dinner for lunch does not follow the Isagenix recommended protocol)
  - Please see MENU PLAN for inspiring recipes
  - If weight loss is not your goal or you require more calories, have both lunch and dinner or breakfast and dinner, and add your second shake in the evening as dessert.
- Snacks – on Pre-Cleanse Days add your own snacks (see Menu Plan - not the Isagenix Snacks that come with your cleanse package).
- 1 Natural Accelerator capsule (optional)
- Purified water - drink half your body weight in ounces daily

## Snacks

On pre-cleanse days 1 & 2 you will add your own snacks. Snacks are important and should not be skipped. Snacks keep blood sugar balanced and metabolism up. When the body's blood sugar "crashes" (light-headed, nauseated and queasy feeling when you are hungry), it's too late - the body is in "stress" mode and cortisol is released. The cells lock down fat, and the body is now in sugar-burning mode (lean muscle burning) and the body's metabolism slows down. Eat snacks every 90 minutes to two hours to keep metabolism up.

## Recommended Snacks

When choosing snacks, eliminate junk food and toxic foods, and rather than getting caught up in what is the right amount of snacks (unless weight loss is your goal) focus on choosing healthy, organic alternatives. Try IsaDelights – (these do not come with your cleanse, and must be purchased separately). They are a wonderful dark chocolate, filled with amino acids that help overcome cravings and balance brain chemistry. Or you can see our Menu Plan for inspiring snack ideas.



*Like a house protecting one from the heat of the sun, hatha yoga protects the practitioner.*



*Hatha Yoga Pradipika*

## CLEANSE DAYS (Days 3 & 4 – Days 10 & 11)

Relax. The body is focusing on detoxification – give it the support and rest that it needs. Be mindful. Develop new awareness of your body, mind, spirit, eating habits, and more. With mindfulness, you may find the program becomes more than a cleanse of your body, you may find a cleansing of the mind and spirit, as well! (Some people describe it as the ‘fog lifting’, or a ‘clear-headed’ feeling). Some have experienced cleaning their house, finishing projects that have been on the back burner, having a new experience in relationship or clarity in existing relationships. Rather than question or judge, witness all. For example – if you notice that you are hungry, witness the feeling of hunger and ask, “What am I really hungry for?” On cleanse days, consider meditating, taking a warm bath, treating yourself to a massage, taking a walk or a hike in nature.

### Cleanse Items:

- Cleanse for Life Drink – 4 times each day
- Isagenix Snacks (1 to 2 at each snack time)
- Accelerator Capsules\*\* (2 each day: one with morning drink ; one around 2 pm)
- Lots of water

During cleanse days, digestion is suspended. It is best not to eat (other than prescribed snacks). After you suspend digestion for only 4 hours, your body begins to produce the hormones that make lean muscle mass and increase your metabolism. During the first 24 hours, your body cleans the toxins from the liver. The second 24 hours is when the body begins to burn fat.

## SHAKE-MEAL-SHAKE DAYS (Days 5, 6, 7, 8, 9)

The consistent timing of nutrient intake with water is important. Stay on schedule with meals, snacks and water to keep blood sugar balanced. Upon completion of two days of deep cleansing, the next step is to add a nutrient-dense shake. The shake is filled with protein amino acids; ingredients that support and nourish the liver and kidneys; and live enzymes; and aids the elimination and circulatory system as well as promotes blood sugar balance and energy.

### Shake-Meal-Shake Items:

- 2 shakes each day
- 1 sensible meal each day
  - Lunch or Dinner (NOTE: substituting dinner for lunch does not follow the Isagenix recommended protocol)
  - Please see MENU PLAN for inspiring recipes
  - If weight loss is not your goal or you require more calories, have both lunch and dinner or breakfast and dinner, and add your second shake in the evening as dessert.
- Isagenix Snacks\*
- 2 Natural Accelerator Capsules \*\*
- Raw, organic nuts
- Lots of water - (drink half your body weight in ounces daily) \*\*\*

\* The Isagenix Nutritional Snacks provide the body with chromium, protein and omega oils to help metabolize the nutrients, support the lean body mass and stabilize blood sugar levels.

\*\* The Accelerator Capsules support a healthy metabolic process and help suppress the appetite.

\*\*\* Water supports cleansing and hydration during your 11-day program and after.

## PRE-CLEANSE SCHEDULE

<u>Time Of Day</u>	<u>Action</u>
8:00 AM	BREAKFAST: IsaLean Shake in 8oz. COLD water & ice; 1 accelerator capsule (optional)
9:30 AM	You provide snack plus (2) nuts; 8-16 oz. water
11:30 AM	You provide snack plus (2) nuts; 8-16 oz. water
1:00 PM	LUNCH: Please see our Menu plan for inspiring Recipes.
2:30 PM	You provide snack plus (2) nuts; 8-16 oz. water
4:00 PM	You provide snack plus (2) nuts; 8-16 oz. water
5:00 PM	DINNER: IsaLean Shake in 8oz. COLD water & ice
7:00 PM	You provide snack plus (2) nuts; 8-16 oz. water
8:30 PM	You provide snack plus (2) nuts; 8-16 oz. water

## CLEANSE DAY SCHEDULE

<u>Time Of Day</u>	<u>Action</u>
7:00 AM	1st meal: 4oz. Cleanse for Life Drink in 8-16 oz. cold water; 1 accelerator capsule
8:30 AM	1 Isagenix Snack; 8 oz. cold water
10:00 AM	1 Isagenix Snack; 8 – 16 oz. water
11:30 AM	2nd meal: 4 oz. Cleanse for Life Drink in 8-16 oz. cold water
1:00 PM	1 Isagenix Snack; 8 -16 oz. water; 1 accelerator capsule
2:30 PM	1 Isagenix Snack; 8 – 16 oz. water
4:00 PM	3rd meal: 4 oz. Cleanse for Life Drink in 8-16 oz. cold water
5:30 PM	1 Isagenix Snack; 8 to 16 oz. water
7:00 PM	4th meal: 4 oz. Cleanse for Life Drink in 8-16 oz. cold water
8:30 PM	1 Isagenix Snack plus; 8 – 16 oz. cold water

Use the above and attached schedule as a 'guideline'.

Have a Cleanse for Life drink every 4 to 4-1/2 hours.

If you have any issues, contact your cleanse coach, so appropriate modifications can be made.

## SHAKE DAY SCHEDULE

<u>Time Of Day</u>	<u>Action</u>
8:00 AM	BREAKFAST: IsaLean Shake in 8 oz. cold water & ice; 1 Accelerator capsule
9:30 AM	1 Isagenix Snack plus (2) nuts; 8-16 oz. water
11:30 AM	1 Isagenix Snack plus (2) nuts; 8-16 oz. water
1:00 PM	LUNCH: Please see our Menu plan for inspiring Recipes.
2:30 PM	1 Accelerator Capsule; 1 Isagenix Snack plus (2) nuts; 8-16 oz. water
4:00 PM	1 Isagenix Snack plus (2) nuts; 8-16 ounces water
5:00 PM	DINNER: IsaLean Shake in 8 oz. cold water & ice
7:00 PM	1 Isagenix Snack plus (2) nuts; 8-16 oz. water
8:30 PM	1 Isagenix Snack plus (2) nuts; 8-16 oz. water

The consistent timing of the nutrient intake with water is important. Stay on schedule with meals, snacks and water to keep blood sugar balanced.

If you have any issues, contact your cleanse coach, so appropriate modifications can be made.

II — I have had fibrocystic breast disease. Within the first month of yoga, the disease – and all of its painful symptoms – went away completely. Emotionally, I felt as if I had let go of something, and then I realized my illness was completely gone. Yoga makes me feel like taking care of myself, so I am more conscious of what I put in my body, and I am more present, more aware of how things are affecting me. I feel more committed to taking care of myself.

Amy L., yoga student,  
from “Meditations on the Mat”





# CLEANSE APPENDIX



## WINTER MENU PLAN RECIPES

Welcome to the Winter Season Menu plan and Recipe book. Winter is a time when our bodies want to naturally slow down and hibernate. It is important to protect ourselves from colds and keep our immune system strong. It is when winter squashes, root vegetables, leafy dark greens, mushrooms, grains and nuts are abundant and nurturing to your body. These recipes will help balance your system and keep you cozy during the cold weather.

This booklet was created for Optimal Health during your Cleanse and for Everyday Life. Recipes by Jill Emich-Holistic Nutrition Chef from Boulder, Colorado. Eat and live well!

I highly recommend eating seasonally and locally to get the maximum health and nutritional benefit from the fruits and vegetables you eat by choosing produce at peak ripeness, locally grown and freshly harvested. Eating locally and seasonally means your produce will last longer, be packed with vitamins, minerals and antioxidants, many of which are lost after being harvested days and weeks prior, as well as supporting your local economy. Getting to know your local producers connects you with your food in a unique way. When you know what's in season in your area, and you know the people who make it on a personal level, the food becomes much more than just sustenance, but is also a community-building event. Knowing the people that produce local food builds ties in the local community.

Other advantages to eating locally and seasonally, is that your food choices won't have to travel so far to get to you therefore leaving a light footprint on our earth. It is also the most affordable when purchased in season. It is good for everyone!

You can find local vegetable markets, farmers markets, tea and herb shops, ethnic food stores, etc. that are owned by individuals in your community by consulting the internet and googling local independent businesses and farmers markets. In the winter time, you can still usually find local vegetables at health food stores or through your local farms CSA (Community Shared Agriculture). You can find more information about CSA's through [www.localharvest.org](http://www.localharvest.org).

The seasonal foods I am using are mostly universal but if there are specific seasonal foods for your area, substitute or add to any recipes. Get creative and have fun with it!

## A few basic questions answered

### What if I don't have a lot of time to prepare foods?

On or before your pre-cleanse days, set yourself up for convenience and creativity. Make a shopping list and shop ahead of time so the fridge is stocked with healthy choices. Get rid or hide away any food that won't be "serving you" during your commitment to get to your optimal self. Cook off grains that you can use during the cleanse. Cooking in bulk helps save time and energy. Also, pack some snack packs that you can throw in your purse or day bag that you can enjoy throughout the day. I am also adding a few "crock pot" recipes to our Winter Cookbook which are very quick and convenient.

### What oils are best to cook with?

When cooking, use olive oil, coconut oil or ghee to prepare foods. These all enhance flavor and are nourishing and healing for the body. Ghee is butter with the milk solids and proteins removed. In ayurvedic medicine ghee is considered liquid gold. It is good for digestion, brain function, healthy skin, and also helps the body assimilate nutrients. Ghee has a high smoking temperature so many of the health benefits stay intact when cooking with it. Coconut oil has antibacterial, antifungal, and antiviral properties, it is easily digested and also helps assimilate nutrients into the body. Coconut oil is also said to help take away excess weight because of its short and medium chain fatty acids. It is great for the skin, hair and nails. Olive oil is best drizzled on salads and vegetables but you can also use it to cook when not using very high heat. It is a superfood for the heart and is a good anti-inflammatory. Use virgin or extra virgin for all the health benefits. You can buy these at your local health food store.

### What types of grains are best to use?

Play with what grains you like and get creative with how you use them. You can eat them as a breakfast cereal, as a pilaf with a serving of fish, along with some of your favorite vegetables or even sprinkled in salads. Here are a few favorites (you can find cooking instructions in the recipe section.) As mentioned before, cook grains ahead of time so you can save time and create quick healthy meals you and your family will enjoy.

### Quinoa

Quinoa is a powerhouse of protein. It has more protein than any other grain. It is a great choice for vegetarians or for people that need a lot of protein in their diet. It is also high in amino acids, calcium, phosphate, iron, and many B-vitamins. It is a gluten free whole food.

### Brown Rice

Brown rice has a much higher nutritional value than white rice, which has little to no nutritional value. Brown rice is much less processed and all of the vitamins and nutrients are intact. It is a great source of magnesium and selenium as well as manganese which helps balance cholesterol and the nervous system. It is high in B-vitamins and heart healthy antioxidants as well as an excellent source of fiber. It is a gluten free whole food.

### Amaranth

Amaranth is also high in protein and amino acids. It is high in calcium, iron, magnesium, potassium, Vitamins A and E and can help balance cholesterol levels. It is also a gluten free whole food.

### Lentils

Lentils are actually a legume. They are nutty and delicious. Lentils are great served warm or served chilled and tossed into salads. They are an excellent source of dietary fiber, folate, vitamin B1 and protein.



*I had crossed the line and I was free; but  
there was no one to welcome me to the land  
of freedom. I was a stranger in a strange land.*



*Harriet Tubman*

## WINTER RECIPE ITEMS

\* All recipes are scaled for 1 person unless otherwise specified, if you are cooking for family or friends just increase the portion sizes for the amount of people. Enjoy and have fun with it!

### Breakfast:

Egg scramble with Lemony Wild Mushrooms and Swiss Chard  
Omelet with Leeks, Smoked Salmon and Brown Rice  
Amaranth Porridge with Pears and Walnuts  
Quinoa with steamed Apples and Pumpkin Seeds

### Lunch/Dinner:

Escarole and Beans with Quinoa  
Roasted Fish with Rainbow Chard and Cauliflower Mashers  
Massaged Kale Salad with Cabbage and Salmon  
Winter Salad with Roasted Squash, Crispy Walnuts and Lentils  
Roasted Chicken with Garlicky Broccoli  
Black Sesame Crusted Salmon with Bok Choy and Garlic over Brown Rice  
Crock Pot\*\* Lentil Stew with Butternut Squash  
Crock Pot\*\* Chicken or Beef with Winter Vegetables with Kale Chips

### Snacks:

Crispy Walnuts or Pecans with Pumpkin Pie Spice  
Soaked Pumpkin Seeds  
Apple with Almond Butter  
Hard Boiled Egg  
Turkey with Avocado Slices  
Hummus or Tahini with Broccoli and Cauliflower Florets

## RECIPES

Quick Note \*\* I highly recommend getting some pumpkin pie spice for Winter. It consists of ground cinnamon, ginger, allspice, and nutmeg and it is great with squash, and apples-in soups or while roasting. You can usually find at your local grocery store or make your own! Its aroma and taste signify warmth and it tastes great with squash and nuts! (See in a few recipes below!)

### Grains

Choose 2 or 3 grains for the week, take note that the cooking times vary. If you are vegetarian, I recommend quinoa as one of the grains as it is very high in protein.

### Brown Rice

Cooking Time approx. 30 minutes

2 cups brown rice  
4 cups filtered water

**Put the rice in a sauce pot with the water and bring to a boil. Turn down the heat to a simmer and let cook until the water is evaporated (about 30 minutes).**

*\*When using brown rice for your meals as a side dish to protein, a half cup should be enough. If you are using it as a main protein or meal, a cup cooked should be enough. The two cups should last the week.*

### Amaranth

Cooking Time approx. 20 minutes

2 cups amaranth  
4 cups filtered water

**Put the amaranth in a sauce pot with the water and bring to a boil. Turn down the heat to a simmer and let cook until the water is evaporated (about 20 minutes).**

*\*When using amaranth for your meals as a side dish to protein, a half cup should be enough. If you are using it as a main protein or meal, a cup cooked should be enough. The two cups should last the week.*

## French Green Lentils

Cooking Time approx. 20 minutes

2 cups lentils  
4 cups filtered water  
Sea salt to taste

**Bring 4 cups salted water to a boil, meanwhile; soak the Lentils in room temperature water for 10 minutes. Drain the lentils and then add them to the boiling water for 20 minutes. Drain and rinse with cold water and then drain again.**

*\*When using lentils for your meals as a side dish to protein, a half cup cooked should be enough. If you are using it as a main protein or meal, a cup cooked should be enough. The two cups should last the week.*

## Quinoa

Cooking Time approx. 15 minutes

2 cups quinoa  
4 cups filtered water

**Put the quinoa in a sauce pot with the water and bring to a boil. Turn down the heat to a simmer and let cook until the water is evaporated (about 15 minutes).**

*\*When using quinoa for your meals as a side dish to protein, a half cup cooked should be enough. If you are using it as a main protein or meal, a cup cooked should be enough. The two cups should last the week.*

## WINTER BREAKFAST MEALS

### Egg scramble with Lemony Wild Mushrooms and Swiss Chard

Cooking Time approx. 7 minutes

2 eggs

1 teaspoon onion, chopped

Large handful of swiss chard that has been cleaned and cut into bite sized pieces

¼ cup wild mushrooms\*, chopped

1 teaspoon fresh lemon juice

1 Tablespoon olive oil or ghee

Sea salt to taste

In a small sauté pan, add 1/2 tablespoon of your oil. Let it heat up a little and then add the onion and mushrooms and let simmer for about 2 minute stirring occasionally. If you need to add a little more oil before you add the eggs (mushrooms tend to soak up any liquid), do so now and then crack 2 eggs directly into the pan, lightly season and scramble lightly with a wooden spoon for about 3 minutes until cooked.

In a separate pan (or if you have a large sauté pan it works to do both in one but keep them separate) heat up the rest of the oil and then add the swiss chard. The chard will cook very quickly so you can add the lemon juice right away and let the chard cook for about 2-3 minutes. The acid of the lemon starts to break down the powerful vitamins and minerals in the swiss chard allow it to assimilate easily into the body, plus it tastes great. You don't have to add salt as the lemon will enhance the flavor. Wild mushrooms have tons of immune building and anti viral properties so they are great for when its cold season!

*\*You can find wild mushrooms at the local Farmers Market or at the grocery store, if you cannot find wild, button or crimini are fine or you can omit the shrooms.*

## Omelet with Leeks, Smoked Salmon and Brown Rice

Cooking Time approx. 8 minutes

1 egg  
1 Tablespoon smoked salmon, chopped finely  
½ teaspoon leeks (white part), chopped  
½ cup cooked brown rice  
1 Tablespoon ghee or olive oil  
Sea Salt to taste

In a small sauté pan, heat 1/2 tablespoon of the oil, meanwhile in a separate small sauce pan, heat the other 1/2 tablespoon of the oil and add the already cooked brown rice stirring occasionally until warmed through, season to taste. While the rice is warming up, add the leeks and salmon to your sauté pan and let simmer for a minute or two stirring occasionally. Crack the egg right into the pan and season with a little sea salt then scramble lightly with the vegetables. Serve the omelet on top of the brown rice. Great energy food before a workout! Smoked Salmon is also great as a snack on your precleanse days or to have along side the lentil stew or with the Escarole and beans for added protein and healthy omega 3 fats!

*\*You can substitute the brown rice with any of the other grains listed above.*

### Amaranth Porridge with Pears and Walnuts

Cooking Time approx. 8 minutes

1 cup cooked amaranth  
½ cup (full fat) coconut milk  
1 tsp agave nectar  
1 Tablespoon butter, ghee or coconut oil  
½ cup fresh or thawed berries  
1 Tablespoon chopped walnuts  
Small sprinkle of sea salt

In a sauce pan add the butter or oil until lightly heated, then add the already cooked amaranth, coconut milk, and berries and stir thoroughly until hot. Add the agave and just a touch of sea salt, stir and add garnish with walnuts. So good for you, lots of good protein and kids love it!!!

*\*You can substitute any of the other grains instead of amaranth.*

### Quinoa with Steamed Apples and Pumpkin Seeds

Cooking Time approx. 7 minutes

1 cup cooked quinoa  
½ cup chopped apples  
½ cup filtered water  
1 Tablespoon sprouted pumpkin seeds (see snack section)  
1 Tablespoon ghee  
A few shakes of pumpkin pie spice or cinnamon

In a sauce pan, add the water and heat until simmering. Add the apples and sprinkle with a little Pumpkin Pie Spice. Cover and let steam for about 3 minutes. Then add quinoa and ghee and stir occasionally until heated through. Garnish with pumpkin seeds and another few dashes of the Pumpkin Pie Spice. The quinoa has a good source of protein and amino acids and the pumpkin seeds are high in antioxidants and Omega 3's!

## WINTER LUNCH/DINNER RECIPES

### Escarole and Beans with Quinoa

Cooking Time approx. 20 minutes

This makes 4 servings of the Escarole and Beans. It is a good leftover snack!

1 cup cooked quinoa (if you have this meal with additional protein like a 4-6 oz piece of fish or chicken, then reduce quinoa to half a cup)

4 Tablespoons olive oil

2 heads of escarole, cleaned and chopped into bite size pieces

¼ teaspoon crushed red pepper (optional)

3 cloves garlic, chopped finely

2 cans cannellini beans

2 pinches of fresh parsley, chopped

Salt to taste

Heat 2 Tablespoons of olive oil in a large sauté pan over medium heat. Toss in escarole stirring occasionally. Lightly season with salt and the crushed red pepper flakes (optional). Keep stirring for about 8 minutes or until tender.

In separate sauce pan while you are cooking down your escarole, heat up a separate skillet with the remaining olive oil and add garlic and cook for a few minutes on low heat, pour cannellini beans along with its juices into the pot and simmer until creamy (about 10 minutes) Stir in Escarole and garnish with parsley then over quinoa to serve.

I have to say, just to roll the words escarole and beans off my tongue reminds me of my late grandmother, she loved this dish and she made it all the time and I loved it! Escarole is extremely high in antioxidants including Vitamins A, K and C. It is a cousin of Endive and you can find it at your grocery produce section near the other leafy greens. The garlic will boost your immune system and the quinoa adds essential protein.

## Sautéed Fish with Seared Rainbow Chard and Cauliflower Mashers

Cooking Time approx. 30 minutes

5 oz of *wild* salmon, halibut, cod, mahi, or any other favorite or local fish, dusted with a little sea salt  
1 ½ cup cauliflower florets  
1-2 cloves garlic, peeled  
1 tsp onion, chopped  
A few shakes of dried thyme (optional)  
½ cup coconut milk  
1 large handful rainbow swiss chard, chopped into bite size pieces  
1 ½ TBS coconut oil  
1 TBS olive oil  
Sea salt to taste

Preheat oven to 300 degrees. On a sheet pan, add cauliflower, onion, garlic, and thyme. Season with salt and drizzle with olive oil then mix for even saturation of olive oil and seasoning. Put in the oven and roast for 15-20 minutes or until cauliflower is tender. When tender, add ingredients to a blender and add coconut milk. Puree until smooth. Meanwhile, in a sauté pan on medium/high heat and gently warm up 1 tablespoon of coconut oil and add your lightly season fish. Depending on the thickness, you want to cook on each side for a few minutes. Your fish has the most nutritional value when it is still a little rare inside. That means it has all the digestive enzymes intact and it is easy on the digestive system all the nutrients are easily assimilated. If it is a thick piece and you want it cooked through then preheat the oven to 325 and cook the fish for about 3 or 4 minutes *after* sautéing it.

Meanwhile in a separate sauté pan, heat up the rest of the coconut oil until the pan is hot and add the chard, stirring occasionally for about 2 minutes.

Serve the fish over the cauliflower and chard. Cauliflower is a beautiful fall vegetable that rids the body of carcinogens and helps resist the body from cancer cells. Garlic and onion are great liver cleansers and help build the immune system! The cauliflower mashers are a healthy option for traditional mashed potatoes!

## Massaged Kale Salad with Salmon and Cabbage

Cooking Time approx. 15 minutes

*You may want to make extra kale salad as a snack.*

4 oz salmon, skinned and gently seasoned with sea salt (If you have smoked salmon left over from your breakfast recipes, you can sub it here - no need to cook it)

2 large handfuls of curly kale, washed de-stemmed and chopped into bite sized pieces (about 2-3 cups)

2 Tablespoons olive oil

1 Tablespoon carrot, grated

¼ cup thinly sliced cabbage

¼ teaspoon salt

### For the dressing

1 ½ tsp fresh squeezed lemon

1 TBS olive oil

1 tsp agave nectar (optional)

Season to taste

In a large bowl, add kale and pour 1 Tablespoon olive oil and salt over kale. Take off your rings and watch, roll up your sleeves, and massage the oil and salt into the kale for 2-3 minutes, until the kale starts to break down and wilt. The kale can benefit from having a half hour of relaxation after its massage, but that isn't required. In a sauté pan gently heat 1 tablespoon olive oil and add lightly season salmon. Sautee on each side about 3-4 minutes or until cooked through. In a large bowl, add salmon on top of the kale and garnish with cabbage and carrot. Mix together dressing ingredients and toss with the salad.

Kale and Cabbage are two essential ingredients in Winter Time. Cabbage stimulates more the immune response system and kills harmful bacteria. It also has powerful cancer inhibitor properties. It is a staple in Eastern European countries and they have some of the lowest cancer rates in the world! (More about Kale in our Kale Chip Recipe which you can find in our Crock Pot Section!)

### Winter Salad with Crispy Walnuts, Roasted Squash and Lentils

Cooking Time approx 25 minutes (or make the squash ahead of time and reduce cooking time to approx. 5 minutes)

1/4 butternut or delicate squash, deseeded and cubed into 1 inch pieces

2 cups mixed greens

1 Tablespoon crispy walnuts (see recipe under snacks)

2 Tablespoons cooked lentils (quinoa will work too!)

3 Tablespoons olive oil

1 Tablespoon Celery, Chopped

A few shakes of pumpkin pie Seasoning or cinnamon

Sea Salt to taste

Preheat oven to 325 degrees. On a sheet pan, add your cubed squash and mix with 1 tablespoon olive oil, pumpkin pie seasoning and lightly season with salt. Put in the oven for about 15 minutes or until squash is tender. Meanwhile, in a salad bowl mix the greens, walnuts, celery and lentils. Drizzle with olive oil and lightly season with sea salt. Top with squash. Squash is in abundance in the Winter Season. It is high in fiber and antioxidants and it is fairly low in calories. It is a good high energy food!

## Roasted Chicken with Garlicky Broccoli

Prep Time approx. 12 minutes

Bake Time 15 minutes

5 oz of chicken either leg, thigh or chicken breast gently seasoned with sea salt

1 stick of celery, chopped into one inch pieces

1 cup broccoli

1 clove garlic

3 TBS olive oil

Preheat oven to 325 degrees.

In a sauté pan, heat 2 tablespoons of the olive oil. Add the chicken and let it get golden brown on both sides (about 4 minutes on each side). Add the celery to the pan and mix the celery in with the olive oil already in the pan and lightly season the celery. Put the pan in the oven covered with either tin foil or a pot top for about 15 minutes (If you are cooking more than one portion, up the cooking time to about 20 minutes for two pieces of chicken and 30 minutes for more than that).

In another sauté pan, add the remaining olive oil and heat lightly, add the garlic and the broccoli and sauté for about 5 minutes. Season to taste.

Serve the chicken over the broccoli. Don't be afraid of dark meat and some skin, the skin has valuable fat soluble vitamins and antimicrobial fatty acids and the dark has more minerals than the white meat. Mix it up!

## Black Sesame Crusted Salmon with Bok Choy and Garlic over Brown Rice

Cooking Time approx 12 minutes

3 Tablespoons Olive Oil  
5-6 oz wild salmon (or cod)  
2 teaspoons black sesame seeds  
1 head bok choy  
1 clove garlic, roughly chopped  
½ cup cooked brown rice  
Salt to taste

Prepare the salmon by evenly drizzling with 1/2 tablespoon of olive oil and lightly salt. On the flesh side of the fish, sprinkle with the black sesame seeds. If the fish has no skin on it then either side is fine. In a sautee pan, gently heat up one Tablespoon of olive oil over medium heat. Then lay your fish in the sauté pan with the side with the sesame seeds directly on the pan. Lets cook for about 3 minutes the flip and have the other side down for about 3 minutes. This will cook your salmon to a medium rare living many of the digestive enzymes intact if you want it cooked more put it in a 300 degree preheated oven for about 4 more minutes. After you remove the salmon from the pan, reheat the pan and add 1 Tablespoon of olive oil then add your garlic and bok choy stirring occasionally for about 5 minutes or until cooked through. In the meantime, warm up a sauce pan with the remaining olive oil and add brown rice, stir occasionally until warmed through. Serve the fish on top of the bok choy which will be over the rice. Sesame seeds (black especially) are extremely high in minerals magnesium and calcium which help regulate sleep cycles and blood pressure).

## \*\*Some Fun Winter Crock Pot Recipes!

I LOVE the crock pot in Winter. It is quick, easy and convenient and something about coming home to a house that smelling like your slow cooked meal is very nurturing and warming. It is also very healthful to eat slow cooked meals, it retains its moisture and juices, therefore its vitamins and minerals. High heat can dry meats out and cause the loss of nutrients. If you don't have a crock pot I recommend picking one up. They are inexpensive and they last forever!

### Lentil Soup with Butter Nut Squash

Makes 6-8 Servings

Cooking Time Approx 8 hours

3 large stalks celery, cut into 1/4-inch thick slices  
1 large onion, chopped  
4 cloves garlic roughly chopped  
1 large butternut squash, peeled, seeded, and cut into 1-inch chunks  
1 bag (1 pound) brown or French lentils  
4 cups purified water  
12 oz vegetable broth (low sodium)  
1/2 teaspoon dried rosemary  
Parsley, Chopped to Garnish (Optional)  
Salt to Taste

In a 4 1/2- to 6-quart slow cooker bowl, combine celery, onion, squash, lentils, water, broth, rosemary, 3/4 teaspoon salt, and 1/4 teaspoon freshly ground black pepper. Cover slow cooker with lid, and cook on low setting 8 hours. Serve in a bowl and garnish with parsley.

### Crock Pot Chicken or Beef Roast with Kale Chips (optional)

Cooking Time 8 hours on low heat. This will make approx 6 servings.

2 lbs fryer chicken or beef roast

1 large onion, chopped into 1 inch pieces

4 cloves garlic, roughly chopped

4 cups butternut squash, skinned, seeded and chopped into approx 1 inch pieces (if you use delicate squash you need to deseed but you don't have to skin it!)

¼ head of cabbage, shredded (optional)

½ cup purified water

In your crock pot add, the onions and squash then lay the cabbage and sprinkle with the garlic. Lightly season to taste. On top of the vegetables add your 2 lbs of meat and pour in 1/2 cup of purified water over your meat protein. Sprinkle with Salt and cover. Cook on low heat for 8 hours. Divide into 5 oz portions of meat and serve over veggies.

### Kale Chips

1 large handful of kale, chopped into bite sized pieces

2 teaspoons of coconut oil

1 teaspoon of nutritional yeast (optional)

Sea salt to taste

On a baking sheet add kale and coconut oil and season lightly with salt. Add the nutritional yeast (optional) and mix around the ingredients. It is fine if the coconut oil is solid as it will melt when it goes in the oven but try to spread it around a bit. Put baking sheet in the oven to broil. This is where you have to do the “kale meditation” Don't get on the phone or start texting someone... Just focus on the Kale! It burns easily but if you hit the sweet spot which is crispy on top and chewy in the middle, it is divine. It should take about 2-3 minutes. Serve aside your quinoa ratatouille. Kale has one of the highest nutritional values in food and one of the lowest in calories. It is a great cancer fighting food and it is delicious! Kids love Kale Chips and it's a great way to get them to eat leafy greens packed with antioxidants!

## WINTER SNACKS

### Crispy Pecans or Walnuts

(recipe from Nourishing Traditions)

Prep Time 5 minutes

Soaking 7 hours and baking 12 hours

Makes 4 cups

4 cups nuts

2 tsp sea salt

Filtered water

1 cup carob chips (optional)

Mix nuts with sea salt and filtered water and soak for at least 7 hours or overnight. Drain in a colander. Spread nuts on a baking pan and place in a warm oven (no more than 150 degrees) for 12-24 hours turning occasionally until dry and crisp. Store in an airtight container. For added pleasure and minerals add carob chips. Ball Jars work great for the soaking process and storing! Soaking the nuts make them easy to digest and assimilate in the body. Great for snack, giving you a satiated feeling and plenty of energy. Kids will love 'em too!

### Soaked Crispy Pumpkin Seeds

Prep Time 5 minutes. Soaking and baking time overnight.

2 cups raw pumpkin seeds

filtered water

sea salt

Put pumpkin seeds in a ball jar and cover with filtered water. Soak overnight or for at least 6 hours. Then spread on a baking sheet and cook in a warm oven (no more than 150 degrees) for about 1 1/2 hours. Season lightly and store in a ball jar.

### Apple with Almond Butter

Slice apple of your choice and smear with almond butter for a power punch of protein and to fight oxidative stress!

### Hard Boiled Egg

Good source of protein and lots of vitamin E in the yolk so eat up!

### Turkey Slices with Avocado

Good protein and healthy fats!

### Hummus or Tahini with Broccoli and Cauliflower Florets

High in dense fiber as well as vitamins and minerals, balanced with some protein

|| ————— *Desire. Ask. Believe. Receive.* ————— ||

*Stella Terrill Mann*

## GLYCEMIC INDEX CHART

Replacing High GI foods for Low GI foods is an easy way to benefit from the principles of the Glycemic Index. Low GI foods only cause a gradual rise in glucose.

Carbohydrates with a low GI (0-55) help you feel fuller, have more energy, and can lead to weight loss and reduced risk of diabetes. In short, it's about the quality of the carbohydrates – not the quantity.

High = GI of 70+ (Avoid). Medium = GI of 55 to 69. Low = GI of 0 to 54.

### Cereals

All Bran	51	Bran Buds + psyll	45
Bran Flakes	74	Cheerios	74
Corn Chex	83	Cornflakes	83
Cream of Wheat	66	Frosted Flakes	55
Grapenuts	67	Life	66
Muesli, natural	54	Nutri-grain	66
Oatmeal, old fash	48	Puffed Wheat	67
Raisin Bran	73	Rice Chex	89
Shredded Wheat	67	Special K	54
Total	76		

### Fruit

Apple	38	Apricots	57
Banana	56	Cantaloupe	65
Cherries	22	Dates	103
Grapefruit	25	Grapes	46
Kiwi	52	Mango	55
Orange	43	Papaya	58
Peach	42	Pear	58
Pineapple	66	Plums	39
Prunes	15	Raisins	64
Watermelon	72		

## Snacks

Chocolate bar	49	Corn chips	72
Croissant	67	Doughnut	76
Graham crackers	74	Jelly beans	80
Life Savers	70	Oatmeal cookie	57
Pizza, cheese & tom	60	Pizza Hut, supreme	33
Popcorn, light micro	55	Potato chips	56
Pound cake	54	Power bars	58
Pretzels	83	Saltine crackers	74
Shortbread cookies	64	Snickers bar	41
Strawberry jam	51	Vanilla wafers	77
Wheat Thins	67		

## Crackers

Graham	74	Rice cakes	80
Rye	68	Soda	72
Wheat Thins	67		

## Cereal and Grains

Barley	25	Basmati white rice	58
Bulgur	48	Couscous	65
Cornmeal	68	Millet	71

## Sugars

Fructose	22	Honey	62
Maltose	105	Table sugar	64
Maple Syrup	55	Agave Nectar	32

## Pasta

Cheese tortellini	50	Fettuccini	32
Linguini	50	Macaroni	46
Spaghetti, 5 min boiled	33	Spaghetti, 15 min boiled	44
Spaghetti, protein rich	28	Vermicelli	35

### Milk Products

Chocolate milk	35	Custard	43
Ice cream, van	60	Ice milk, van	50
Skim milk	32	Soy milk	31
Tofu frozen dessert	115	Whole milk	30
Yogurt, fruit	36	Yogurt, plain	14

### Drinks

Apple juice	40	Colas	65
Gatorade	78	Grapefruit juice	48
Orange juice	46	Pineapple juice	46

### Beans

Baked	44	Black beans, boiled	30
Butter, boiled	33	Cannellini beans	31
Garbanzo, boiled	34	Kidney, boiled	29
Kidney, canned	52	Lentils, green, brown	30
Lima, boiled	32	Navy beans	38
Pinto, boiled	39	Red lentils, boiled	27

### Breads

Bagel, plain	72	Baguette, French	95
Croissant	67	Dark rye	76
Hamburger bun	61	Apple, cin muffin	44
Blueberry muffin	59	Oat & raisin muffin	54
Pita	57	Pizza, cheese	60
Pumpernickel	49	Sourdough	54
Rye	64	White	70
Wheat	68		



*Yoga has helped connect me to the fact that we really are bodies. After a month, my body just changed. I feel a much stronger connection to my hands and feet, the top of my head and spine. I feel much more alive. Yoga has helped me understand that I can't keep denying that I have a body. I have to deal with my physicality. I am beginning to see that being a physical being is a path, not a limitation.*



*Dave E, yoga student,  
from "Meditations on the Mat"*



*We shape the clay into a pot, but it's the  
emptiness inside that holds whatever we want.*



*Lao-Tzu*

## FAQ'S

### Will it be uncomfortable?

There is bound to be differing opinions about the change in diet but this detox is designed to be gentle and easy to follow. You will be eating plenty of food and the shakes are pleasant tasting. You may feel a slight withdrawal in the first few days if you are giving up a lot of caffeine or a lot of sugar. The Isagenix Cleanse System is a scientific formula, a "medical food", which will assist you through some of the challenging days. Have faith, it will pass, and it will all be worth it!

### Will I be in the bathroom all day?

It is very important to consume extra water while detoxifying to help flush out toxins. Therefore, most people urinate more often than usual on this program.

### Will I lose weight?

This detox program is designed to be a weight loss program. Many people lose weight during the course of the cleanse program and ongoing by incorporating the cleansing lifestyle system into their life. Some of the reasons for this weight loss include: accelerated detoxification from the cleanse products, lower than usual caloric intake due to having lighter meals, taking sugar out of the diet and keeping the blood sugar balanced, decreased consumption of allergenic foods such as wheat and dairy and release of toxins from fat stores.

### Will I get headaches?

Some people experience headaches during the first few days of their detox due to withdrawal from sugar and caffeine. Remember, the week prior to detox you will be decreasing intake of these substances to minimize discomfort. The Cleanse for Life drink will assist your body in cleansing out these substances as quickly and efficiently as possible.

### Can I exercise?

You may exercise normally on all days of the cleanse except the liquid cleanse days. Rest on the liquid cleanse days or do a light yoga practice or 30 minute walk. Listen to your body. Some days you may feel fatigued. On these days, you may want to limit yourself to gentle movement such as walking, stretching or yoga, etc.

### Will I get constipated?

It is possible to be constipated during the cleanse.

**IMPORTANT:** If you normally have issues with constipation, work closely and stay in communication with your cleanse coach throughout the cleanse.

Many people become constipated as a natural side effect of the detoxification process. To assist the detoxification process and support results, a general guideline is having at least one to three bowel movements a day. If you find that is not the case, contact your cleanse coach immediately and refer to the tips for constipation below.

### Ways to get the digestion moving and avoid or remedy constipation:

- Take one IsaFlush capsule at night and possibly in the morning (can be ordered from Isagenix; included with the 30 Day System, but not the 9 Day System)
- Take magnesium capsules (200-500 mg) (available at your local health food store)
- Drink Apple Cider Vinegar Tea (1-2 TBS Bragg's Apple Cider Vinegar, one squirt honey or agave nectar, one cup hot water) in the morning and/or evening
- Have a cup of Yogi Tea-Get Regular or Traditional Medicinals-Smooth Move in the evening
- Take daily in the morning, Isagenix FiberPro (not included with cleanse kit, is a daily fiber-probiotic formula that gently supports bowel regularity)
- Also daily, take an additional probiotic supplement (MegaFlora, USANA) for overall digestive health
- Take Vitamin C
- Add Isagenix Greens to water or shake
- Add flax seed to the IsaLean shake
- Use aloe vera gel (also found in Cleanse for Life drink)
- Mix 1/2 tsp flax seeds in a 8 ounce glass of water, let sit for 20 minutes, drink the water
- Get a colonic or enema

With an increase in fiber from whole foods and a daily fiber supplement, you will most likely eliminate more regularly, and more efficiently.

### Will I be hungry?

With a diet that is complete with three meals per day (IsaLean shakes count as a meal) and two snacks you should not be physically hungry. If you are exercising more, then you may up your quantity intake. You may be facing cravings and emotional hunger that is harder to get around, but if you are patient and re-visit your vision and statement of purpose, you can move through it with strength.

### How will I know it is working?

Cleansing has many stages, some where your body is adapting to the shift in diet and higher intakes of fiber, and some releasing toxins, as well as some increases in energy, weight loss, etc. Things will shift day by day, so try to be patient and call for support if needed.

### What can I have to drink?

- Purified Water
- Herbal Tea
- Apple Cider Vinegar Tea: Apple Cider Vinegar – “It helps to do some of the work that hydrochloric acid does in the stomach in digesting proteins. It stirs up the acid-alkaline balance in the body to throw off more acids through the urine” (from Tissue Cleansing through Bowel Management by Bernard Jensen D.C., Ph.D., Nutritionist).

### What if I don't like something on the menu?

If you have an aversion to a specific food on the menu, or would rather have something else, you can always eat a whole food replacement. With that said, the menu is really meant to be a guide that is there for your inspiration.

## Meals

You can choose to follow the menu plans as closely as you like for the duration of the cleanse program. There may be times that you are pressed for time, needing to eat out, or having some kind of social dinner event. This is all acceptable and workable. The menu plan is designed to give direction and new ideas for your food choices, not to have you regimented and overwhelmed. You can mix and match days, and substitute other foods in the same general category no problem. (i.e. Substituting chicken for salmon, or rice for quinoa). See the recommended foods list. If you are eating out, or at a friend's house, just stick to whole foods. At any restaurant you can always find a salad, with olive oil and lemon or vinegar, and some protein, for example. Upgrade your choices. Keep it simple and whole and you will set yourself up for success.

## Snacks

Snacking is a key way to avoid large fits of hunger, keep your blood sugar balanced, and move through your day gracefully. Below are some great snacks to add into your regimen, the portable ones are great to keep in your car, bag, or purse for travel ease. The last thing you want to do is end up really hungry, with no good choices, because that is a no-win situation.

- Hard boiled egg
- Granny smith apple
- Carrots and celery with nut butter
- Raw, unsalted nuts
- Justin's nut butter packets
- Sliced turkey roll ups
- Isagenix snacks
- IsaDelight Chocolates (to reduce cravings)

## HOME REMEDIES

1. Each morning when you wake up, drink 8 ounces of warm water with a squeeze of lemon and a pinch of cayenne pepper.
2. Use shower gloves both dry before showering and wet while showering to invigorate the body and improve the flow of blood and chi.
3. Take baths (at least 1-2) this week. Use Epsom salts or bath salts to improve the detox- process and increase relaxation and rejuvenation.
4. Take a sauna.
5. Drink dandelion tea. Dandelion root is extremely detoxing to the liver and will accelerate your purification process.
6. Keep a journal. With any cleanse, we are not only shedding the stagnation, but purifying your mind, which is beneficial on many levels.

### Giving Yourself and Enema

An enema is a great way to enhance your cleansing experience. This is a deep cleaning of the colon that can be done at home in the privacy of your own bathroom. During a cleanse, enemas can be administered as often as every day as long as the body is hydrated well, and the diet is pure and full of mineral rich food to replenish the body.

**To perform a home enema, you will need:**

1. An Enema bag – available at your local pharmacy
2. Towel
3. 1 quart measuring cup
4. Thermometer to test the temperature of the water

Enemas can be enhanced with different herbal tea such as dandelion, nettles, or red clover:

**Instructions:**

**You will need 2 cups of room temperature distilled water plus one cup boiling water which should make the temperature 105°. You can double check with your thermometer.**

1. Spread out towel.
2. Double check the stopper on the bag.
3. Hang the enema bag on the towel bar.
4. Allow the flow of the water into the tube.
5. Lie on left side, and slow down breathing.
6. Make sure the stopper is closed.
7. Insert the nozzle into the rectum (for lubrication olive oil or vitamin E work well).
8. Open stopper.
9. Let the flow of water out slowly for deeper cleansing.
10. Stop when you have the urge for a bowel movement. Repeat until the bag is empty.

Hydrate ... Hydrate ... Hydrate

## YOGA FOR CLEANSING

Yoga is an extremely beneficial way to deepen the detoxification process. To maximize the overall effects of detoxification, try making yoga a regular practice during your cleanse. Yoga aids in mental purification as well. Using the yoga practice to clear the mind and release stress is one of the most beneficial qualities that yoga will bring into your life. Due to yoga's complete body release down to the facial level, including the breath and the mind, yoga is a great addition to facilitate the removal of waste products such as carbon dioxide, lactic acid and lymphatic fluid from the deep tissues and extremities of the body.

### Breath Work:

Pranayama, or deep, yogic breath, naturally cleanses the body, making assimilation and elimination more efficient. Also, because our skin is our body's largest waste-removing organ, significant amounts of toxins are released when we sweat. The breath is one of the primary ways our bodies regulate it's alkalinity, which balances the environment for the cells to release toxins. Breath work also allows the nervous system to go into the parasympathetic side, or the calming side where total rejuvenation is possible. According to Pamela Gout, "The act of breathing processes 70% of the body's wastes (Jumpstart Your Metabolism, p. 18).

See Breath work practice in this section.

### Asana:

Yoga postures, or asanas, have a profound effect in helping the body release toxins. When holding a posture, blood is forced deep down into the muscle tissue, including the organs of elimination (liver, kidneys), and it remains there as long as the posture is maintained. The release of the posture allows for fresh blood to rush in. The body is gladly able to realign on a facial level and as it does so, in combination with the breath, the circulation is improved, and the organs are literally rung out. See Detoxifying Asana in this section.

As a result, a regular yoga practice helps you eliminate the tangible and intangible toxins that could otherwise keep you from feeling your best.

## Winter BreathWork Practice: Anuloma Viloma

One way to calm the mind as we have talked about is through a pranyama practice. Allow yourself 10 – 15 minutes to complete these exercises and watch the results manifest in your life.



*Anuloma Viloma* is also called the Alternate Nostril Breathing Technique. In this Breathing Technique, you inhale through one nostril, retain the breath, and inhale through the other nostril in a ratio of 2:8:4. The left nostril is the path of the Nadi called *Ida* and the right nostril is the path of the Nadi called *Pingala*. If you are really healthy, you will breathe predominantly through the *Ida* nostril about one hour and fifty minutes, then through the *Pingala* nostril. But in many people, this natural rhythm is disturbed. *Anuloma Viloma* restores, equalizes and balances the flow of *Prana* in the body. One round of *Anuloma Viloma* is made up of six steps, as shown below. Start by practicing three rounds and build up slowly to twenty rounds, extending the count within the given ratio.

## The Vishnu Mudra



In *Anuloma Viloma*, you adopt the *Vishnu Mudra* with your right hand to close your nostrils. Tuck your index and middle finger into your nose. Place the thumb by your right nostril and your ring and little fingers by your left. Now proceed as shown below.

## One Round of Anuloma Viloma (Alternate Nostril Breathing)

- \* Inhale through the left nostril, closing the right with the thumb, to the count of four.
- \* Hold the breath, closing both nostrils, to the count of sixteen
- \* Exhale through the right nostril, closing the left with the ring and little fingers, to the count of eight.
- \* Inhale through the right nostril, keeping the left nostril closed with the ring and little fingers, to the count of four.
- \* Hold the breath, closing both nostrils, to the count of sixteen.

### Benefits

The exercise of the Anuloma Viloma produces optimum function to both sides of the brain: that is optimum creativity and optimum logical verbal activity. This will make both sides of the brain, the left side, which is responsible for logical thinking, and the right side which is responsible for creative thinking to function properly. This will lead to a balance between a person's creative and logical thinking. The yogis consider this the most effective way to calm the mind and the nervous system.

## ASANA:YOGA POSES TO DETOXIFY THE BODY

Marichi's Twist (Marichiyasana 3) or another deep twist in your regular practice



**Detox benefits:** *Squeezes the abdominal organs and stimulates digestion and elimination.*

Sit up tall with your legs straight. Bend your right knee and bring the sole of your right foot to the floor just in front of your right sitting bone. Rest your right hand on the floor behind your back for support.

Reach your left hand up so strongly that your ribcage lifts up. Rotate your torso to the right and bring your left elbow to the outside of your right knee. Stay for 5 deep breaths, gradually and gently using the sensation of your left elbow pressing into to your right leg to encourage your torso to twist further to the right.

Either look behind you, over your right shoulder or straight ahead, depending on what feels best to your neck. Repeat on the other side.

## Downward-Facing Dog (Adho Mukha Svavasana)



**Detox benefits:** Getting the heart higher than the head reverses the pull of gravity and aids in the circulation of blood and lymph. Also gently tones the abdomen, which stimulates digestion.

## Legs Up the Wall (Viparita Karani)



**Detox benefits:** Encourages circulation of blood and lymph from the feet and legs. Bathes the abdomen in fresh blood, stimulating the digestive organs. Soothes the nervous system, allowing your body to shift its attention from warding off stress to daily bodily functions, including detox.

## AYURVEDIC DOSHA

### Know Your Body Constitution

Excerpt from <http://life.gaiam.com/gaiam/pl/AyurvedaABalancedApproachtLiving.html>

Everything in nature, including our bodies, is made from the five elements of space, air, fire, water and earth. These five elements combine to form the three basic body-mind profiles, called doshas, that govern our entire physical composition and how each of us is uniquely inclined to react and interact with the world around us. In Sanskrit, the doshas are called vata, pitta and kapha.

While each dosha plays an individual role in our bodies, overall good health is achieved only when all three are in balance. Knowing your unique proportions of vata, pitta and kapha is a prerequisite to understanding Ayurvedic diagnosis and treatment. To determine the dominant dosha in your body-mind makeup, read the characteristics for each listed below. Keep in mind that while some of us have one only dominant dosha, many people are a combination of any two or all three doshas, usually with one profile that is dominant.

#### Vata

Small and thin; lightest of the three body types  
Dry, rough skin  
Average amount of dry hair  
May have crooked, large or protruding teeth  
Restless, disjointed thoughts but highly imaginative  
Dislikes cold weather  
Benefits from daily naps between 2 p.m. and 4 p.m.

When in balance, vata promotes creativity and flexibility. Out of balance, vata produces fear and anxiety. Physical ailments connected to the air element, such as emphysema, pneumonia and arthritis, are predominant. The general guidelines for balancing vata include: keeping warm and maintaining calmness, avoiding raw, cold foods, staying out of cold weather and keeping a regular routine.

**Elements:** air and space.

**Optimum meal times:** breakfast at 7 a.m., lunch at noon, a snack at 4 p.m. and a full dinner at 6 p.m.

### Pitta

Medium build, strong, well-built  
Fair or reddish skin; sunburns easily  
Fine, straight or thinning hair  
May have yellowish teeth  
Sharp mind with good concentration powers  
Dislikes hot weather  
Benefits from daily meditation after 6 p.m.

When in balance, pitta promotes intelligence and understanding. Out of balance, pitta produces anger and jealousy. Physical ailments connected to the fire element, such as fevers, inflammatory diseases and jaundice, are predominant. The general guidelines for balancing pitta include: avoiding excessive heat, oil and steam while limiting intake of salt and exercising during the cooler part of the day.

**Elements:** fire and water.

**Optimum meal times:** breakfast at 7 a.m., lunch at noon, a snack at 3 p.m. and dinner at 6 p.m.

## Kapha

Larger build, sturdy, physically strong  
Oily, moist and pale skin  
Thick amounts of hair  
May have white teeth  
Reflective and deliberate thought pattern; calm  
Dislikes damp, cold weather  
Benefits from going to bed early and rising early

When in balance, kapha promotes calmness and forgiveness. Out of balance, kapha produces greed and envy. Physical ailments connected to the water element, such as the flu, sinus congestion and excess mucous, are predominant. The general guidelines for balancing kapha include: staying active and getting plenty of exercise, avoiding heavy, oily foods, dairy and iced drinks and varying your routine.

**Elements:** water and earth.

**Optimum meal times:** breakfast at 8 a.m. to 9 a.m., lunch at 1 p.m., a snack at 4 p.m. and dinner at 6 p.m.

## Dosha Quiz and Resources:

<http://life.gaiam.com/gaiam/p/AyurvedaABalancedApproachtoLiving.html>

<http://doshaquiz.chopra.com/>

<http://www.whatsyourdosha.com/>

<http://www.yogadiet.com.au/quest.html>

## NOW THAT I HAVE FINISHED MY CLEANSE

### Where do I go from here?

This is a cleansing lifestyle ongoing, not a diet. You may have seen this as a finite amount of time. Be gentle with yourself. Realize that life is happening and this program is about integrating concepts inside the structure of your life to meet long term goals. If you are interested in deepening your relationship with food and health, this is a good opportunity to do that. There are many ways to create the support you need to move forward with clarity and mindfulness. Please let us know if we can support you in this transition in any way. Below you will find some suggestions for ways to optimize your transition off the cleanse and into your accessible, pleasurable cleansing lifestyle.

Below, we have suggested one of the three programs to meet your goals and gain optimal health; Race to Maintenance Program, Yoga Strength Program, Yoga Mind/Body Program.

### Race to Maintenance Program

**Intention:** Weight loss - 30 Day Race to Maintenance Pak

**Meals:** Continue to follow menu plan. See recipes. Adjust seasonally. Eat small portions of complex carbohydrates for meal or skip. Always carry healthy snacks with you.

**Practice:** Focus on sustainability. Look for healthy substitutions for your challenging foods. Integrate eating mindfulness practice (meditation, journaling, etc.) to witness thought patterns and habits. Awareness is the first step to change. Practice yoga with a focus on witnessing addictive thought patterns and behaviors. Use your practice to create new behaviors on your mat that you can take into your life. Consider doing a longer program with your coach, yoga teacher, health practitioner, yoga studio, or wellness center. Many offer multi-week programs to assist you to meet your goals and provide support on your journey.

**Program:** This program will allow you to lose toxic fat at an accelerated rate. The cleansing protocol includes first doing an Isagenix 9-Day System and then following that immediately with a modified Isagenix 30-Day System, which is referred to as the Race to Maintenance. Dr. Dennis Harper of the Scientific Advisory Board has approved this protocol. For detailed information please see this link; [www.tinyurl.com/yogaracetomaintenance](http://www.tinyurl.com/yogaracetomaintenance)

## Yoga Strength Program

**Intention:** Increase Strength and Performance for Yogis and Athletes - Yoga Strength Pak

**Meals:** Continue to follow menu plan. See recipes. Adjust seasonally. Vary portions to support activity level. Increase uptake of protein (add one scoop of IsaPro to 1 ½ scoops of IsaLean Shakes) to build lean muscle mass. Always carry healthy snacks with you. Use 1-2 oz. Cleanse for Life Drink daily and/or cleanse two days a month.

**Practice:** Fuel for your workouts. Have a shake an hour to half hour before your workout, and/or within an hour of finishing your workout for muscle recovery. Find increased focus through your yoga practice – focus on your breath, practice drishti (yoga gaze), use mantra or chanting in your practice. Hold yoga poses to develop strength and include core strengthening in your practice. Experiment with adding yoga on a day you run or do your sport. Vary the intensity of your yoga practice to what your body needs. Listen to your body and know whether you need a physically challenging practice or an inward practice such as yin yoga or restorative yoga.

**Program:** Staying in peak physical condition requires the right kind of nutrition. If you're looking to rev up your energy levels, want to maximize your workouts, or are looking to boost lean muscle mass, the Yoga Strength Pak can take your physical fitness to the next level. Enjoy two cleanse days a month, or one ounce of Cleanse for Life daily. Ionix Supreme contains adaptogenic herbs that help neutralize the effects of stress and power performance.

Have one ounce daily of Ionix Supreme in the morning, evening, or before or after workouts. Have an Isalean Shake (1 ½ to 2 scoops) with IsaPro Whey Protein (1 scoop) for breakfast, or after a workout for 35 grams of protein. Isagenix Want More Energy?® is a refreshing drink powder loaded with electrolytes and nutrients that replenish essentials that are lost during stress and exercise. The B-vitamins and ionic trace minerals safely charge your body with natural, caffeine-free energy to support peak mental and physical performance.

## Yoga Mind/Body Program

**Intention:** Cleansing Lifestyle Maintenance - Yoga Mind/Body Pak

**Meals:** Continue to follow menu plan. See recipes. Adjust seasonally. Always carry healthy snacks with you. As your body comes into balance, listen to what it needs.

**Practice:** Focus on sustainability. Look for healthy substitutions for your challenging foods. Integrate eating mindfulness practice (meditation, journaling, etc.) to witness thought patterns and habits. Consider making a deeper commitment to your yoga practice or explore other aspects such as meditation, chanting, yoga philosophy. Consider doing a longer program, retreat, or teacher training with your coach, yoga teacher, health practitioner, yoga studio, or wellness center. Many offer multi-week programs to assist you to meet your goals and provide support on your journey.

**Program:** The Yoga Mind/Body Pak helps you maintain health, higher energy, and healthy weight. It is perfect for people who are interested in maintaining peak health. Enjoy two cleanse days a month, or an ounce of Cleanse for Life daily along with Ionix Supreme. Isagenix Greens!™ contain a balanced formula of specific herbs, vegetables and more to boost overall health and to fortify your immune health, but you'll also find prebiotics that feed intestinal flora to promote a healthier digestive system. For added digestive health, FiberPro contains a proprietary multi-fiber complex with five types of plant fiber as well as a proprietary Isagenix Active6 Complex™ of probiotics. The addition of Ionic Alfalfa™ boosts FiberPro's nutritional content and cleansing capacity, which supports natural digestion and elimination.

## Two Day Monthly Cleanse Program and Other Wellness Choices

### Products:

- Cleanse Kit with Snacks (Two sets of two Liquid Cleanse Days (can cover two months of two Cleanse days per month or one month of four Cleanse Days) includes two bottles Cleanse for Life and one bottle Isagenix Snacks!)
- IsaLean Shakes – Canister; Servings: 14
- IsaLean Shakes – Travel Packets; Servings: 15
- IsaLean Bars
- IsaGreens

### Recommendation:

Most people either put the IsaLean Shakes (one or two canisters or travel packs) on monthly autoship so they have shakes ongoing and then order two day Cleanse Kit with Snacks! (or Natural Accelerator) as needed. Many on the Yoga Strength Program put the Yoga Strength Pak on monthly autoship and then order the Cleanse Kit with Snacks! as needed. IsaLean Bars work well when traveling. The IsaGreens are wonderful for added nutrition. Many say the IsaGreens have helped with digestion, energy, and immune support.

## FAQ'S ABOUT WHAT'S NEXT

### What staples do I need at my house to eat like I did on the cleanse?

- Flax oil
- Ghee
- Coconut oil
- IsaLean Shakes and IsaDelights for late night cravings or emergency snacks
- Almond butter
- Coconut butter
- High quality sea salt

### If the part I have a hard time with is snacks

Here are some suggestions:

- Almonds
- Justin's Almond Butter Packets
- Apples – fresh preferred, dried second
- Celery – lasts outside of fridge
- Bars – IsaLean, Prana, Honey Stinger, Baraka, other bars with “live enzymes”
- Pumpkin and Sunflower Seeds
- Dates (always pair with a lower glycemic food like almond butter)
- IsaDelights

### Getting home late and hungry is common. If this is when I often make unhealthy choices

Here are some suggestions:

- Turkey slices with avocado
- Spring greens or spinach
- Lemons
- Same items as in Travel Kit
- Granny smith apples
- Hard boiled eggs

It would be nice if I could prepare food at home all the time, but lifestyle has many of us at work and traveling

Here are some suggestions:

- Small cooler
- Thermos
- Jars or shake containers
- Portable silverware
- Tupperware (preferably Pyrex glassware)



*If women are truly to enjoy food, it must become one of life's freely experienced sensuous pleasures. By eating well, women take care of themselves on the most basic level.*



*Dr. Karen Johnson*





Congratulations on completing the Health for Life International Cleanse Program with Isagenix Nutritional Cleansing. Cleansing is not only a physical experience, but very much an emotional one as well. As we cleanse, and shed what is not serving us, we also unveil patterns, obstacles and areas that are hard work to move through. Whatever your experience is, give yourself the acknowledgement that you took your health into your hands, and empowered your way to deeper vitality, and awareness.

Now that you are ready to move forward into your life, it is important that you feel your health is sustainable and that all of this work is a stepping-stone to your future. Learning how your body feels when you replace nutrient-deficient processed foods with whole foods and nutrient-dense medical foods and supplements, will embed the feeling of nourishment in your experience for a lifetime. If you are seeking ongoing support, please contact us or your cleanse coach with any questions and look for ongoing programs to deepen your experience.

Be well,

Angela, Sue, Jill, and Julie

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[www.emergelifedesign.com](http://www.emergelifedesign.com)