

SUMMER
CLEANSE
MANUAL



Angela Coyle
Owner, Live Yoga
grow@liveyoganow.com
www.liveyoganow.com



Sue Van Raes
Nutritionist, Owner, Boulder Nutrition
sue@bouldernutrition.com
www.bouldernutrition.com



Jill Emich
Natural Foods Chef, Owner, Blissful Sisters
jill@blissfulsisters.com
www.blissfulsisters.com



Julie Berg
Owner, The Bija Yoga Studio
julie@thebijastudio.com
www.thebijastudio.com



www.healthforlifeintl.com



“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.

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.

| | |
|--|----|
| CLEANSE MANUAL | |
| CREATING YOUR VISION | 11 |
| CLEANSING | 12 |
| TOXINS AND FAT-BURNING | 12 |
| TOXINS AND FAT-BURNING RECAP | 15 |
| SUGAR 101 | 16 |
| SUGAR RECAP | 19 |
| WHAT IS GLYCEMIC INDEX? | 20 |
| THE BENEFITS OF CLEANSING | 22 |
| YOUR CLEANSE | 24 |
| GENERAL INFORMATION AND GUIDELINES | 24 |
| PREPARATION IS THE KEY | 30 |
| PRE-CLEANSE DAYS (Days 1 & 2) | 32 |
| CLEANSE DAYS (Days 3 & 4 – Days 10 & 11) | 34 |
| SHAKE-MEAL-SHAKE DAYS (Days 5, 6, 7, 8, 9) | 35 |
| PRE-CLEANSE SCHEDULE | 36 |
| CLEANSE DAY SCHEDULE | 37 |
| SHAKE DAY SCHEDULE | 38 |
| | |
| CLEANSE APPENDIX | |
| SUMMER MENU PLAN RECIPES | 43 |
| SUMMER RECIPE ITEMS | 47 |
| RECIPES | 48 |
| SUMMER BREAKFAST MEALS | 50 |
| SUMMER LUNCH/DINNER RECIPES | 53 |
| SUMMER SNACKS | 59 |
| GLYCEMIC INDEX CHART | 62 |
| FAQ'S | 67 |
| HOME REMEDIES | 71 |
| YOGA | 73 |
| YOGA POSES TO DETOXYIFY THE BODY | 74 |
| AYURVEDIC DOSHA | 76 |
| NOW THAT I HAVE FINISHED MY CLEANSE | 79 |
| FAQ'S ABOUT WHAT'S NEXT | 83 |

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

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.

II — 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-cleansing 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.

|| ——— 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”*

CLEANSSE APPENDIX

SUMMER MENU PLAN RECIPES

Welcome to the Summer Season Menu plan and Recipe book.

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, and is also a community-building event. Knowing the people that produce local food builds ties in the local community.

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.

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!

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 regarding cooking and preparation of food

[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 of 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.

[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 about nightshades?](#)

I put this question in the summer section because it is when eggplant and tomatoes are luscious and delicious and I have used them in some of the recipes. They are high in potent antioxidants and fiber. Most people are absolutely fine with nightshade vegetables but if you know you have sensitivity then it is best to avoid them, particularly if you have symptoms of arthritis. I have subbed out different ingredients in some of the recipes and feel free to improvise with other season vegetables but keep the ingredient portion the same. For the cioppino and tomato gazpacho, just choose a different recipe. Of course ask your doctor if you have questions.

[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 in tact. 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.

[Millet](#)

Millet is a less common but just as delicious, nutritious and versatile as these other grains. It is high in niacin, and magnesium, and phosphorus. Its nutritional make-up helps build and restore the body's tissues. It is also an excellent source of fiber.

II ——— *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.* ——— II

Harriet Tubman

SUMMER 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 Spinach
Zucchini Omelet with Brown Rice
Amaranth Porridge with Berries
Summer Eggs

Lunch/Dinner:

Summer Ratatouille
Roasted Fish with Summer Tomato Salsa and Kale
Arugula Salad with Salmon
Watermelon Salad
Roasted Chicken with Green Beans
Tomato Gazpacho with Cucumber and Dill
Seafood Cioppino

Snacks:

Avocado Mash with Carrot sticks, Celery, Peppers or Broccoli
Watermelon Bites
Watermelon Smoothie
Crispy Walnuts or Pecans
Fresh Farmers Market Peaches
Apple with Almond Butter

RECIPES

Grains

Choose 2 or 3 grains for the week, take note that the cooking times vary. If you are vegetarian, I would recommend quinoa as one of 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.

Millet

Cooking Time approx. 20 minutes

2 cups millet
4 cups filtered water
Sea salt to taste

Put the millet 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) season to taste.

When using millet 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.

SUMMER BREAKFAST MEALS

[Scrambled Eggs with Lemony Spinach](#)

Cooking Time approx.. 7 minutes

2 eggs
1 tsp onion, chopped
Large handful of baby spinach
1 tsp fresh lemon juice
1 TBS olive oil or ghee
Sea salt to taste

In a small sauté pan, add ½ TBS of your oil. Let it heat up a little and then add the onion and let simmer for one minute stirring occasionally. Crack 2 eggs directly into the pan, lightly season and scramble lightly 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 spinach. The spinach will cook very quickly so you can add the lemon juice right away and only let the spinach cook for about a minute. The acid of the lemon starts to break down the vitamins and minerals in the spinach and 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

[Zucchini Omelet with Brown Rice](#)

Cooking Time approx. 8 minutes

1 egg
1 TBS zucchini, chopped finely
½ tsp onion
½ cup cooked brown rice*
1 TBS ghee or olive oil
Sea salt to taste

In a small sauté pan, heat ½ TBS of the oil, meanwhile in a separate small sauce pan, heat the other ½ TBS 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 onions and zucchini 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!

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

[Amaranth Porridge](#)

Cooking Time approx. 8 minutes

1 cup cooked amaranth*
1/2 cup (full fat) coconut milk
1 tsp Agave Nectar
1 TBS butter, ghee or coconut oil
1/2 cup fresh or thawed berries
1 TBS chopped walnuts
Small sprinkle of sea salt to taste

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 and kids love it!!!

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

[Summer Eggs](#)

Cooking Time approx. 5 minutes

2 eggs, scrambled in a bowl
1/2 cup summer ratatouille (see recipe)
Sea salt to taste
1 tsp ghee or olive oil

In a sauté pan, add the oil and heat gently, add the summer ratatouille and stir until warmed through. Add the eggs and stir until cooked through. Season lightly to taste. This is where it's good to cook a little extra summer ratatouille to use in another recipe, the flavors are more vibrant after a day or two and it's packed with antioxidants.

SUMMER LUNCH/DINNER RECIPES

[Summer Ratatouille](#)

Cooking Time approx. 35 minutes, this amount will be good for leftovers

| | |
|---|----------------------------|
| 1 small eggplant, salted and cubed* | 3 cloves garlic, chopped |
| 1 small zucchini, cut length wise and thinly sliced | 1/2 tsp dried thyme |
| 1/2 green pepper, seeded and cut into strips | 1 tsp fresh basil, chopped |
| 1 small onion, peeled and diced | 3 TBS olive oil |
| 3 tomatoes, chopped* | Sea salt to taste |

To prepare the eggplant-To pull some of the liquid out of the eggplant, you will salt it. To do this, slice the eggplant in about 1/2 inch thick slices crosswise. Layout the pieces on the counter or on a plate and sprinkle sea salt on top and then cover with paper towels for about 15 minutes. While you are waiting on the eggplant, chop the rest of the ingredients. After the 15 minutes, blot up as much liquid as you can on the eggplant, then chop into cubed pieces. In a large sauté pan add the onion and eggplant and sauté for about 6 minutes stirring occasionally, add the tomatoes, zucchini, and green pepper and sauté another 5 minutes, add the garlic and thyme and sauté for 5 minutes. If at any point you feel like you need more olive oil, go ahead and add it, it is part of the flavor and it is very good for the heart. The ratatouille should be moist from the olive oil, not dry. Season to taste and garnish with chopped basil.

This is great along with a cup of grains or with a protein like roasted chicken or fish. This recipe is great to have extra of so you can add it to other creations (see summer eggs above) or eat as a snack.

*If you are sensitive to night shades, substitute eggplant and tomatoes with extra zucchini and/or yellow squash and add a handful of spinach.

Sautéed Fish with Summer Tomato Salsa and Kale

Cooking Time approx. 25 minutes

| | |
|---|--------------------------------|
| 5 oz. of Wild Salmon, Halibut, Cod, Mahi, or any other favorite or local fish, dusted with a little sea salt | 2 ripe plum tomatoes, chopped* |
| 1 tsp onion finely chopped | 1 TBS fresh lime juice |
| 3 cups kale chopped into bite size pieces | 1/2 tsp green pepper |
| Sea salt to taste | 2 TBS coconut oil |

Salsa

You can make the salsa a few days in advance for a quicker cooking time and to let the flavors resonate.

In a bowl, stir together chopped tomatoes, lime juice, onion, green pepper, and season to taste. Set aside. In a sauté pan on medium/high heat up 1 TBS of coconut oil and add your lightly seasoned 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 degrees 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 oil until the pan is hot and add the kale, stirring occasionally for about 3 minutes.

Serve the fish over the kale and then spoon the salsa on top. The acid in the tomatoes will help assimilate the nutrients in the kale, making it a power punch of antioxidants.

*If you are sensitive to night shades, you can substitute tomato with mango

Arugula Salad with Salmon

Cooking Time approx. 12 minutes

| | |
|---|-------------------------------|
| 4 oz. salmon, skinned and gently seasoned with sea salt | 1 tsp red onion, chopped |
| 2 cups arugula or mixed greens | 1/2 tomato, chopped |
| 1 1/2 TBS fresh lemon juice | 2 TBS raw green beans chopped |
| 4 TBS olive oil | Sea salt to taste |

In a sauté pan heat up 1 and 1/2 TBS olive oil. Add salmon and sauté on each side for about 3-4 minutes depending on thickness. It should be medium rare with a little pink color inside still. Set aside to cool.

In a salad bowl mix the greens, onion, tomato, and green beans and dress it with lemon, and remaining olive oil. Break the salmon into bite size pieces and add to the salad. Great omega 3's and vitamins!

Watermelon Salad

Cooking Time approx. 10 minutes

| |
|--|
| 1 cup seeded watermelon, cubed into 1 inch pieces |
| 2 cups mixed greens |
| 1 TBS goat cheese, crumbled |
| 1 TBS crispy pecans, chopped (see recipe under snacks section) |
| 2 TBS olive oil |
| 1 tsp fresh mint, chopped finely |
| Sea salt to taste |

In a salad bowl mix the greens, watermelon, and goat cheese. Drizzle with olive oil and lightly season with sea salt. Garnish with mint and pecans. Refreshing and cooling to the body, great on a hot summer day. Plus the good protein and fats will leave you satiated.

Roasted Chicken with Green Beans

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 green beans

1 clove garlic

3 TBS olive oil

Pre Heat Oven to 325

In a sauté pan, heat 2 TBS 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 green beans and sauté for about 5 minutes. Season to taste.

Serve the chicken over the green beans. 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!

Tomato Gazpacho with Cucumber Dill

Prep Time approx. 25 minutes then let soup chill for about an hour

*This recipe will make about 5 servings but will be great leftovers for snack or additional meal.

2 pounds large tomatoes, halved

½ red bell pepper, seeded, diced

1 cup chopped peeled cucumber

1 cup chopped red onion

1/4 cup Sherry wine vinegar (optional)

1/4 cup extra-virgin olive oil

1 garlic clove, minced

1/2 tsp ground cumin

1 cup water

2 TBS chopped dill

Sea salt to taste

Working over bowl, gently squeeze tomato halves to release seeds and juices. Strain juices, pressing on solids to extract as much juice as possible (about 1/2 cup). Discard seeds. Chop tomatoes. Transfer chopped tomatoes and tomato juices to large glass bowl. Add next 9 ingredients. Let stand at room temperature 1 hour.

Working in batches, puree gazpacho with 1 cup water in blender until smooth. Pour gazpacho into coarse strainer set over large bowl. Press on solids to extract as much soup as possible. Season with sea salt to taste and garnish with chopped dill before serving. Chill at least 2 hours. Serve chilled. Tomatoes are an excellent source of Vitamin C and anti-cancer properties. The cucumbers are calming and cooling to the body. Enjoy!

[Easy Cioppino](#)

Cook Time approx. 35 minutes

2 shrimp peeled
1 TBS calamari, raw
2 oz. fresh fish (Cod, Tilapia, Salmon all work well)
2 mussels
1 small can of organic crushed tomatoes or 3 or 4 roma tomatoes, roughly chopped
2 TBS onion, chopped
1 TBS green pepper
1 tsp garlic, chopped
Fresh basil
¼ cup filtered water
Sea salt to taste
3 TBS olive oil
½ cup cooked grain (optional)

In a sauce pot, heat the oil, then add onion and green pepper and cook over medium heat for about 3 minutes, stirring occasionally. Next add tomatoes and water and simmer for 20 minutes. Add seafood and simmer for another 10 minutes and season to taste. In a separate sauce pan heat choice of grain (brown rice or quinoa work best). Serve cioppino over grain and garnish with fresh basil. Tasty, satisfying and full of antioxidants.

SUMMER 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!

[Avocado Mash](#)

Prep Time 5 minutes

1 ripe avocado
1 tsp onion, chopped
1 tsp tomato
½ tsp raw apple cider vinegar
Sea salt to taste

Add all the ingredients in a bowl, you won't need much salt at all because the ACV will lift the flavor. Serve with greens, celery or broccoli. Avocados are great for eyes, hair and skin!

Watermelon smoothie

2 cups seedless watermelon
1 cup coconut milk (full fat)
2 cups water
Crushed ice
Mint leaf

In a blender add all the ingredients and puree until smooth. Garnish with fresh mint.

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!

Farmers Market Peaches

Out here in Colorado, you can't beat the summer peaches. They are great alone or with a little crumbled goat cheese and some local fresh greens. Find what's local and in season by you and have fun with it!

Some additional easy portable snacks include:

- Raw, organic almonds, walnuts, brazil nuts, and pine nuts. Do not to exceed 12 nuts in a 24 hour period. Nuts can contribute to constipation. If this is an issue, choose other snacks.
- Hard boiled eggs
- Organic (when possible) celery, raw veggies, small green salad – stay away from carrots as they have a high sugar content.
- Organic granny smith apple (a slice or two)
- Sliced turkey roll ups
- Jerky (all natural)
- Flax crackers
- Justin's Nut butter packets

|| ————— 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 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 an 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

Yoga is an extremely beneficial way to amp up the detoxification process. 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.

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. To maximize the overall effects of detoxification, make yoga a regular practice during cleansing.

Due to yoga's complete body release down to the fascial 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.

In addition to its physical benefits, yoga aids in mental detox 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.

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

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.

Let the Liver Live (Kundalini Kriya)



Detox benefits: Anyone who shall do this for 11 minutes morning and night will have no problem with Mr. Liver.

Stand with hands on hips. Roll upper torso in large circles. 2 minutes.

AYURVEDIC DOSHA

Know Your Body Constitution

Excerpt from <http://life.gaiam.com/gaiam/p/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

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 lunch meat
- 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

manual design by

emerge

www.emergelifedesign.com