

New to Cleanse Days? Here's How to Get Started.



An Isagenix Cleanse Day is a type of nutritionally supported fast that is designed to help you feel nourished and energized while supporting health and weight management goals.

If you are new to Cleanse Days, you might be surprised at how easy it is to get started.

When you order an Isagenix 30-Day System, you will receive a step-by-step guide that will walk you through both Cleanse Days and Shake Days, the two basic components of an Isagenix 30-Day System.

Cleanse Days aren't complicated, but for most people, they are very different from the usual daily routine. Planning a Cleanse Day might even seem a bit intimidating. The overall goal is to significantly limit calories for a period of up to two consecutive days per week (a total of four days per month) while receiving nourishment from Cleanse for Life® and other Cleanse Day snack options.

Cleanse Days are about letting your body rest and recharge – there are no laxatives or diuretics involved. On a Cleanse Day, you drink four deep cleansing servings of Cleanse for Life, spaced evenly throughout the day in the morning, noon, late afternoon, and evening.

You also choose from Cleanse Day support tools, or small snacks, to help you manage cravings and provide steady energy while still keeping calories very low. Choose from a combination of four to six Isagenix Snacks™ plus two small snacks, one in the midmorning and one in the early evening.

Your midmorning and early evening snack options include:

- One to two IsaDelight® chocolates.
- One quarter of an apple or pear (if needed to manage blood sugar).
- One serving of AMPED™ Hydrate (preferably to fuel light exercise).
- One to two servings of e+™ (preferably to fuel light exercise).
- One bag of Whey Thins™, when divided throughout the day as the only snack option.

In addition to Cleanse for Life and Cleanse Day support tools, stay hydrated with your choice of calorie-free beverages, such as plain, unsweetened coffee or tea, herbal tea, and water throughout the day. This sample Cleanse Day schedule is one example of how you can organize your day.

Sample Cleanse Day Schedule

Early Morning

- 1 serving Ionix® Supreme
- 1 cup Isagenix Coffee
- 2 Isagenix Snacks

continued...

- 1 Natural Accelerator™ capsule

Midmorning

- 1 deep cleansing serving Cleanse for Life
- 2 IsaDelight chocolates

Noon

- 1 deep cleansing serving Cleanse for Life
- 2 Isagenix Snacks

Midafternoon

- 1 deep cleansing serving Cleanse for Life
- One serving e+™
- 1 Natural Accelerator capsule
- Optional: Go for a walk, or perform light exercise such as stretching or yoga
- 1 deep cleansing serving Cleanse for Life
- 1-2 IsaFlush® capsules
- 2 Isagenix Snacks

Evening

- 1 deep cleansing serving Cleanse for Life
- 1-2 IsaFlush® capsules
- 2 Isagenix Snacks

Customizing Your Cleanse Day Experience

If you don't feel ready to try a full day at first, there's nothing wrong with gradually easing into Cleanse Days. For example, you might prefer to start out with a 12- or 16-hour "mini cleanse" as a way to experiment with Cleanse Days and see what works best for you. In this approach, you begin your day by following a typical Cleanse Day schedule, and then break your Cleanse Day in the late afternoon or evening with an IsaLean® Shake.

Another way to gradually ease into Cleanse Days might be to add a couple of extra snacks, like a bag of Why Thins or an extra IsaDelight. Especially when you are new to nutritional cleansing, relying on additional Cleanse Day tools can help you be successful. Just keep in mind that extra calories add up quickly. Like any skill, cleansing gets better with practice, and before long, you'll be planning your next Cleanse Day with confidence.

Cleanse Days are flexible, and as long as you keep the general guidelines from the System Guide for Weight Loss in mind, you can tailor them to suit your personal preferences.

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