

Cleansing Tips

This is the most important rule, This must be a positive experience!! I want you to maximize the benefits of this cleanse by following the daily schedules, but if you need to add some “healthy foods” into the cleanse, DO it and don’t feel guilty. **Hint: try to keep to a liquid or raw snack.**

Next most important rule is PREPARE, PREPARE, PREPARE. Get water bottles, snacks, emergency snacks all ready.

If you don’t want to use the ISAfruit product, you may use fresh juice instead. I highly suggest using fresh juice from a juicer or freshly squeezed. Using fresh juice during a cleanse is one of my favorite parts of cleansing. Have fresh juice combinations throughout the day. If you need juice combinations call or email me. The ISAfruit is more for convenience and is a high nutrient food.

Highly recommend ordering the IsaFlush. It has been my observation that most people get a little constipated during the cleanse. This is a normal result from cleansing. So to make you life a little easier, get the IsaFlush.

Almond suggestions: go buy a bag at COSTCO, don’t worry about roasting them.

Drink as much Lemon water as you can. Cut 1 fresh lemon (peeled) and place it in a 1 liter bottle. Continue to replace the water in the same bottle. This dilutes the lemon water each time you fill it up. Change the lemon the next day.

On the Shake days, you can switch lunch for dinner. It is best to have your solid meal at lunch but if you have to switch it to dinner, it’s OK.

Eat as many RAW fruits and veggies as you can, on the warms up days and the Shake days,

Cheating tips:

if you feel hungry at any given time, try eating an additional SNACK, dark green veggies, fruit, nuts, sprouts, juices, dip your veggies in olive oil and vinaigrette or Italian seasoning,

Try drinking 16oz of the Dr. Christopher’s JURASSIC GREEN. I have at least 1 or 2 of these a day on a cleanse.

Watermelon is really easy to digest and tastes really good at the dole moments

Take naps during the day

Sit in a Sauna/Steam room (be sure to stay hydrated)

Use the electrolyte powder any time with water