

EMBED PBrush
Independent Distributor

Helping You With
Some direction for your choices of success
In health

TABLE OF CONTENTS

I. THE TRUTH ABOUT CLEANSING

CLEANSING SYMPTOMS AND ENSURING SUCCESS WITH THE ISAGENIX 9-DAY CYCLE

III. THE IMPORTANCE OF CLEANSING FOR LIFE

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RUTH ABOUT CLEANSING

According to "National Geographic," studies have discovered various chemicals in our foods and environment indicating man contributes over 700,000 tons of pollutants into the air every day. These range from everyday household cleaners to automobile exhaust to countless forms of industrial waste. What comprises the foods you consume every day? To name a few, they are preservatives, pesticides, fertilizers,

chemicals, steroids, hormones and food colorings. Commercial soils are over-farmed, undernourished, and are deficient in vital minerals and microbes. These minerals and nutrients are not replenished due to excessive costs. Your body is indeed a chemical depository and most of us are severely nutritionally bankrupt.

These chemicals and toxins accumulate over time, and cause the liver, kidneys and colon to become overworked and weak. Without a nutritionally rich diet that nourishes, replenishes and assists the body in cleansing these substances from the body, the body will lose its strength and vitality. The immune system will become suppressed, contributing to an increased exposure to illness, disease and excess body fat – a major killer in America today. Additionally, research has shown that stress causes the adrenals to release excess cortisol, a stress hormone that triggers over-indulgence in simple carbohydrates: chocolate, candy, sodas, and ice cream, even when you are not hungry. Excess cortisol contributes to hormone imbalances. About 65% of the world's population cleanses on a regular basis as part of their cultures. Why don't Americans? We must change our way of thinking and make a decision to remove this toxic waste, giving our bodies a chance to be the miracle that it is suppose to be.

Chemicals and toxins accumulate in fat tissue first and foremost. The more chemicals and toxins, the more fat the body manufactures as a natural protectant mechanism against these toxins! Some of us celebrate because we carry little or no excess fat. The fact is that this “fortunate” small percentage is exposed to the same levels of toxicity, but with no excess fat to enrobe the toxins, they gravitate to the body's vital organs including the liver, kidneys and brain. Cleansing is not just about losing weight, but have you ever tried to lose weight only to be disappointed? Well, perhaps now you know the reason why! It is essential to decrease toxicity levels in order to give the fat a reason to leave your body - permanently. Most diets, lotions, pills, potions, and powders use unhealthy and potentially dangerous ingredients, such as ma huang, ephedra, and excessive levels of caffeine that promise fast weight loss. They all too often will deprive your body of essential nutrients necessary to maintain your health and preserve your lean muscle. Any weight loss is primarily a result of lost water and lean muscle. Minimal fat is lost because these “diets” rarely if ever address cleansing of the system. Without proper cleansing the lost lean muscle and water eventually return as fat, thus people are actually fatter versions of their prior selves. Chemicals and toxins are bound within fat tissue, and specifically blended nutrients can contribute to releasing the chemicals and toxins from fat and vital organs of the body. The result is that excess fat can literally melt away at an alarming yet safe & effective pace. This is the healthy alternative to nutritionally deficient, disappointing and potentially deadly diets that have a 98% failure rate.

More than two thirds of Americans are overweight - 2,000,000 more Americans become obese every year. There are 18 million obese children in America. Obesity is linked to over 60 illnesses, including Heart Disease, Hypertension and Cancer. There were 1.5 million heart attacks in America in 2000; 200,000 victims never reached the hospital. Stress has created a population of sugarholics. The average consumption of sugar per capita in the United States is 3.5 pounds a week for adults and slightly more

for children. Never before has it been so important, and so critical, for you to lose the excess fat and then keep it off. Americans are becoming more aware of the importance of eating sensibly, exercising moderately, drinking quantities of clean water, consuming quality supplements, and managing their weight. Unfortunately most Americans are not aware of the importance of cleansing on a regular basis as part of a health lifestyle.

There are numerous diet products, and most Americans have tried them all in an attempt to defeat the battle of the bulge. Yes indeed! We are in a war, and the battle waged is against FAT! According to the National Institutes of Health, heart disease is the number 1 killer of Americans with 1,000,000 deaths each year; cancer is number 2. It is estimated that within the next five years, 1 out of every 2 Americans will eventually succumb to heart disease, and 1 out of 3 to cancer. Today one out of eight women will be diagnosed with breast cancer. More than 85 % of these cases are not genetically linked; they are a result of the environment we live in.

Do you want to be HEALTHY, CLEAN, AND LEAN? Modify your lifestyle to incorporate on-going cleansing, sensible eating and mild exercise. You will be on your way to a lifetime of improved health & wellness.

CLEANSING SYMPTOMS AND ENSURING SUCCESS WITH THE ISAGENIX 9-DAY CYCLE

Each of us is unique, and because of this, the Isagenix program will be unique for each of us. Not everyone utilizes the system with weight and fat reduction goals in mind. If you fit into this category and don't need to lose weight, you should measure your success by how you feel. Pay special attention to energy levels, sleep patterns and your general feeling of well being. If you're looking for improvements in specific health areas, be sure you've had recent blood work completed, or have it done immediately. Isagenix is not intended to be a replacement for prescription medications or Medical Doctor recommendations, but many people report improvements in all areas of health after cleansing with Isagenix. Blood work results can be a key health monitoring factor. For the remaining 70% or so who struggle with excess weight, fat and inches, this document will guide you through your initial Isagenix cleansing and fat burning journey.

The 9-day program is broken into 3 phases described below. It's not unusual for some people to lose 4 to 10 or more lbs. in only 24 hours, while others will only lose a pound or two. Some of us will lose 9 to 15 or more lbs. in 9 days, and some will only lose 2 to 4 lbs. But, if you are consistent, unless you have a medical issue that prevents it, you will lose body fat and toxins and your health will improve. The closer you adhere to the program as directed, the better the results. Don't despair if you lose very little weight on your first 9 days. When that happens, you have most likely lost inches. Measure, and please stay with the program! **IF YOU DON'T NEED TO LOSE WEIGHT, DON'T BE ALARMED. YOU CANNOT LOSE WHAT YOU DO NOT HAVE! MANY PEOPLE ACTUALLY GAIN WEIGHT IN THE FORM OF ADDED LEAN MUSCLE. LEAN**

MUSCLE SHOULD BE A PRIMARY HEALTH GOAL.

If you get off track, or if you are feeling discouraged for any reason, please call the person who introduced you to Isagenix and discuss it with them. Don't put yourself in a position where you feel despair and are tempted to give up on yourself. Reach out for encouragement, and don't allow yourself to give up on your goals, ever.

PHASE I

Per the instructions in the booklet, for two days, four times each day, you drink your Fast Start drink – 4 ounces of Fast Start in 8 oz of water, 4 times a day. You supplement with the Natural Accelerator tablets, and your Isagenix snacks as directed. That's it.

Phase I is very easy for most of us, but you do have to adjust to not eating other solid foods. Initially, you may experience “detox-headaches,” chills, flu like symptoms, changes in your bowels (either loose stools or constipation), skin eruptions, skin rashes, nausea, tiredness, light-headedness, wakefulness at night, and you may be aware of cravings for sugars or proteins. Hang in there; these are all normal responses to detoxification and they are a good sign that your body is getting rid of poisons! Most people do not have any symptoms, or will only experience them slightly. Be aware that the more toxic you are, the more of these symptoms you will experience.

What to do for....

Headache --- FIRST – drink more H2O. Water, water and more water. Aspirin and other over-the-counter pain relievers are not recommended because they too are toxins! We are trying to clean the body of toxins.

Constipation or bloating – eat a few stewed prunes each day or try a mild herbal laxative. Smooth Move Tea, available at most natural food stores, works well. By the way, constipation is an indication that you are dumping toxins into your system faster than your bowels can handle them. You need to keep things moving through until your body adjusts. Increase your water intake, too. You may need more than the requisite 8 glasses a day.

Nausea or loose stools – ease up on the juice. Try one capful (1 oz) in water and build up to more. A few people have to start with just a tablespoon or so. The Fast Start juice is a powerful internal cleanser and if you are particularly toxic, your body will react.

Tiredness – ease up on your physical activity. Your first two days are not the time to indulge in **heavy** exercise. Get as much rest as you can, but don't be afraid to exercise moderately.

Wakefulness at night – be sure that you are not taking your accelerator tablets late in

the afternoon or evening. Try drinking a couple of cups of chamomile tea a half an hour before bed. You can also try valerian root for a short period of time, or if you are not on anti-depressants, try 50 mgs of 5-HTP a half an hour before bed. These are all available at your natural food store. If you are uncertain about any of these things, check with your medical doctor.

For all other symptoms – do your best to stick it out and see what happens after day 9. If your symptoms are severe, try cutting down on the products by half. If they persist beyond the first 4 or 5 days, call the person who introduced you to Isagenix. If you are still uncomfortable, consult with your physician

If you feel hungry -- it's psychological because while you are on the Fast Start drink, Accelerator tablets, and Snacks, you are receiving an incredible array of excellent nutrients. But in spite of knowing that, if you feel so hungry that you simply don't think you can take it any more, try one of these options.

- a. partially freeze the juice and water into a "slushy" and then eat it with a spoon out of a bowl or cup. This fools your brain into thinking your body is receiving solid food.
- b. cut up raw celery sticks and munch on them throughout the day
- c. add a small tart apple (tip: make a small cleansing salad – cut into small pieces 2 stalks of celery, 1 very small tart apple, a squeeze of lemon or lime, a sprinkling of fresh or dried mint leaves, a small shake of sea salt). You can also eat a very small amount of fresh peaches or berries, or try a few raw almonds. Keep in mind, the more you eat, the less effective the program.
- d. increase your Isagenix snacks from 6 to 8
- e. eat 1 or 2 snacks with your Fast Start juice. It really helps to stave off cravings.

Note: This is the most important phase of your program. Please do not add any foods other than those listed above. Food (ANY food, even a little bite) will diminish the cleansing action of the juice, and hamper your results. Keep in mind, Phase I is ONLY two days. You CAN do this!!!

Tips for your first two days....

Start your two-day cleanse on the days that do not conflict with any social occasion. Generally starting on a Mon and Tue, or a Tue and Wed, is good so that you can enjoy meals with your friends, family, or loved ones on the weekends.

For convenience, try mixing your entire day's worth of juice into a ½ gallon container filled with spring water with a few ice cubes and carry it with you.

To abate cravings for sweets and carbs, try adding additional chromium. Chromium kills cravings. There is chromium in the products, but it's okay if you add a little more.

PHASE II

For 5 days following Phase I, have an Isalean protein shake in the a.m. for breakfast, and one for dinner. Eat a sensible 400 to 600 calorie per meal lunch and continue with

the accelerator pills and 6 snacks per day. Very simple. Just follow the directions in the booklet that came with your Starter Cycle Pack.

During the protein phase, most people feel satisfied, and cravings and symptoms will most likely begin to subside. By the end of the second day or so on your shakes, you may begin to fall into a natural routine with the program, and you will most likely experience a feeling of well-being and an increase in your energy.

A word on taste: If the shakes taste chalky or metallic, that is a good sign that you are not digesting proteins or that you have heavy metals in your system, such as cadmium, lead, mercury. If the juice taste too sour, too sweet, or too medicine-like, it is a sure sign that your liver is toxic. Stick with the program. As your digestion improves, and your body detoxifies, your taste will change. The snacks are great. Most people love them. But, if they taste bad to you, again, that is a sign of poor digestion. The snacks are very important to pulling out fat from your body and to helping you balance blood sugar. Cut them up and swallow them with water if you'd like, or mix them into your shakes twice a day. But, it is essential that you do take them.

Tips for your shake days...

DO NOT WEIGH YOURSELF DURING PHASE II OF THE PROGRAM! This is critical. The shakes kill off parasites and systematic candida. The "die off" can temporarily collect in the colon with water, which may result in "false fat" and register as a weight gain or mild bloating. This is temporary but it can cause you to feel discouraged.

Use natural extracts to flavor your shakes. Try lemon and banana extract in the vanilla shake, or peppermint or almond in the chocolate. Delicious.

Make your vanilla shake into a chocolate shake by adding a couple of tablespoons or more of unsweetened cocoa powder. Organic cocoa powder is best and can be purchased at most natural food stores.

If the shakes are not sweet enough for your taste, try adding Stevia or Birch Sugar (which is very low on the glycemic index and is safe for diabetics).

While you are enjoying your one or two meals each day eat "healthy!" If your one or two meals each day consist of a pulled pork sandwich, a super sized platter of French fries, and a chocolate malt or a Bud Long Neck, with a piece of pecan pie with whipped cream for dessert, trust me, you aren't going to get the results you want. Make it a habit to stay away from pre-packaged microwave foods, frozen entrees, fast foods, artificial sweeteners, and processed flour and sugar. You can't go wrong.

The Accelerator tablets boost energy, decrease cravings, and contain important fat-burning ingredients. It's important to take the two tablets every day – one in the a.m. and one in the afternoon (between noon and 1:30 is best. If you take them too late in the day, you may not sleep as well as you'd like to at night!).

The snacks are also very important for pulling fat out and leveling out blood sugar. The 6 per day recommended are important. You can take a few more if you'd like.

A Word On Water: You must drink a minimum of 8 glasses of water a day, more is better. If you do not drink adequate water while on the 9-day program, the chemicals, toxins and other waste you are attempting to eliminate will re-deposit in your system.

Drink until you float!

PHASE III

This is very simple. On days 8 and 9, you simply repeat the first two days! Measure and weigh on Day 10 and share your results with others!

The Importance of Cleansing For Life

Optimal health and weight management should be lifelong goals. The **Isagenix** starter pak is a 9 or 30-day program that cleanses and replenishes the body and as an ancillary benefit, can help you shed excess body fat and weight – if you need to. **This is not a diet or a fast** and everyone, regardless of body composition can benefit from it. For those not concerned with fat or weight loss, it is important to understand that you will build and maintain lean muscle while flushing the toxins. While cleansing, you are revitalizing and rejuvenating your body with more than 240 essential nutrients. The **Isagenix** System is designed to jump-start your body and metabolism into a cleansing and fat burning mode; it works by flushing – at an organ and cellular level – many potentially dangerous, deadly toxins. Although Isagenix offers a comprehensive family high quality, nutritional products, using the **Starter pak** is most often the best choice to begin your Isagenix journey.

For people who are trying to more aggressively address health or weight issues, doing back-to-back cleansing cycles is a safe and viable option. **Isagenix** does not recommend a regimen of two or more consecutive 9-day cleansing cycles, where you will not have conventional meals four days consecutively. If you wish to do back-to-back cycles, it is suggested that you begin the second cycle with day 3 of the 9-day cleanse. In this case the second or third cleanse cycle will actually be 7 days each rather than nine.

Although the initial Starter Pak program jump-starts your body on the path to better overall health and weight management, it is impossible to completely rid your body of the excess fat and many years of toxic abuse in just 9 days. After your initial cleanse period (normally 1 to 3 cycles), you will have effectively eliminated years of toxic buildup but, you will not be able to stop the continual bombardment of your body with toxins in the forms of food, water, pollution, pesticides, insecticides, preservatives etc. For this reason you should never, ever stop cleansing your body. Doing so would be equivalent to changing the oil in your car just once, or changing/cleaning the filters in your heating & air conditioning systems, pools, spas or clothing dryer just once. You would never do that so why even consider doing the same to your most valuable asset – your body. Until you have reached your target health & weight management goals, you should continue using the four products in the Starter Pak for on-going cleansing and maintenance. This maintenance approach essentially consists of spreading the four products in the Starter Pak out over a 30-day period. Then it's time to consider a true **Maintenance For Life Program.**

It is essential to commit to on-going “toxic waste removal” as part of an overall health management plan. In addition to a lifetime cleansing regimen, it is important to supplement your daily diet with essential vitamins, antioxidants, and rich nutrients such as minerals, enzymes and whey protein to help build your immune system and maintain maximum good health. Upon reaching your target health and weight goals with the Starter Pak, you are ready to transition into an **Isagenix** lifetime maintenance program. **Isagenix** offers a bundled, 4 product maintenance program at an incredible cost savings. The **Maintenance For Life** System Contains: 2 Bottles of Fast Start Mineral Drink, 2 Canisters of IsaLean Shake, 1 Bottle of Men's or Women's Essentials and 1 Bottle of Antioxidants. These four products are consumed daily and comprise your on-going maintenance regimen. Now you have your plan for **Maintenance For Life**. Remember, it is recommended that you consider repeating the 9-day cleanse every 3 to 4 months for maximum results.