



Isagenix Nutritional Cleanse and Weight Loss Program Manual for the 9 Day Cleanse

This is a great program for a start to a nutritional cleansing lifestyle or can be used to jump start a long term weight loss program. If you still have weight to lose after a 9 Day program, you can follow the 30 day program, or for more dramatic results follow the Accelerated 30 Day Cleansing and Fat Burning system.

***Caution:** The 9 Day Program is intended as a thorough cleansing approach only for people without medical complications. If you are taking any medication, have a medical condition such as diabetes or heart disease, and/or are under age 18 or over age 70, start with a 30 Day Program or Total Health and Wellness Program and ask your physician to monitor your progress.*



This manual was compiled by: Debbie Russell & Patti Kozlowski ©

Cleanse for Life Drink

Cleanse for life drink should be kept refrigerated and is designed to be added to 8-10 ounces of cold water. Some people prefer not to dilute the Cleanse for Life drink. If this is your preference then you can drink the specified amount followed by 8-10 ounces of cold water. If you have purchased the powder Cleanse for Life drink, make sure that you mix **2 scoops** with 4-6 ounces of room temperature water and after it's completely mixed either add ice (for a cold cleansing beverage) or very warm (not hot) water and enjoy this as a warm cleansing beverage.

Isagenix Snacks The snacks are just as important as the cleanse drink; they should be eaten at the intervals listed even if you don't feel hungry. To avoid cheating or finding yourself hungry without a snack on hand, we suggest you make up a few small snack baggies containing 2 accelerator capsules, 6 Isagenix snacks and 10-12 almonds or other unsalted nuts to keep in your desk or glove box.

Preparing your Isalean Shake Use the scoop provided to measure 2 level scoops of Isalean Shake mix combined with 8-10 ounces of purified cold water. If you want to blend with ice, blend the ice and water first then add the shake mix. The shake contains live digestive enzymes and should be consumed within 5 to 7 minutes of preparing it.

MEALS/SNACKS/BEVERAGES:

On pre cleanse AND shake days during the first phase of the program (and moving forward if you are still desiring further weight reduction), we recommend a 400 to 600 calorie meal which consists of lean protein, non starchy vegetables and healthy fats. This meal can also be split into 2 smaller meals if desired.

Lean Protein Choices: 4-6 oz of Chicken (grilled, baked or broiled), Turkey (baked, natural turkey breast from deli, ground turkey burgers, etc), pork (grilled). Fish or seafood (grilled, baked, broiled, poached or canned such as tuna or salmon) Lean beef (grilled), eggs (hard or soft boiled, poached, scrambled or in an omelet (use oil sprays for the pan), low fat cheeses (eg. sprinkled on salad), soy protein (such as tofu, tempeh, boca burgers, etc), Turkey (baked, natural turkey breast from deli, ground turkey burgers, etc).

Vegetable Choices: Any vegetable is allowed except for corn & potatoes. Carrots, beets, acorn & butternut squash, can be eaten, but only in moderation because of their higher glycemic index. It is suggested that you choose plenty of green leafy vegetables in combination with other vegetables that you like. Vegetables may be eaten raw, steamed, grilled roasted or stir-fried (in a small amount of olive oil). Fresh or frozen vegetables are fine; avoid canned vegetables.

Healthy Fats: Olive oil, avocado, raw nuts and seeds, natural nut butters, flax seed oil, coconut oil, grapeseed oil.

Seasonings: Any natural seasoning can be used including natural salad dressings, such as Paul Newman's light dressings, natural light mayo, etc.

Snacks: On pre cleanse days, cleanse days AND/OR shake days, you may have any of the following (in moderation and preferably organic).

- Apples
- Celery
- Cucumbers
- Small green leafy salad with fresh lemon
- $\frac{1}{2}$ teaspoon of natural nut butter (almond (best choice), peanut, cashew, etc)
- Isadelights (up to 4 per day)

- Isacrunch (1 - 2 teaspoons per day)
- Isagenix Snacks & almonds (as listed on daily schedules ONLY).

Continued on next page

Beverages:

- Pure water (anything other than unfiltered tap water OR distilled water). - Isagreens (as desired)
- Green tea (preferably organic)
- Herbal tea (preferably organic)
- Want More Energy
- Isafruits (as desired)

For optimal results, we do not recommend ANY coffee, soda, alcoholic beverages, black tea, diet and regular soft drinks.

This information below was derived from a lecture that was conducted on the Power Team Saturday Morning Call by Peter Greenlaw, that lecture was based on the extensive research Peter has been doing along with information from Dr Dennis Harper for the book they are writing about cleansing and how the body functions. His 90 minute lecture was condensed to the following few paragraphs by Sue Faggion

How the Body Works

The human body is an amazing machine. It has between 60 and 70 trillion cells. Each of those cells has its own individual "furnace" that makes that cell function. That furnace is called the mitochondria. In order to heat up the mitochondria in the cell and therefore 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. If you are overweight it's a sure sign that you are not burning fat, you are burning sugar. We are going to talk about how to get those furnaces ignited again and get your body burning fat.

We have all been led to believe that dieting is what we need to do to lose weight. Wrong! Look around you — it doesn't work. When you reduce calories you slow down the metabolism and shut down the mitochondria. Then when you stop the diet and begin to eat more calories again, 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 start eating again you put weight back on very quickly.

When you burn fat cells, the impurities are released into your system. Minerals and trace minerals carry the impurities away from the body tissue to the liver then allow the liver to deliver those impurities to the colon and out of the body. Without minerals this function does not happen. The soils in our country are severely depleted of minerals... we no longer get adequate minerals from the foods we eat. Isagenix products include 72 ionic minerals and trace minerals plus live, active enzymes. The minerals allow the 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, the impurities just get re-circulated throughout the body. Eventually the body recognizes those impurities as something toxic and creates fat cells to enrobe them, then puts them back into storage as fat.

Fat-Burning vs. Sugar-Burning

Sugar-Burning Mode:

Your brain needs glucose (simple sugar) to function. To get glucose there are 3 choices for calories - carbohydrates, fats and proteins. Carbohydrates (simple sugar) are the first choice for the body. Next is fat. Last is protein. When there are few available carbohydrates the body burns fat. That is what we want. Consuming high levels of carbohydrates results in sugar-burning which creates an acidic environment in the body that causes a breeding ground for disease. This acid environment causes further stress and more cortisol to lock down the fat stores. Sugar-burning mode also leaches minerals from the bones. It increases the hormones insulin and cortisol. Those two "storage" hormones lock down the fat cells, lower the metabolism and put your body into the mode of burning lean muscle mass. Sugar-burning prevents the cells from absorbing oxygen. When the cells can't absorb oxygen they can't function properly and mutation occurs, otherwise known as disease. Sugar-burning also stops brain chemistry hormone production.

Fat-Burning Mode:

Fat-burning mode lowers insulin and cortisol levels, produces proper brain chemistry, gets oxygen into the cells and hydrates the cells. In fat-burning mode water goes into the cells and flushes out the acid and impurities that are stored there. Those acids and impurities circulate through the system until they are removed through the liver and colon or kidneys and bladder.

Re-cap:

When you lose weight by reducing calories you slow down your metabolism and the cell's mitochondria (cells' power sources) that generate energy for the body to use. When you start eating again you put the weight right back on because:

- 1) The furnaces (mitochondria) and metabolism have been shut down
- 2) Without adequate minerals and enzymes the impurities still float around inside your body and are eventually stored back to fat.

It takes 40 days to fire up all the mitochondria and raises the metabolism so that the fat-burning system is stable. Those 40 days will require commitment on your part. If you are successful, you will be free to enjoy your life like one of those "lucky" people who can eat dessert on occasion without any side effects.

The trick here is to get adequate nutrition balanced with proper glucose for brain function and ALL 70 minerals to flush the impurities out of the system along with living, active enzymes. Isagenix has all this built in. It takes 2 days of cleansing with Cleanse For Life Drink to get your body into fat burning mode, and the full 40 to get all your mitochondria fired up.

The only way to detoxify your body is to suspend digestion. The Isagenix cleanse is designed with 2 back-to-back days of cleansing with Cleanse For Life Drink for this reason: after you suspend digestion for only 4 hours your body begins to produce the hormones that make lean muscle mass and increase your metabolism. The first 24 hours your body cleans the sugars from the liver. The second 24 hours is when the body begins to burn fat.

BALANCED NUTRIENTS IN FIVE PRODUCTS

Naturally Cleanse The Filter Systems Of Your Body
Support Your Health with a Proprietary Blend of 242+ Nutrients

- **Cleanse, Replenish & Revitalize Your Cells**
- **NOT a Diet!** The Isagenix Program is a **Total Health System**, designed to improve overall health & well being.
- **Weight Loss Is A Healthy Side Benefit** - and happens very rapidly when you have excess fat to burn. Assists in building lean muscle.
- An excellent **Daily Health Support** for **Long-Term Maintenance**.

CLEANSE FOR LIFE DRINK -TROPICAL BERRY

- 70 Essential Ionic Minerals from Ancient Plant Deposits, specifically blended into the highest quality Aloe Vera Juice Powder from the Inner Heart Filet. It is the richest source of Aloe Vera known to man.
- 7 Ingredients that Promote the Health of the Liver and the Kidneys. (Your Liver Metabolizes Fats and gets rid of Toxins).
- Several ingredients that absorb Stress (Biochemical shock absorbers). Stress can cause the Thyroid and Adrenals to work inefficiently which can cause rapid weight gain.
- 9 Ingredients that Promote Rapid Fat Burning.
- 4 Ingredients that assist the Body in Suppressing the Appetite, especially the Stress Hormone Cortisol...the hormone responsible for binging on Sugar and Carbohydrates.
- 1 Exceptional Ingredient Pau Di Arco (Tahebo) that helps to cleanse the system of residual chemicals, parasites and parasite eggs as well as Candida (Yeast - yeast interferes with protein absorption and causes anxiety, bloating and subsequent Weight Gain. Yeast also contributes to chronic constipation, loss of focus, memory and concentration).
- 3 Ingredients that assist the Body to Enhance Oxygen Assimilation and efficacious assimilation.
- 1 Ingredient that helps STABILIZE BLOOD SUGAR.
- A Blend of Lipotropic Nutrients with several ingredients that assist in Cleansing the Intestines and the Colon as well as improving the effectiveness of the elimination system.
- Several ingredients that help to control Edema or water Retention.

ACCELERATOR CAPSULES - NO MAHUANG, NO EPHEDRA, NO CAFFEINE ADDED

- 9 Ingredients that Accelerate and Promote Fat Burning. Natural Thermogenic Nutrients.
- 3 Ingredients that Absorb Stress. (Stress causes the Thyroid & Adrenals to work inefficiently which may result in weight gain).
- 3 Ingredients that Stabilize Blood Sugars. (Low Blood Sugar leads to increased Appetite and Hunger).
- 3 Ingredients that promote the health of the Liver and the Kidneys. (The Liver helps Metabolize Fats & remove toxins).
- Several ingredients that enhance Oxygen assimilation at a cellular level and promote energy and stamina.
- Several ingredients that enhance the efficacy of the circulatory system as well as cleansing it.
- Several ingredients that help cleanse the system of Candida Yeast.

ISALEAN SHAKE - MEAL REPLACEMENT

- 10 Ingredients that Promote Rapid Fat Burning.
- 8 Dense and Naturally Occurring Protein Amino Acids.
- 3 Ingredients that Support the Body in Suppressing Appetite, especially for Carbohydrates.
- 7 Ingredients that Absorb Stress.
- 3 Ingredients that Nourish and Support the Health of the Liver and the Kidneys.
- 4 Ingredients that assist the body in maintaining Muscle Mass, Increasing Muscle Energy/Endurance. Protects Muscle density.
- 7 Digestive Enzymes to Promote Effective Digestion and Assimilation of Carbohydrates, Proteins, Fiber and Fat.
- 4 Ingredients that Promote Regularity of Bowel Movements.
- Fibers that Cleanses the Elimination System and the Circulatory System.
- 3 Ingredients that Promote Blood Sugar Balance.
- 3 Ingredients that Promote Energy.
- Safe for All Ages and Diabetics to consume.

ISAGENIX SNACKS - KEY NUTRITIONAL SUPPORT

- 7 Ingredients that Promote Thermogenic Fat Burning.
- 3 Ingredients that Support the Health of the Liver.
- 1 Ingredient that Decreases the Sugar Cravings.
- 3 Ingredients that Absorbs Stress.
- 3 Ingredients that Assist and Promotes Lean Muscle Density
- 1 Ingredient that Promotes Blood Sugar Balance. (Low Blood Sugar leads to increased Appetite and Hunger)
- Safe for All Ages, and especially Diabetics.

IONIX SUPREME

- Adaptogens: Powerful Anti-Stress agents, peak athletic performance & recovery time, better sleep
- Nepali Shilajit: energy boost, powerful rejuvenator, immune system support
- Fulvic Acid: Assists Absorption of nutrients into cells, helps escort impurities out of the body, enhances cell Communication
- Bamboo: Rich in Organic Silica - biologically transmutes into Calcium in the body
- MSM: Joints and cartilage support
- Aphrodisiac Herbs: Supports sexual health and increases energy. Magnificent Seven - Siberian, Ginseng, Ashwaghandha, Schizandra, Velvet Bean, Maca, Ginger, Shilajit.
- Quartz Crystal Water (Oxygenated): Rich in Silica & minerals
- 70 Ionic Organic Trace Minerals & 20 Nutritional Herbals - Wolfberry (Goji), Harada, Kiwi, etc.

NOTE: *This educational tool is distributor originated and the statements contained herein have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Please be advised to contact your Doctor if you intend to go on a weight-loss diet, to abruptly change your diet or if you intend to start a new exercise regime, especially if you are taking medications, pregnant, lactating or are under the care of any physician.

* Results may vary. In a recent study, participants averaged a weight loss of 7 pounds at the completion of their first Isagenix 9 Day Program.

Record your Weight and Measurements

It is crucial that you record your starting weight and measurements as well as your progress along the way. Isagenix are powerful and are effective products... you're really going to drop those pounds and inches. Measure them. Experience the full satisfaction of knowing your results. Also: Take a "Before" photo so you can see the difference and share the results with others.

- Measure yourself on the morning of the above days ONLY If you don't own a scale — buy one or borrow one. Give yourself the benefit of knowing the truth of what you are doing.
- You will be gaining lean muscle mass as it you drop toxic fat... remember, muscle weighs more than fat.
- Good news: you are not losing water weight. How could you? You're probably drinking more water than you ever drank in your whole life.
- Make sure you place the tape on the same spot when you measure each time.

DATE	/ /	/ /	/ /	/ /	/ /	/ /
	Before you start	Day 3	Day 10	Day 20	Day 30	Total
Neck						
Upper Arm L						
Upper Arm R						
Chest						
Rib Cage						
Waist						
Abdomen						
6" below waist						
Buttocks						
9" below waist						
Upper Thigh L						
Upper Thigh R						
Upper Knee L						
Upper Knee R						
Calf L						
Calf R						
Total Inches						
Weight						
Total lost						

9 Day Cleanse Program Daily schedule

	Warm up 1	Warm up 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
7:00	Shake Water	Shake Water	CFL Drink Capsule Isagenix Snack	CFL Drink Capsule Isagenix Snack	Shake Capsule	Shake Capsule	Shake Capsule	Shake Capsule	Shake Capsule	CFL Drink Capsule Isagenix Snack	CFL Drink Capsule Isagenix Snack
9:00	Snack Water	Snack Water	Isagenix Snack Water	Isagenix Snack Water	Isagenix Snack Water	Isagenix Snack Water	Isagenix Snack Water	Isagenix Snack Water	Isagenix Snack Water	Water Isagenix Snack	Water Isagenix Snack
10:30	Snack	Snack	Water Isagenix Snack	Water Isagenix Snack	Snack Water	Snack Water	Snack Water	Snack Water	Snack Water	Isagenix Snack Water	Isagenix Snack Water
12:30	Lunch Water	Lunch Water	CFL Drink Water	CFL Drink Water	Lunch ☺	Lunch ☺	Lunch ☺	Lunch ☺	Lunch ☺	CFL Drink Water	CFL Drink Water
2:00	Snack Water	Snack Water	Isagenix Snack Water Capsule	Isagenix Snack Water Capsule	Snack Water Capsule	Snack Water Capsule	Snack Water Capsule	Snack Water Capsule	Snack Water Capsule	Isagenix Snack Water Capsule	Isagenix Snack Water Capsule
3:30	Water	Water	Isagenix Snack Water	Isagenix Snack Water	Isagenix Snack Water	Isagenix Snack Water	Isagenix Snack Water	Isagenix Snack Water	Isagenix Snack Water	Isagenix Snack Water	Isagenix Snack Water
5:00	Shake	Shake	CFL Drink Isagenix Snack Water	CFL Drink Water Isagenix Snack	Shake	Shake	Shake	Shake	Shake	CFL Drink Isagenix Snack Water	CFL Drink Isagenix Snack Water
6:00	Water	Water	Isagenix Snack Water	Isagenix Snack Water	Isagenix Snack Water	Isagenix Snack Water	Isagenix Snack Water	Isagenix Snack Water	Isagenix Snack Water	Isagenix Snack Water	Isagenix Snack Water
8:00	Snack	Snack	CFL Drink Isagenix Snack Water	CFL Drink Water Isagenix Snack	Isagenix Snack Water	Isagenix Snack Water	Isagenix Snack Water	Isagenix Snack Water	Isagenix Snack Water	CFL Drink Isagenix Snack Water	CFL Drink Isagenix Snack Water
9:30	Sleep ☺	Sleep ☺	Isagenix Snack Water	Isagenix Snack Water	Sleep ☺	Sleep ☺	Sleep ☺	Sleep ☺	Sleep ☺	Isagenix Snack Water	Isagenix Snack Water

*Be sure that your lunch includes lots of good, lean protein and healthy fiber. It can be a salad with grilled chicken or a hot meal like salmon and spinach or chicken breast with broccoli or even tuna over a bed of dark greens.

*The snacks are just as important as the cleanse drink; they should be eaten at the intervals listed even if you don't feel hungry.

*If you do get hungry... drink a bottle of water, take a walk or wait 15 minutes, then have a snack, suck on it for a few minutes then add 2 almonds. If you are still hungry slice up ½ of a green apple and eat a few pieces chew it up well and take your time.

*Get plenty of rest cleansing is hard work

Optional products:

Isalean Soup (Creamy Chicken or Creamy Tomato)

Your associate may elect to order a can of shakes for the Creamy Chicken Soup or the Creamy Tomato Soup in orders that include the shakes as an add-on.

Isafruits (Highly suggested) (30 servings)

IsaDelights (Yum!! It's chocolate and can substitute up to 2 snacks/day)

IsaBlender 430 Watts, Multiple Blades and 4 Blending Vessels

Isaflush (Does not come in 9 Day or Health & Wellness Paks)

Isagenix Blender bottle (great for traveling or work)

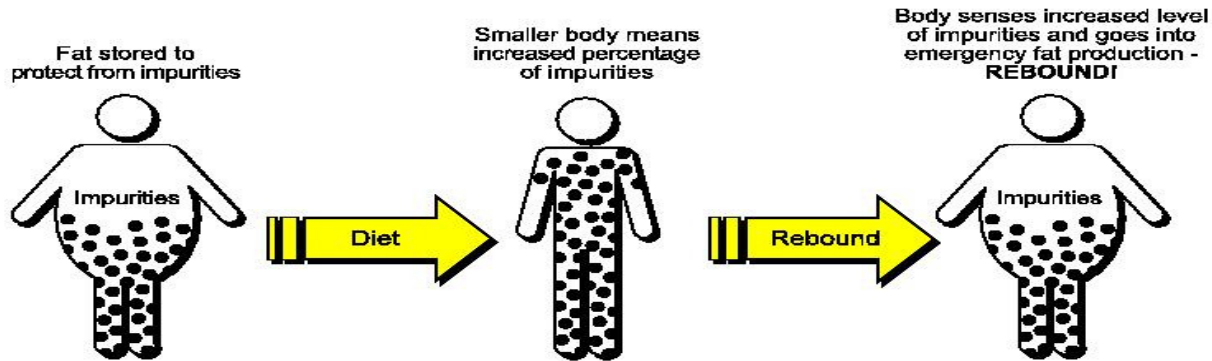
IsaPro Supplemental Protein:

Extra protein intake is especially useful for athletes and growing teenagers to promote lean body mass, and for those who have reached a stubborn weight-loss, plateau or simply have difficulty losing weight due to thyroid challenges.

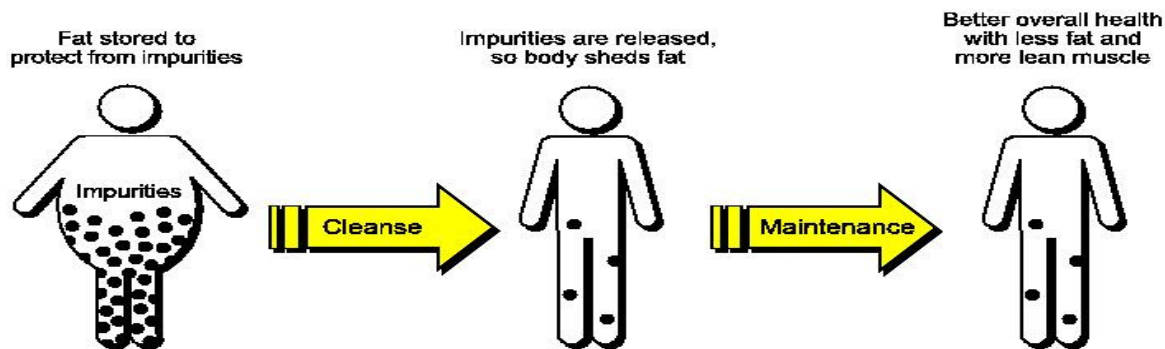
Traditional Diet vs. Cleansing

One of the ways the liver deals with impurities is to increase body fat to enfold these impurities and to protect the body from their influence. Diets are not successful for long term weight loss because they don't address the need to cleanse the body of impurities.

Traditional Diet



Cleansing



Shed Pounds without the Rebound!

Cleansing is a safe, healthy, and natural way to achieve a healthier, leaner body.

Get Started Today!