



Isagenix Nutritional Cleanse and Weight Loss Program Manual for the 14 Day EZ Cleanse

The 14 Day EZ Cleanse Program is an alternative way to successfully use the Isagenix Cleansing & Fat Burning products for long term sustainable weight loss. This variation is especially recommended for previous Isagenix users who have struggled with cleanse days or those with certain health challenges or specific lifestyle situations which are not conducive to the stricter regimen of our 9 Day (aka 11 Day) plan. The 14 Day EZ Cleanse program may be repeated as often as desired.



Shake and Cleanse Pak

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

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.

Accelerator Capsules The accelerator capsules should be taken with your first water of the day and after lunch but not later than 3pm.

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.

Try IsaDelights to overcome cravings, and balance brain chemistry — ITS CHOCOLATE!! Check it out at www.isadelight.com watch the video with Kathy Coover and Dr. Paul Anderson, the creator of IsaDelights. On Cleanse Days, take IsaDelight™ at least 15 minutes before Isagenix® Snacks™! On Shake Days take IsaDelight™ at least two hours after shakes or meals since IsaDelight™ helps energize the body, its best not to take after 6:00 p.m. or with caffeinated drinks.

Your Sensible Meal Your mid day and evening meals should be about 400-600 calories. Be sure to include 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. Tofu can be used in place of meat fish or poultry. 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. Make sure to eat 4 to 6 ounces of lean protein such as chicken, turkey, fish, seafood, tofu or grass fed beef. As a guideline, you can visualize the size of a deck of cards or the palm of your hand for your protein portion. For your vegetables, you may have 3 to 4 cups of any combination of the following vegetables. They may be eaten raw as a salad, or you may steam them until tender. Do not overcook your vegetables. Vegetables may be fresh or frozen but never canned. (preferably organic) Lettuce, (any type but preferably dark, green such as Romaine, red leaf, green leaf, Boston, etc) Iceberg is not suggested. Spinach, kale, collard greens, asparagus, broccoli, broccoli rabe, escarole, bok choy, brussel sprouts, cabbage, cauliflower, eggplant, leeks, mushrooms, onions, swiss chard, tomatoes, turnip greens, yellow squash, zucchini, alfalfa sprouts, bean sprouts, celery, cucumber, endive, peppers, radishes, snow peas, green beans, wax beans, okra. Beets or carrots may be eaten sparingly. For seasoning, you may use fresh squeezed lemon juice, apple cider vinegar, balsamic vinegar, fresh garlic, fresh herbs, and/or salt-free seasonings. You may use some olive oil but remember to count this for your total caloric intake. You may also use an all natural light salad dressing such as Newman's Own, Old Cape Cod, Nasoya, Annie's, etc.

Water As a general guideline, drink at least eight 8 oz. Glasses of purified water daily. For a truer approach drink at least half your body weight in ounces daily. For example if you weigh 180 lbs drink at least 90 oz of water each day.

Exercise & Rest It is recommended that you do at least 20 minutes of aerobic exercise each day and get plenty of rest cleansing is hard work.

Ionix Supreme This powerful nutrient-rich drink can help enhance your mental and physical performance, as well as help your body manage stress. Made with the finest natural restorative ingredients available on our planet, Ionix Supreme helps bring harmony to your body and serves as a foundation for good nutrition.

Isaflush Capsules Take 1-2 capsules daily to promote regularity (not included in in all paks)

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.

How the Body Works

The human body is an amazing machine. It has between 60 and 70 trillion cells. Each of those cells has it's 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 that generate energy for the body to use. When you start eating again you put the weight right back on because:

- 1) The furnaces 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

- 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 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 7	Day 15	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				
<u>Total Inches</u>				
<u>Inches lost</u>				
<u>Weight</u>				
<u>Weight lost</u>				

14 Day EZ Cleanse Program Daily Schedule

*Be sure that your sensible meals include 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. (see page 2 for suggestions)

*On days which include AM Cleanse, start by having the Cleanse for Life. **Wait at least 1 hour before having the morning Isalean shake**

*On days which include a PM Cleanse, drink Cleanse for Life at least 3 hours after having an Isalean Shake.

*After completing Day 7, repeat the 7 days again

*Get plenty of rest – cleansing is hard work!

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
7:00 AM	Water Capsule	Water Capsule	Water Capsule	Drink Capsule	Drink Capsule	Drink Capsule	Drink Capsule
8:00 AM	Shake	Shake	Shake	Shake	Shake	Shake	Shake
11:00AM	Snack Water	Snack Water	Snack Water	Snack Water	Snack Water	Snack Water	Snack Water
12:00 PM	Lunch Water	Lunch Water	Lunch Water	Lunch Water	Lunch Water	Lunch Water	Lunch Water
2:00 PM	Capsule Water	Capsule Water	Capsule Water	Capsule Water	Capsule Water	Capsule Water	Capsule Water
3:00 PM	Snack Water	Snack Water	Snack Water	Snack Water	Snack Water	Snack Water	Snack Water
4:00 PM	Dinner Water	Dinner Water	Dinner Water	Dinner Water	Dinner Water	Dinner Water	Dinner Water
7:00 PM	Shake	Shake	Shake	Shake	Shake	Shake	Shake
10:00 PM	Snack Water	Snack Water	Drink	Drink	Drink	Drink	Snack Water

Drink = Isagenix Cleanse for Life Drink 4 oz. along with or added to 8-12 oz water

Snacks We recommend your snack consist of Pine Nuts (1 tbsp), or 1-2 Pecans, or Brazil Nuts or 2 Almonds. These nuts have the best quality of nutrition with the lowest fat. (do not exceed 12 nuts in a 24 hour period) .

Isagenix Snack = 1-2 Isagenix or Isadelights Snacks (**Isagenix Snacks and IsaDelights are optional products on the 14 day cleanse)

Capsule = 1 Isagenix Natural Accelerator (Highly suggested optional product)

Water = 8-16 oz. of pure clean water

Shake = 2 scoops shake mix added to 8-12 oz water blended with ice

Lunch/Dinner = 4-6 oz protein with lots of dark green vegetables. Ok to add low fat dressing

Feel free to add as much pure clean water as you like. (See page 2 for complete suggestions)

Remember no caffeine, no decaf, no sugar and no artificial sweeteners

Optional products:

Isagenix Snacks

Your secret weapon against diet-sabotaging cravings Our chewable wafers take the edge off hunger to help you successfully lose weight and cleanse. Each tasty wafer is just 30 calories and has big flavor that can help reduce hunger. They're nutritionally balanced to help you feel satisfied longer and are a great cleanse day snack.

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)

IsaBlender 430 Watts, Multiple Blades and 4 Blending Vessels

Isaflush Soothe intestinal discomfort and enhance regularity. Five cleansing herbs and minerals make IsaFlush!® a safe and effective cleanse-support product. Although it's perfect for Cleanse Days, you can use it any time you have a problem with regularity or digestion. A balanced digestive system helps improve your ability to eliminate waste, absorb nutrients and withstand physical, emotional and environmental stress.

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, plateaued or simply have difficulty losing weight due to thyroid challenges.

Natural Accelerator Capsules

Burn fat without the "jitters"! Melt away unwanted pounds with Natural Accelerator™ Capsules. Cayenne, green tea and other quality nutrients help your body burn fat and unwanted inches without the shaky feeling you get from some stimulants. Does not contain ephedra, ma huang or caffeine.

IsaDelights

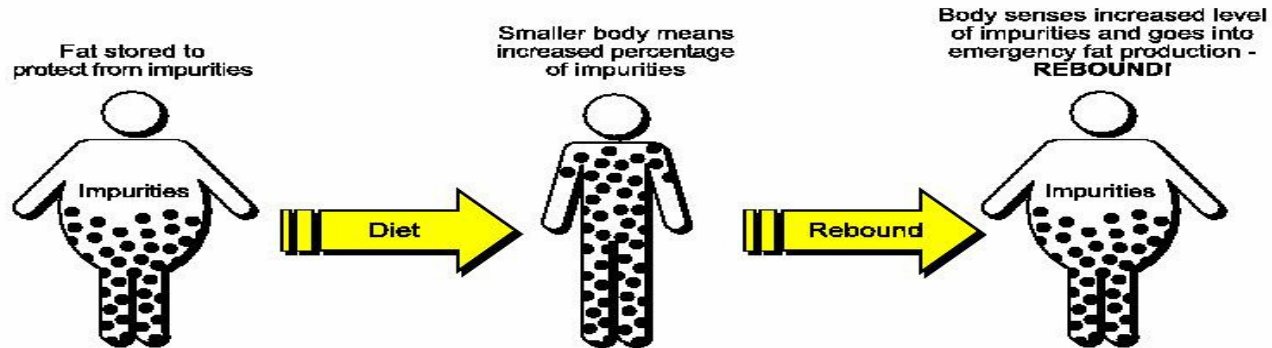
Finally—a decadent chocolate treat that's perfect every day— even Cleanse Days! IsaDelight™, the Happy Chocolates that Satisfy, will help you remain strong to your commitment to healthy eating.

Take one to two chocolate supplements up to twice daily. You may experience: Increased energy, Reduced cravings, Lighter mood, Greater brain and heart health

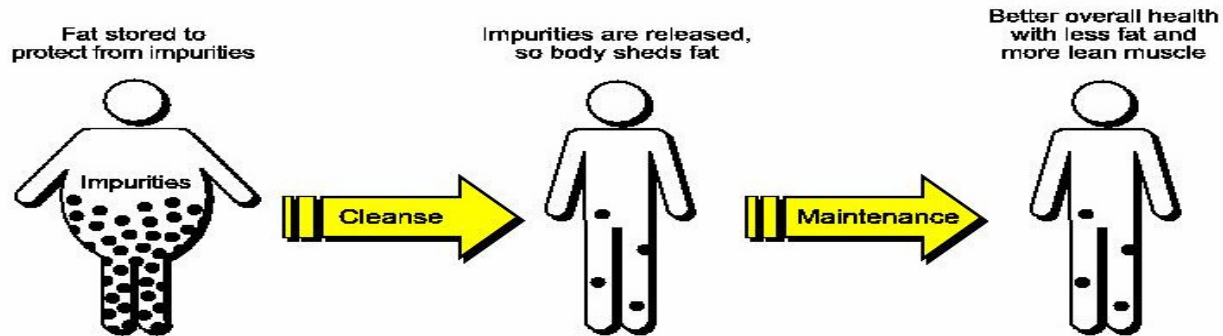
Traditional Diet vs. Cleansing

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!