

30 Day Programme

Cleanse Day Planner

Isagenix Cleanse Days do more than just help you lose weight. Science has shown that intermittent fasting benefits the entire body, helping it to **repair, reset, and restore** - including your mental clarity. A cleanse day is a restorative fasting day to rest your digestive system & liver and allow your big filters to function as they are designed to, by processing and filtering out toxins. You can choose to do 24hrs or up to 48 hrs of cleansing. Double cleanse days (48 hrs) are 80% more effective in regards to weight loss however Single Cleanse Days are also brilliant for supporting your body and increasing energy. As always, feel free to ask questions or reach out for support.

- Choose your way to cleanse in this [article](#).
- "[Best Cleanse Day Ever](#)" article
- Read more about the science behind cleansing in this article: <http://www.isagenixhealth.net/science-behind-cleansing/>

Plan

Whatever time of day you start, the key components to a Cleanse Day:

- ✓ **Ionix & Water** to begin your day
- ✓ Mix & drink 4oz / 118ml of "**Nourish For Life**" (NFL) in 4-8oz/120-240ml water **every 3 hours** with a total of **4 NFL** drinks throughout the day.
- ✓ **Snack** between NFL drinks on approved snacks (ideally allow an hour each side of your NFL drinks with NO snacks)
- ✓ ***very important* Drink Water** & herbal teas throughout the day aiming for 3 ltr of fluids. This helps flush your system and avoid any feelings of hunger
- ✓ By eating the minimum amount, you avoid starting your digestive system up and therefore avoid feeling hungry
- ✓ Always finish a cleanse by having an Isagenix Shake first. The Shake is perfect for your digestive tract as first food, as well as a great burst of nutrition

Suggested Guideline – adjust to suit your own wake up time/snacks

(tip: use your phone alarm to remind you to have your NFL & snacks)

7am 30ml/1Tbsp **Ionix Supreme** & 2 glasses of Water,
8am **NFL Drink (118ml/4oz & ½-1 cup water)**
9am 1 IsaSnack OR IsaDelight Plus OR E+ shot (see notes on snacks)
10am 1 IsaSnack , **1 Thermo GX Capsule**
11am **NFL Drink (118ml/4oz & ½-1 cup water)**
12pm 1 IsaSnack
1pm 1 IsaSnack
2pm **NFL Drink (118ml/4oz & ½-1 cup water)**
3pm 1 IsaSnack
4pm 1 IsaSnack
5pm **NFL Drink (118ml/4oz & ½-1 cup water)**
6pm 1 IsaSnacks OR IsaDelight (as detailed in the notes)
7pm 1 IsaSnacks (Only if needed)
Bedtime: 2 IsaMove Capsules

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Nourish For Life Drink (NFL)

- Pour **4-8oz** (1/2 - 1 cup) of filtered warm or cold water into a glass and mix in 4oz /118ml of NFL
- If you have the NFL as a **warm tea**, do not use boiling water directly with the liquid as this will destroy the plant enzymes. To make a warm NFL, mix cool & boiling water together creating warm water, before adding in the NFL.
- The NFL is so nutrient rich, it's liquid food! It has over 100 active ingredients so you're nourishing your body while supporting your detoxification systems.
- You can mix the whole days' worth of Nourish for Life in the morning for convenience if you would like.

Cleanse Day Snacks & Tips

- Many people find it easiest to cleanse when busy and often find their productivity is heightened on a cleanse day and/or the following day. It also helps to be in a positive frame of mind ☺
- On cleanse days, do not engage in heavy exercise however normal activity, yoga or a gentle walk is fine.
- If you develop a headache on a cleanse day, firstly check you have been having enough water, then have an extra IsaMove tablet which can assist your body in removing the headache.

Snacks & Drinks:

- **Isagenix Snacks:** (the chocolate round wafers) are designed to support your energy levels and for cravings on cleanse days. You can have 6-12 IsaSnacks on a cleanse day. Even if you're not hungry, have a minimum of 5 IsaSnacks throughout the day to support your body & your energy, and do not *only* have NFL.
- For energy, you can also incorporate an **Isagenix e+shot** on cleanse days (additional purchase). Have 1 in the morning or mid-afternoon instead of an IsaSnack and no later than 4/5pm. You will have energy for hours! 1 x e+ shot per cleanse day.
- IsaDelight chocolates support your energy, mood, brain chemistry and taste great! Try breaking them into quarters and having a quarter each time you have a snack break. Ideally 1 per cleanse day but 2 is okay.
- Be careful not to overdo it on the snacks as the design is to give your big filters a rest day! By not starting your digestive system up, it will be so much easier to complete your cleanse days.
- Warm water & with lemon slices or herbal/fruit teas are great on cleanse days and your digestive system loves them.
- If you feel your blood sugar drop a bit, have a small slice of an organic apple or pear every 20 minutes until you feel better. If your energy doesn't recover, break your cleanse day with a shake.
- You can have 1 "Isagenix AMPED Hydrate" drink on cleanse days if required.
- For those that do heavy exercise the day after a cleanse, bear in mind that you will need to have your shake before exercise and that you will have less 'power' than normal.
- **Nourish for Life** is so nutrient rich you can be reassured that you are receiving everything you require for the day. If you must break a cleanse, do so with a shake first - not food - as this is much gentler on your systems to process for the first food eaten. The "cleaner" you become, the easier cleanse days are.
- If you are tempted to "break" your Cleanse Day, first check that you have been having your NFL, enough water and your hourly snacks. If you have and it is simply a mind over matter situation, remember the reason WHY you started this nutritional cleanse... and the goals you have for yourself. Also, try and distract yourself and keep busy and before you know it you will have recovered from your moment of temptation ☺ You've got this xx