

Tips For Success During the Isagenix cleanse

By Dan Morgado

We want you to study some of the key items that we have outlined below to help you with your **FIRST TWO DAYS** on the program. **Print this page and please study it.** It could be the difference between make or break.

First and foremost...here is a little-known fact about FAT. Its role (in addition to storing excess fuel) is **to store toxic waste that we have either eaten, drank, or absorbed through our skin...** i.e., pesticides, air pollution, food additives and preservatives, chlorine in our drinking water, artificial sweetener (really bad), aluminium in our deodorants, baking powder, lipstick and some make up, some body lotions, refined sugar, processed flour...the list goes on and on...

Now don't fret okay? You don't need to dramatically change your lifestyle. We mention the above because some people cannot figure out why they don't look or feel their best. It's because over years and years, these tiny little toxic chemicals have finally taken their toll on our body and have accumulated to the point that it is **often a major cause of the stubborn fat in our bodies which just won't go away** and it could also be why we don't feel our best.

- 1 Your liver will cleanse toxic matter from your body if you abstain from solid food for 48 hours, but it's **critical** that you give your body nutrient-loaded water or your metabolism could shut down and fat loss could be inhibited. The Isagenix Cleanse For Life Drink is not only a cleanser. It also 70 minerals and natural botanicals. Your body **WILL NOT** shut down on this product. **Use 2 scoops in water 4-times a day.** You would be surprised how many people confuse the simple instructions that come with the Program and only use half or quarter the required amount.
- 2 The importance of getting rid of **impurities** is numerous...
 - (a) Body fat becomes metabolically inactive because it's doing an important function - it keeps the impurities out of your bloodstream and it protects you from their harmful influence. No matter how hard you exercise, your body will not let go of this fat until the impurities are gone. **You will lose fat AND inches on this program.**
 - (b) When we cleanse and rid our bodies of years of accumulated impurities - we become revitalised and re-energised. We feel better and have more energy. *WE FEEL YOUNG AGAIN BECAUSE THE BODY HAS BECOME RENEWED.*
 - (c) We help to prevent the development of future disease. That is often why people become seriously ill - because eventually, the body can no longer tolerate the vast accumulation of poisons. Dr. John Gray says, *'Every ailment, sickness, disease or illness can be traced to a mineral deficiency'*. That is powerful.

Now that you understand THAT...the only thing you need to concentrate on for the Isagenix Cleanse Program – Day One and Day Two – are the following points...

- 1 Drink approximately 2 litres of water per day. This will help dilute the **impurities** as they leave your body. **THIS WILL REALLY HELP YOUR BODY TO DEAL WITH THE EFFECTS OF CLEANSING. Drink water all day - especially JUST before bed and immediately upon waking.**
- 2 Start Day 1 and Day 2 with a large glass of water...THEN Drink the Cleanse For Life Drink. Most people like the Cleanse For Life drink straight-up, on the rocks. The CD says to mix it with water but some of us think it dilutes the taste. Then chase it with another tall glass of water. **It's good for helping your body to cleanse the impurities.**
- 3 Eat the Fat-Burning Snacks that come with the kit...**at least 6 to 8...(more if needed)** over the course of the day...**whether you're hungry or not!** This helps with hunger and to keep your metabolism moving.

- (a) Drink lots of Water! If you get a little constipated - consider using 1 or 2 capsules of IsaFlush Intestinal Cleanser as needed. This is not a laxative and not addictive.
 - (b) Take 1 Accelerator Capsule in the morning with your first drink and 1 with your second.
- 4 Make a mental note NOW that Day 8 and 9 **WILL BE MUCH EASIER** than Day 1 and 2 because Day 1 and 2 can be a little difficult due to your body experiencing something new and it could feel like it's kind-of freaking out a little the first time ~ although some just breeze through it.
- 5 If you are **HUNGRY** on Day 1 and 2...**BE HAPPY**...because that means you have a healthy metabolism and you will have great results on this program.
- 6 If you feel **UNCOMFORTABLE** on Day 1 or 2...**BE HAPPY**...because that means you are feeling the side effects of the impurities as they are leaving your body and you will have great results on this program. **DRINK MORE WATER !**
- (a) If you have a little light-headiness or slight dizziness ~ it could be because your blood sugar is a little low. Have a few slices of an apple, some celery sticks, or small salad...but only if necessary.
 - (b) **MINDSET...This is very important** - your overworked liver has been processing solid food for 20, 30, 40, 50, or 60 years straight ~ 24 / 7. It is begging for a couple of days off.
 - (c) If you are a little uncomfortable on the cleansing days - just remember that one of your body's most vital organs is finally getting a short break after years and years of continuous and exhaustive operation. It will thank you in ways you have never dreamed about. Please just hang in there and **DO NOT QUIT**...it's only 2 days. You CAN do this.
- 7 **Make another important mental note**...Day 3, 4, 5, 6, and 7 are *pleasant, happy, easy, rewarding, satisfying, and fulfilling*. **The Isagenix Shakes are wholesome and awesome**. If you want to add a **FEW** blueberries or strawberries, to the Shake for variety - it's okay on Day 10 or later...but keep Days 1 – 9 sacred. Another tip - make sure to use a blender. It makes your Shake smooth and even more delicious.