



11 Day Cleanse

Pre Cleanse Instructions

Before you start weigh and measure(W&M) yourself. For men I suggest the chest, diaphragm, waist and abdomen. For women I suggest the chest, diaphragm, waist, abdomen, hips and both the left and right thigh. **The only time you are to weigh and measure is at the start of the program and after doing a deep cleanse.** Your body weight is going to fluctuate in between deep cleanses and you will get discouraged. Stay off of the scale no matter how tempting. Do not forgo measuring. The reality is the inches you lose are more important than the weight you have lost. Many people have done a deep cleanse and have not lost weight but have lost inches. Weighing and measuring in the morning will give you the most accurate reading.

Day By Day Schedule

<small>w & m</small>	1	2	3	4	<small>w & m</small>	5	6
	sms	sms	Deep Cleanse	Deep Cleanse		sms	sms
	7	8	9	10	11	<small>w & m</small>	12
	sms	sms	sms	Deep Cleanse	Deep Cleanse		smms

w & m = Weigh & Measure

sms = Shake, Meal, Shake

smms = Shake, Meal, Meal, Shake

Shake Days

Breakfast

- Combine **2 scoops of shake to 8 ounces of water and about 6-8 ice cubes**. Blend in a blender or use a shaker bottle. Do not add fruit as it adds extra calories and the shakes provide you with the proper amount of fatty acids, protein and sugar you need. If you prefer a thicker shake cut back on the water. For thinner shakes use less ice or don't use ice at all. Play around with it to find what works for you.
- **Drink the shake within 10 minutes of making it as the enzymes are active and will begin to break down after 10 minutes.**
- Take **1 Natural Accelerator** with a glass of water.

Lunch

- For lunch eat a sensible meal of 8 ounces of skinless chicken, beef, fish or pork. Stay away from cold cuts, bread, carbs. Eat 3 servings of vegetables with the exception of peas, carrots and corn due to the high sugar content. If you are going to eat a salad make it the size of a dinner plate and load up with veggies, a hard boiled egg, some tuna or grilled skinless chicken.
- Take **1 Natural Accelerator** with your lunch and a glass of water.

Dinner

- For dinner you will have a shake made the same way you did at breakfast.
- About 2 hours after dinner eat **1 or 2 IsaSnacks** followed with a glass of water.

Shake Day Tips

- Drink water between your breakfast shake, lunch and dinner shake. Water is key to bringing nutrients to your body as well as flushing toxins and impurities. (See Tips To Get Started)
- In between meals you can have some berries or veggies with the exception of carrots. Raw unsalted almonds, brazil nuts or walnuts are also acceptable. Almonds are great for your cholesterol, this is the nut I recommend.
- The IsaSnacks are the shakes in wafer form and are key to keeping hunger at bay and your blood sugar level. **Take 1 between meals, even if you aren't hungry.** If you feel you need a second IsaSnack have it.

Cleanse Days

Schedule

- **Drink 4 ounces of Cleanse For Life, every 4 hours, 4 times a day.**
- If you have the powdered cleanse fill the cleanse up to the line on the scoop and mix it with some warm water to dissolve it. **2 scoops equals 4 ounces.** Shaking it in a shaker bottle is the best way to dissolve it. Add the remaining water for a total of 4 ounces. You can add ice or drink it as a hot tea. Do not use boiling water.
- If you have the 2 ounce bottles then you will drink **2 bottles every 4 hours.**
- Take **1 Natural Accelerator** with your **first and second cleanse drink.**
- Eat **1 or 2 IsaSnacks** with a couple of almonds in between each cleanse schedule. 2 hours is the recommended time frame.
- Drink water! Set your cell phone alarm as suggested in the Tips To Get Started. If you find you are going to the bathroom 20 minutes after drinking a glass of water you are severely dehydrated and this will stop once your body gets hydrated.
- If you have the IsaDelights you can eat **1 in between each cleanse.**
- If you have the Replenish energy drinks you can also have them on deep cleanse days. These also make a great tea. It is B vitamins and potassium therefore also a benefit for your workout routine.

Cleanse Day Tips

- On deep cleanse days you are going to be flooding your body with nutrients and minerals, therefore feeding your body, not starving it. It is a scientific fact that if you think you are hungry you are actually thirsty. Keep with the water schedule of every ninety minutes and you will be fine. It's mind over matter, keep your eye on the prize!
- The first day is 20% of the benefit of the deep cleanse. It is also the hardest day as your body is working to burn sugar. The second day is 80% of the benefit where your body is burning stored fat. The second day is easier and you will experience more energy.
- If you find you are cold, lethargic, experience headaches or nausea those are all symptoms of detoxing. Drink some hot water with lemon if you are cold. Take an extra snack if you are nauseous. Follow the sea salt protocol in the Tips To Get Started for all symptoms. If a headache continues take a headache reliever of choice.
- Keep busy and keep to the 4 hour schedule.

Post Cleanse Days

- The schedule from day 12 forward would be shake, meal, meal, and a shake after dinner. The shake 2-3 hours after dinner is key to digest the food you have eaten so it doesn't get stored as sugar and fat. You can bring in a carbohydrate and it is best to do so at lunch.
- Text, or call me if you have any questions or issues. I have found that people who try to do this on their own without the coaching guidance do not have the success as those who take advantage of the coaching. I will be in touch with you on your start date, the day before you start the deep cleanse, during the deep cleanse days and after.
- If you are on medications continue to take them as usual. The products will not interfere with them.
- I look forward to assisting you to get to your health and wellness goals.