

## Isagenix Cleansing System - Tip Sheet

Congratulations on making the commitment to yourself for a healthier body, mind and spirit!

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Before your product arrives, get ready!!

1. Print out this tip sheet.
2. Print out the daily trackers.
3. Make sure that you're in the Experience Your Breakthrough and IsaMasterminds Facebook pages to get all your questions answered and stay inspired by the results in our community!
4. Hop on our Transformation Tuesday calls at 8:30am PST/11:30am EST (530) 881-1212 PIN 358310783
5. Watch the videos on the Isagenix YouTube channel called "How To Do A Shake Day" and "How To Do A Cleanse Day"
6. Register for the IsaBody Challenge at [isabodychallenge.com](http://isabodychallenge.com) - it's free with lots of perks!

If you are someone that likes lots of info, feel free to enjoy the many other links at [www.isaproduct.com](http://www.isaproduct.com) Now...

Make sure that you have a blender that chops ice. I love our IsaBlender and find it easy to travel with, too.

You will need a good supply of clean drinking water and begin to increase your intake of water now before you start the system.

Buy some organic apples, celery and raw almonds (without salt) to have on hand if necessary on the cleansing days. Almonds, because they are protein, can interfere with cleansing. Therefore, have them later in the day, sparingly.

\*If you purchased IsaDelights, enjoy up to 4 a day, including cleanse days. They should be taken between meals or cleanse drinks, always before protein or before the Isagenix snack.

Be sure to weigh and measure yourself before you start the system so that you will have an accurate assessment of your external success. You do not need to weigh and measure again until Day 8 (follow the tracker in your Welcome Kit that arrives with your system). Inches are the most important reveal. We are building lean muscle, therefore you may lose more inches than weight, yet will always get tight and toned! There will be fluctuations throughout the program, so evaluate your success after your first full 30 Day System.

Doing the Cleanse Day:

It is your privilege to have free personal coaching and a Facebook community for support. Statistics prove that the more you are in touch over the first week the better your results. After that, you will learn and be on your own, as you wish, with a new caring friend!

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- \* Check in with the person who got you started after you read and watch the materials, they will answer any questions you may have. Let them know when you get the box and check in on your cleanse day!
- \* This step is crucial.... Water! Water! Water! All day long!
- \* The magic number to remember is 4! You will have your CLEANSE FOR LIFE mineral drink 4 times a day, 4 ounces each time (mixed with a big glass of water or alone, followed by water - if you're using powder, you'll have 2 scoops each glass) and you will space out your drinks no more than 4 hours apart so you don't get hungry.
- \* You should completely finish the first CLEANSE FOR LIFE mineral drink bottle or canister by the end of the second cleanse day.
- \* You will enjoy ISAGENIX SNACKS throughout the day. They are necessary, not optional, on all Cleanse days.

Please try to drink at least an 8 oz glass of ice water with each snack. They are really little wafers and they are best if you suck on them like a piece of candy.

You may have up to 8 ISAGENIX SNACKS on the Cleanse days and 6 ISAGENIX SNACKS on shake/food days. You will have better results by using them and you will feel better too. They are not used just for hunger, but contain a small portion of balanced nutrition to keep the blood sugar stabilized and curb any hunger to keep you comfortable.

\*If you are hypo glycemic or diabetic, start your day with an Isagenix Snack before your shake or cleanse drink.

\*Enjoy 1 or 2 oz of Ionix daily. I like 1 oz in the AM and 1 oz in the PM. \*Have 2 accelerators daily. Take 1 in the AM and 1 at lunchtime.

\*Have IsaFlush as you need. I recommend that you have 2 each night when starting the cleanse and then use 1 daily as your system adjusts to being cleansed.

\* Niacin is a vitamin that is in our products. It has many benefits and flushes the blood of impurities. If you take the accelerator, the Ionix and the shake all at once, you may experience a warm sensation and tingling on your skin for about 15 minutes. If you space out the products and drink lots of water you will avoid this sensation. If you think that you are niacin sensitive you may wish to be aware of this, although some people enjoy the "flushing" feeling. Very few will experience this sensation.

\* Most people comment on their surprise about how easy this system is. Yet, feeling tired or a bit foggy on Day One is normal and a result of the detox associated with your Cleanse. Typically the late afternoon/early evening on Day One seems to be the most difficult for some and for others; they notice no change at all! The Second Day tends to be much easier.

\*Light exercise is always recommended for your optimal health.

Expect Success!