

## 5 Tips to Maximize Your Cleanse

**1. Like the program overview states, drink plenty of water every day—at least 8 ounces.** For a truer approach, drink at least half your body weight in ounces daily. For example, if you weigh 160 pounds, drink 80 oz. of water. On Cleanse Days and when exercising, increase this amount. Proper hydration supports the elimination of harmful impurities and helps your body to function more efficiently. *Take a bottle of water with you wherever you go!*

**2. Don't feel guilty or negatively about your program for snacking on Cleanse Days.** As needed, eat up to six Isagenix Snacks per day. Take up to two every few hours between your Cleanse for Life servings. If you must eat a little with each Snack, have a few almonds or Granny Smith apple wedges. The main thing here is to make progress, and a few extras won't stop that. The more progress you see, the more you're motivated to follow the program, which yields even more progress.

**3. For maximum weight loss results, avoid all starchy, high glycemic carbs.** Eat plenty of vegetables as your main source of carbohydrates. For example, replace pasta, potatoes, and bread with broccoli, tomatoes, asparagus, lettuce, and mushrooms. Here are some foods to avoid:

- Processed Fruits:
  - Canned Fruits
  - Fruit Juices
  - Dried Fruits
  - Fruit Sugars (also known as fructose)
- Bread Products
- Potatoes
- Rice
- Pretzels
- Corn Chips
- Potato Chips
- Popcorn
- Hot Cereals or Grits
- Commercial Cold Cereals
- Cakes, Cookies, Cupcakes, etc (non low-carb versions)
- Canned soups
- Starchy vegetables:

- Corn
- Lima Beans
- Okra
- Peas
- Beans (other than green beans and black soy beans)
- Tamales
- Burritos and flour tortillas
- Beer & Wine
- Soft Drinks
- Milk

**4. To maximize the stimulation of the fat burning hormone glucagon on non-cleanse days, eat protein first, before eating any carbs.** Eating protein (Isalean Shakes, Soups) at breakfast and lunch will burn fat instead of storing it! In other words, don't sabotage your results by eating incorrectly.

**5. Daily exercise that is suitable for your body type will stimulate digestion, help cleanse the body of toxins, and manage your stress.** It is recommended to do some cardiovascular exercise like walking or bike riding for 20-30 minutes each day of your cleanse. Avoid heavy physical exertion if possible—your goal is to relax and let your system rebuild and repair itself during your cleanse.