

*Why do I feel so good after my Cleanse Days?*

It's wonderful, isn't it? When you eliminate harmful impurities and excess pounds from your body, you naturally feel fantastic. You're on your way to being healthy, clean, and lean. Our 9 Day and 30 Day Programs, which we also refer to as our Cleansing and Fat Burning Systems, are a safe and amazing way to Cleanse your body of impurities that build up in your system over the years. This, in turn, can help you lose excess pounds and inches. A healthy body is a clean and lean body. That's why Cleansing makes you feel fantastic.

*Where does all this incredible energy come from?*

Not only are you slimmer after your 9 Day or 30 Day Program, but your natural absorption of nutrients is restored. This allows your body to be flooded with balanced nutrients—macro-nutrients, vitamins and minerals—giving you tremendous energy.

*Why do I get a headache during Cleanse Days?*

Mild headaches can be a common caffeine withdrawal symptom. To alleviate withdrawal symptoms, be sure to stay well hydrated (see recommended water consumption in next FAQ below).

Before your first program, we recommend you do two Pre-Cleanse Days. Although reducing your caffeine, alcohol, cigarette smoking, and sugar consumption are wise lifestyle choices, it is especially useful to do so during your Pre-Cleanse Days.

*Why do you recommend 8-10 glasses of purified water daily?*

Hydration is always important for health benefits and especially while you Cleanse. Proper hydration supports the elimination of harmful impurities and helps your body to function more efficiently. As a general guideline, drink at least 8-10 eight-oz. glasses of purified water daily. For a truer approach, drink at least half your body weight in ounces daily. On Cleanse Days and when exercising, increase this amount.

*Why do you recommend mixing Cleanse for Life with cold water?*

Your Cleanse for Life drink is best with cold water or ice water. Not only does it enhance the taste, but cold water causes your body to burn at least a few more calories.

*I get hungry during my Cleanse Days. What can I do?*

Be sure to take your Isagenix Snacks to curb cravings. If you must eat a little, try small apple slices, a small salad, or a couple of unsalted, raw almonds. We also suggest you get more sleep. Going to bed earlier in the evening helps you resist the urge to snack.

*Besides junk food, what other foods should I avoid?*

Avoid heavily processed foods, processed meats, hydrogenated oils, alcohol, artificial colors and flavors, additives, white flour products (breads, crackers, pretzels, bagels, etc.), high-glycemic foods, NutraSweet (aspartame), coffee, and caffeinated soda.

*What's an IsaBlender for and how do I get one?*

An IsaBlender is a handy, travel-easy way to whip up great-tasting IsaLean Shakes and to help you follow your program all the way through. The small 250-watt, multiple-blade blender makes fantastic smoothies and also processes, purees, and chops. Each IsaBlender comes with 4 blending vessels. To purchase, please contact your Independent Isagenix Associate.

*After blending an IsaLean Shake, can I store it in the refrigerator?*

No. We recommend you drink your prepared IsaLean Shake within 10 minutes to take advantage of the digestive enzymes.

*Can I add fruit to my IsaLean Shake?*

The IsaLean Shake tastes great with fruit, especially berries. Just watch the extra calories. For another flavor, try adding IsaFruits.