



## Want Better Results?

By Nutritionist Elisabeth Anderson

### Want to have better results with your Isagenix program?

You should NOT be feeling weak and light headed while cleansing - this is a nourish-yourself-lean-program, not starvation. If you are feeling weak and light-headed, even on your Cleanse Days, something is not working right. If you are losing less than 3 or 4 pounds on a 9-Day Cycle, something is not working as well as it could be.

Let's go back over the basics just to see if we can find out where the glitch is.

1. Are you drinking 8 to 12 full glasses of water a day? Very often increasing water makes the difference. You can safely drink with the Isagenix Program up to 1/2 your body weight in oz of water, because of the high level of minerals in the Cleanse For Life drink, i.e. if you weigh 200 pounds you can safely drink up to 100 oz of purified water per day. No Tap Water!!!
2. Are you using 2 scoops of IsaLean powder for EACH Meal Replacement Shake? There really IS a scoop down in the container - use a big spoon to fish it out! Do not skimp - you need all 17 grams of protein!
3. Are you being careful NOT to add too much fruit to the shakes? It can throw off the perfect 40-30-30 balance that master formulator, John Anderson, has built into our healthy balanced Meal Replacement shakes and creamy chicken soup (40% protein, 30% Complex Carb - 30% friendly fat).
4. Are you taking 2 - 3 Snack Wafers each time - mid-morning, mid-afternoon and mid-evening? **This is not optional!!** This makes or breaks success on the program for most people. You can take up to 12 Snack Wafers on Cleanse Days. If you object to the taste, break them into pieces and swallow them down like a pill, chased with water and a few slices of apple or spinach to cut the after taste.
5. And at about 4 pm are you taking, as needed, a few slices of apples, up to 5 whole raw unsalted almonds (keep them in your garage freezer where they are harder to get at and nibble on to excess!), a handful of fresh spinach, celery, broccoli (greens are very cleansing to the kidneys), etc. even on Cleanse Days? Basically you should be eating something every 2 -1/2 to 3 hours all day long to "fan the fire and keep it burning", i.e. keep your metabolism burning at an optimum level.
6. On Shake Days, at 4 pm you can add 1/2 Meal Replacement Bar or 1/2 SlimCake or 4 -5 unsalted almonds or a few organic apple slices – if you feel you must. You want to maintain steady blood sugar levels so remember to eat the Isagenix Snacks. Remember the closer you stick to the program, the better your results will be.



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7. Are you using the 30-Day pack with an extra Cleanse For Life to do your 9-Day Jump start and have enough product to last the rest of the month with 2 Meal Replacements, one Healthy Meal, and a healthy 4 pm snack? The 30-Day pack includes the Ionix Supreme and it is very beneficial to take 1 oz in the morning even on the Cleanse days - the adaptogens and 100+ nutrients contribute to bathing the cells of the body with more nutrition to encourage the body to flip out of **FAT STORAGE** and into **FAT BURNING MODE**.

8. Did you prepare your body for **Cleanse Days** by having 2 Shakes each day and 1 - 600 calorie meal for 1 to 5 days **BEFORE** the Cleanse Days, along with the Ionix Supreme and the Accelerators? You can also add the Essentials for Women / Men on the Pre-Cleanse days. It really helps to prepare the body **BEFORE** the Cleanse and it helps to support proper thyroid and adrenal function in preparation for your 9-Day Jump Start or 30-Day Program.

9. Are your bowels moving regularly - more than once a day? If not, you need to use the IsaFlush - 2 at night. You do not want to re-absorb toxins and fat in your colon.

10. Are caffeine and sodas a problem? Substitute some "Want More Energy" in a cup of water in the morning, then have a cup of DECAF coffee if you like. Drink mild non-caffeine herbal beverages instead of soda and coffee during the day. **Do not sabotage your results with coffee and sodas!!**

If none of the above is sufficient, then you likely have Candida yeast and/or thyroid issues and need:

- **MORE PROTEIN** - Get the **ISAPRO** and add 1 scoop to each shake - it increases the protein from 17gms per shake up to 35 grams per shake, needed for sluggish thyroid function, and builds more lean muscle.
- **Essentials For Women** - provides natural iodine (kelp) and hormonal support. You take with each meal 3x a day. As toxins/chemicals are flushed from the body, the iodine is again able to attach on the receptor sites of the thyroid, and therefore they are able to do what they are supposed to do.
- **YOU CAN USE** 2 to 3 oz of the Cleanse For Life drink every morning **AFTER** you reach your ideal weight and are on the Maintenance Program, add it in your Shake everyday for added minerals and on-going candidia yeast and daily cleansing. Continue to do a deep cleanse (9-Day) every 2 - 3 months or as the seasons change to maintain optimal health.