



Total Health and Wellness System™ Guide

CONGRATULATIONS for selecting the Isagenix® Total Health and Wellness System™ to help you achieve optimum health.

If you have been looking for a system that helps you achieve outstanding energy, strengthen immune response and support healthy weight maintenance, you've found it! The Total Health and Wellness System™ even includes nutrients specific to your gender to provide you with the best wellness promoting system possible. Our IsaLean® Shakes contain the maximum amount of nutrition in the fewest number of calories.

Give yourself the best chance to get the results you want by reading this guide. You'll find instructions, tips and answers to common questions to help you get more out of life!

Steps to Total Health and Wellness System™ Success

PRE-CLEANSE



IsaLean® Shake
(replaces 1 meal)



Sensible Meal
(400-600 calories)



IsaLean® Shake
(replaces 1 meal)

CLEANSE DAYS



Cleanse for Life™
(4 oz. with purified water
4 times per day)



Purified water
(8+ glasses
per day)



Raw almonds or
light snack
(as needed to curb cravings)

SHAKE DAYS



IsaLean® Shake
(replaces 1 meal)



Sensible Meal
(400-600 calories)



Sensible Meal
(400-600 calories)

EVERY DAY



Ionix® Supreme
(1 oz.)



Essentials
(Women • 5 capsules
Men • 4 capsules)



Antioxidants
(3 capsules)



Purified water
(8+ glasses per day)
Exercise**
(20+ minutes per day)

TESTIMONIALS

LOST 100 POUNDS!*

"I love Isagenix®. I use all of the products every day and wouldn't be without them. I have found the key, so I constantly remind myself to take care of myself by taking Isagenix products."

Annette W. - Washington



AFTER

"My entire family is on the System and I would not go a day without it. I lost 13 pounds* and have more energy and focus. My skin is clearer and my nails and hair are stronger."

Mitja K. - Washington

"I'm so excited to have a complete system on how to eat right, how to treat my body right and how to respect myself by taking care of my body."

Toni L. - Arizona



"It was unbelievable. My energy was amazing, my sleep cycles were great, I enjoyed better mental acuity and I felt like I was recovering quickly from workouts. I've been able to achieve with Isagenix® what it used to take me at least six months to achieve in my nutritional health practice."

Susan S. - Ontario, Canada

PLAN FOR SUCCESS BY
BUYING THE FOODS YOU'LL
NEED AHEAD OF TIME.

- Get organic carrots, celery and other fruits and veggies for Shake, Pre-Cleanse and Cleanse Days.
- Have IsaDelight™ and Snacks!™ on hand. Even if you don't have a perfect Shake, Pre-Cleanse or Cleanse Day, make sure you take the products.
- Take two Isagenix® Snacks! before drinking your first Cleanse in the morning.
- For a more conservative approach, ease into regular cleansing by following the Total Health and Wellness System™ for 28 days. The nutrients in the Ionix® Supreme and IsaLean® Shake will prepare you for your first Cleanse.

If a full Cleanse Day is too difficult, try these modified Cleanse ideas:

- Mix two ounces of Cleanse for Life™ with at least eight ounces of water and drink it throughout your day, up to four times daily.
- Eat a light salad on the evening prior to the Cleanse Day. Take your first serving of Cleanse for Life™ a few hours before bed. The next day, take a serving Cleanse for Life™ three times a day and eat a light dinner.

* Results may vary.

SNACKING TIPS

- 1 IsaDelight™ (up to 4 daily)
- 1 - 3 tablespoons of IsaCrunch™
- Hard-boiled egg
(no more than 1 egg daily)
- 4 walnuts, raw and unsalted
- 4 cashews, raw and unsalted
- 6 almonds, raw and unsalted
- 2 stalks organic celery
- 2 medium-sized organic carrots
- ¼ IsaLean® Bar
(not on Cleanse Days)
- ¼ SlimCake®
(not on Cleanse Days)

ENJOYING ISADELIGHT™ ON CLEANSE DAYS

Include delicious IsaDelight™ chocolates in your Cleanse Day schedule. Here's How:

- 8:00 a.m. – 2 Snacks!™
- Drink 4 ounces of Cleanse for Life™ with water four times daily
- **Noon – Savor 1 - 2 IsaDelight™ chocolates**
- 1:00 p.m. – 2 Snacks!™
- **4:00 p.m. – Enjoy 1 - 2 IsaDelight™ chocolates**
- 6:00 p.m. – 2 more Snacks!™

Healthy Meal Planner



Eating sensibly enhances the wellness benefits you'll experience from the Total Health and Wellness System™. The chart below is a general guide to foods that are the perfect accompaniments to Shake and Pre-Cleanse Days!

Protein	Starches	Fat	Vegetable	Other
1 egg or 4 egg whites	1 cup organic slow-cooked oatmeal	1 tbsp. flax oil	2 cups peppers, tomatoes, onions	1 organic apple
5 oz. chicken breast	1 cup steamed organic brown rice	1-2 tbsp. olive oil	3 cups mixed greens	1½ cup melon
5 oz. salmon or other fish	1 cup whole-grain pasta	Reduced-fat salad dressing	3 cups steamed vegetables	1 cup herbal tea with 1-2 tsp. honey
5 oz. chicken or turkey burger	1 baked yam	Reduced-fat feta cheese	2 cups Greek or Caesar salad	1 cup berries
2 cups tofu or meat alternative	1 cup baked, low-fat yam fries	2 tbsp. nuts of choice	3 cups assorted vegetables	1 organic pear
1½ cups beans or lentils	1 cup wild or basmati rice	1-2 tbsp. coconut milk	Canned tomatoes	1 cup herbal iced tea with 1-2 tsp. honey
4 slices turkey meat	2 slices whole wheat bread	¼ cup almonds (unsalted, raw)	2 cups spinach salad	1 tsp. Dijon mustard and 1 tbsp. lemon

INSTRUCTIONS

Maintain Optimum Health • Vibrant Energy • Ideal Weight

The Total Health and Wellness System™ can help you achieve optimum health, ease into Cleanse Days or hold onto the improved energy and lost pounds from the 30- or 9-Day Cleansing and Fat Burning Systems.

Combine nutritious diet and exercise with this System to reach and maintain your ideal weight, support healthy fat burning and boost your performance and energy level.

IF YOU WANT TO LOSE WEIGHT:

PRE-CLEANSE DAYS (1 OR MORE DAYS PRIOR TO CLEANSE)

If this is your first time cleansing, ease into it with one Pre-Cleanse day. Listen to the **“Why Cleanse?” CD**, which is included in your System.

- Replace two meals with two **IsaLean® Shakes** for two days prior to Cleanse Days.
- Eat one sensible meal per day, 400 - 600 calories.

CLEANSE DAYS (2 DAYS MONTHLY UNTIL IDEAL WEIGHT IS REACHED)

Take four ounces, or 1/2 cup, of **Cleanse for Life™** mixed with eight ounces of cold purified water four times daily. To add taste and help boost energy, sprinkle a small amount of **Want More Energy?®** in your **Cleanse for Life™** drink and pour over ice. Or drink four ounces of **Cleanse for Life™** followed by eight ounces of water.

- To help prevent cravings, eat a raw, organic almond every two hours.

IF YOU WANT TO MAINTAIN WEIGHT:

CLEANSE DAYS

- One Cleanse Day monthly

SHAKE DAYS

- Drink one serving of **IsaLean® Shake** as a meal replacement.
- Eat two sensible meals of 400 - 600 calories.
- Have extra **Cleanse for Life™**? Add one ounce to your daily shake.

EVERY DAY

- Drink 1-2 oz. of **Ionix® Supreme** for optimum health and stress protection.**
- Take three capsules of **Isagenix® Antioxidants** with **IsaLean® Shakes** or meals.
- Women – five capsules of **Essentials for Women™** for a healthy foundation.
- Men – four capsules of **Essentials for Men™**.
- Drink a minimum of 8 - 10 oz. glasses of water.
- Exercise at least 20 minutes.**

IF YOU FIND THE WEIGHT CREEPING BACK ON, ADD A CLEANSE DAY OR REPLACE TWO MEALS A DAY WITH ISALEAN® SHAKES.

** These statements have not been evaluated by the Food and Drug Administration. Isagenix® products are not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, diabetic, on medication, have a medical condition, or are beginning a weight control system, consult your physician before using Isagenix® products or making any other dietary changes. Discontinue use if allergic reaction occurs.

WHAT CAN I EXPECT FROM NUTRITIONAL CLEANSING?

Making nutritional cleansing a regular practice can provide a lifetime of benefits. Your body is allowed to rest, rebuild itself and eliminate what's not healthy, which helps you feel energized, cleaner and leaner.

WHAT IF CLEANSING IS TOO DIFFICULT FOR ME?

The most important thing about every Isagenix® System is getting our products into your body. If you're not able to go a full day without eating, do a modified Cleanse by eating a small salad as lunch, or munching on organic cherry tomatoes as a snack.



WILL I EXPERIENCE ANYTHING UNDESIRABLE DURING NUTRITIONAL CLEANSING?

First-time “cleansers” may experience mild headaches (a common caffeine withdrawal symptom) and/or constipation. Take *IsaFlush*® and drink plenty of water to promote regularity. If symptoms persist or an allergic reaction occurs, please discontinue products and see a doctor.

WHAT IF I MISS A CLEANSE DAY?

That's fine – just cleanse on the next possible day.

SUCCESS TIP

FOR OPTIMAL SUCCESS, REDUCE ANY CAFFEINE, ALCOHOL, CIGARETTE AND/OR SUGAR CONSUMPTION.



WHAT IF I NOTICE A FEW POUNDS CREEPING BACK ON?

Immediately get on a regular cleansing schedule, cleansing 2 - 4 times monthly.

WHAT SHOULD I INCLUDE AS PART OF MY SENSIBLE MEALS?

Plan to make each calorie count through nutrient-dense foods. See the menu suggestions in this guide.

CAN I ADD OTHER INGREDIENTS TO MY ISALEAN® SHAKE?

IsaLean® Shakes taste great with fruit; just watch the extra calories. You can also add IsaFruits® for extra antioxidants or IsaPro® for extra protein.



Total Health and Wellness Calendar

S Day 1	S Day 2	S Day 3	S Day 4	S Day 5	S Day 6	S Day 7
S Day 8	PC Day 9	C Day 10	S Day 11	S Day 12	S Day 13	S Day 14
S Day 15	S Day 16	S Day 17	S Day 18	S Day 19	S Day 20	S Day 21
S Day 22	PC Day 23	C Day 24	S Day 25	S Day 26	S Day 27	S Day 28
S Day 29	S Day 30					

C = Cleanse Day • PC = Pre-Cleanse • S = Shake Day

MEASUREMENTS	START	DAY 8	DAY 18	DAY 30
Neck				
Upper Arm (left)				
Upper Arm (right)				
Chest (men: armpit, women: bust)				
Diaphragm (rib cage)				
Waist				
Abdomen 6" Below Waist				
Buttocks 9" Below Waist				
Upper Thigh (left)				
Upper Thigh (right)				
Calf (left)				
Calf (right)				
Upper Knee (left)				
Upper Knee (right)				
My Total Inches				
My Total Inches Lost				
My Weight				
My Weight Lost to Date				

PERFECT FOR POSTING NEAR YOUR SCALE!

MAXIMIZE SUCCESS

Plan your Cleanse Days in Advance

Mark the days you want as Cleanse Days on this calendar and commit to sticking to them! Fill out the rest of the days above the calendar blocks to accurately track your Pre-Cleanse and Cleanse Days.

Designate two days a month as Cleanse Days. All other days are Shake Days.

Track Your Progress!

If your goal is to lose weight and inches, the chart on the left will allow you to see the results! Put your beginning numbers in the "Start" column, and record your new weight and measurements at each stage of the System.





IsaDelight™

Your Cleanse Day Indulgence

Pamper yourself with our decadent chocolate supplement on the day you need and deserve it most. Luscious IsaDelight™ helps tame urgent cravings without guilt.

You can also savor this healthy snack on any day!

Go ahead - indulge! Order IsaDelight from your Independent Isagenix® Associate today.

Not included in the Total Health and Wellness System™.

HAPPY CHOCOLATES THAT SATISFY™

For more information, please contact your Independent Isagenix® Associate.



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