

Isagenix Cleansing System - Tip Sheet

Welcome & Congratulation.

You are about to RAMP UP YOUR LIFE! Healthier body, mind and spirit!

Before your product arrives...

1. Print out your welcome packet you received via email. If you didn't get one please contact the person who introduced you for one or download it from rampeffecthealth.com
2. Watch the Open Box Call found in your welcome email and packet (and print out the attachments in the email!)
3. Make sure that you're in [The RAMP Effect](#) Facebook page for more tips, inspiration, recipes and to get your questions answered by others just like you in our community!
4. Register for the IsaBody Challenge at www.isabodychallenge.com - it's free with lots of perks and Healthy, Mind & Body at www.healthmindandbody.com

If you are someone that likes lots of info, feel free to check out and subscribe to www.isagenixhealth.net

- **Shakes:**

- **Start with 5 SHAKE DAYS, NO MATTER WHAT YOU READ!**

- Blend with 8 ounces of water & Ice if desired. Do not over blend!
- Use a Bottle Blender if on the go (tastes almost the same and less air in shakes!)
- Drink the shake within 10-20 minutes of making it. It has live enzymes in it!
- Consistency: Add more ice to thicken, add more water to thin.
- Flavor enhancement: All natural extracts in the first 30 days or during weight loss phase are OK. Try to avoid adding anything extra however if you need to for flavor use small quantities!
- "The Taste of the Shake":
 - Remember the more toxic your body is, the "worse" the product will initially taste. That doesn't mean it's going to be horrible, but if you first do not like the taste of the shakes, give two days. You will be amazed at how your body adapts. Every product you receive is packed with nutrients.

- **Natural Accelerator:**

- Shake Days: Take the Natural Accelerator with your morning shake & midday shake or lunch. Avoid Consuming after 2 pm when possible. On Cleanse Days take as recommended in the schedule am with Isadelight or Isasnack is ideal and again midday.

- **Food: Snacks & Meals**

- Refer to the *Foods to Enjoy* List
 - Purchase healthy snack options off the *Recipe and Snack Ideas* attachment included in your Welcome email. IsaSnacks are NOT your morning and afternoon snack. YOU NEED REAL FOOD on Shake Days!
- Do not restrict calories. Use this as a guide to make sure you are getting ENOUGH.

- Women average: 1200-1400 a day
- Men average: 1500-1700 a day
- When working out replace 25% of what you burn
- Soda, Tea and Juice are NOT recommended.
 - YOU WILL EXPERIENCE DETOX SYMPTOMS IF YOU ARE A SOFT DRINK OR HEAVY CAFFEINE DRINKER. Headaches, Body aches etc.
 - Herbal Decaf Teas are fine: Green Tea, Chai+
- Water:
 - Drink half your body weight in ounces of water daily (Or close!) Its critical to flush out the toxins and to reduce the chances of dehydration.
 - You can flavor your water with LEMON or Want More Energy (comes in some of the paks)
 - Avoid carbonation or seltzer if possible but not critical

Cleansing 101

Ask to be added to our Cleanse Support Thread on FB. 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!

1. Check in with the person who got you started after you read and watch the materials, they will fill in any gaps and answer any questions you may have. Let them know when you get the box and check in on your cleanse day!
2. This step is crucial.... Water! Water! Water! All day long!
3. 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 in each serving – 8 total scoops per cleanse day) and you will space out your drinks no more than 4 hours apart so you don't get hungry.
4. You should completely finish the first CLEANSE FOR LIFE mineral drink bottle or canister by the end of the second cleanse day.
5. You will enjoy ISAGENIX SNACKS throughout the day. They are necessary, not optional, on all Cleanse days. Isadelights are optional.
6. Enjoy 1 or 2 oz of Ionix when cleansing. We recommend 1 oz/1 scoop in the AM and 1 oz/1 scoop in the PM on cleanse days.
7. Have 2 accelerators daily. Take 1 in the AM and 1 at lunchtime.
8. 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.
9. 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.

10. Most people immediately feel better and are surprised with their energy and lack of hunger. However, feeling tired or a bit foggy in the first week is normal and a result of the detox associated with getting your body alkaline and flushing out the impurities.. 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 Third Day tends to be much easier.
11. Light exercise (ideally fasted first thing in the morning) is always recommended for your optimal health. Expect Success!

Please try to drink at least an 8 oz glass of ice water with each Isasnack wafer. They are really little wafers and you want to suck on them like a piece of candy. Do not chew.

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.

Symptoms To Expect When You Improve Your Diet

Excerpted From An Article By Dr. Stanley S. Bass, ND, D.C., PhD

Perhaps the greatest misunderstanding in the field of nutrition is the failure to understand and interpret the symptoms and changes, which follow the beginning of a better nutritional program. A remarkable thing happens when a person improves the quality of the food he consumes. When the food you ingest is of a higher quality than the tissues from which the body is made, the body discards the lower quality tissues, to make room for the higher quality materials to make healthier tissue.

During this process of regeneration, lasting about 10 days to several weeks, the emphasis is on breaking down and eliminating lower quality tissue. The vibrant energy often found in the external parts of the body, the muscles and skin, moves to vital internal organs and starts reconstruction. This movement of energy produces a feeling of less energy in the muscles, which the mind interprets as weakness. At this time, more rest and sleep is often needed, and it's imperative to avoid stimulants of any kind which will abort and defeat the regenerative process. Remember, the body isn't getting weaker, it's simply using its energies in more important internal work rather than external work involving muscle movements. With patience and diligence, a person will soon feel more energy than before.

By ingesting higher quality foods, the body begins a process called "retracing". The initial focus is on eliminating waste and toxins deposited in the tissues. However, the process creates symptoms that are often misinterpreted. For example, a person who stops consuming coffee or chocolate may experience headaches and a general letdown. The body begins discarding toxins (caffeine or theobromin) by removing them from the tissues and transporting them through the bloodstream. However, before toxins are passed, through elimination, they register in our consciousness as pain, in other words, a headache. These same toxins

also stimulate the heart to beat more rapidly, thus producing the feeling of exhilaration. The letdown is due to the slower action of the heart which produces a depressed mind state. The symptoms experienced during "retracing" are part of the healing process! They are not deficiencies. Do not treat them with stimulants or drugs. These symptoms are constructive, even though unpleasant at the moment. Don't try to cure the cure. The symptoms will vary according to the materials being discarded, the condition of the organs involved in the elimination, and the amount of available energy. They can include: headaches, fever/chills, colds, skin eruptions, constipation/diarrhea, frequent urination, fatigue/sluggishness, nervousness, irritability, and depression.

The symptoms will be milder and pass more quickly if one gets more rest and sleep. Understand that the body becomes healthier by eliminating wastes and toxins. Had they remained trapped in the tissues, eventually they would have brought illness and disease, thus causing greater pain and suffering.

"The body is becoming healthier by eliminating toxins" Finally, don't expect to improve your diet and feel better and better every day, until you reach perfection. The body is cyclical in nature. Health returns in a series of gradually diminishing cycles. For example, you may begin eating better and start feeling better. After some time, you experience a symptom such as nausea or diarrhea.

After a day, you feel even better than before and all goes well for a while. Then you suddenly develop a cold, the chills and lose your appetite. Without the use of drugs, you recover from these symptoms and suddenly you feel great. This well-being continues for a time until you break out in a rash. The rash flares up, but finally disappears, and suddenly you feel better than you've felt in years. As the body becomes pure, each reaction becomes milder and shorter in duration, followed by longer and longer periods of feeling better than ever before, until finally you reach a level plateau...vibrant health. From Dr. Ina Nozek, DC, MS, Clinical Nutritionist If you are experiencing any "cleansing symptoms" such as headache, nausea, fatigue, irritability, etc., make sure you are hydrated, have a Want More Energy drink, take an Epsom salt bath, or rest if possible. You should start to feel better over the next couple of days.