

CLEANSING TIPS FOR ATHLETES

This advice comes from holistic practitioners and Ironman competitors (pro division) Lauren Warren and Dr. Michele Yasson

- Athletes should still do a cleanse day once a week (see the modifications in the attachments).
- The important thing to focus on post cleanse day is getting glycogen levels restored once again with healthy carbohydrates.
- First thing in the morning after a cleanse day have a healthy shake and focus on really bolstering calories and carbs along with chia seeds (see attachment as to why these are so very vital for athletes).
- Back to back cleanse days for athletes in their **off training season** is critical - it really trains the body to dip into the fat stores on that second cleanse day.
- Once you can train the body to do this it will rarely if ever bonk in a race again as it will know how to tap into the fat stores to get that extra energy because it has been trained to be so much more efficient (it is an absolutely beautiful thing to personally experience!)
- Michelle and Lauren are a living testimony of this and depend on this to blast through the run portion of their ironman races. They have been testing this out quite regularly with astounding results! Many of the athletes they train are doing the same thing with the same amazing results so it most definitely works.
- Modify the cleanse day and you will have no problems at all and still have cleansing results as it is all relative to the energy being expended in relation to the individually set up cleansing protocol... super easy.
- Consider the results and benefit of doing a cleanse as part of your rest day/easy training day.
- It might help to think of a cleanse day as the equivalent of a rest/recovery day for the cleanse and repair chemistries of the body. Rest/recovery periods are commonly used in training for the musculoskeletal/cardiopulmonary/energy production systems. They are vital. Understand that this is not a fast, but rather a lower calorie day. The attachment is for a traditional cleanse day. Athletes should be getting in more than that. It may help to review Calorie Confusion technique.

- As an All-American Elite triathlete Lauren knows that a day off from training catapults a body to a much higher level of fitness, training, and racing success.
- Everyone has the innate intelligence and ability of the body to get stronger, faster, healthier, and recover super-fast when it is getting what it needs. This includes rest and unloading the toxic burden via cleansing.
- Included in the attachments is a daily Isagenix protocol for an athlete who is doing sprint triathlons (see the Ironman in training doc.).
- His program will be modified according to his season (he intends on doing his first half-ironman soon). It is not that difficult to modify the program.
- The third attachment is the actual carb/calorie/etc. count for the Isagenix generic cleansing protocol. As you can see, an individual is still getting in a total of 415 calories for the day. The calorie count for an elite athlete's cleanse protocol it is quite a bit more and yet they still have enormous cleansing benefits due to their calorie expenditure on their training days.
- Muscle Confusion is a term used for a very effective training technique where very different types of exercise are incorporated in a training plan to keep the body from acclimating to one type and then getting a submaximal response from each workout. EG – aerobic work one day, wt. lifting the next, yoga the next. The P90X system and the Cross Fit training approaches are extremely successful examples of this. Most people don't do it because they are limited by time and want to focus on one sport. Calorie Confusion does the same for the cleansing/repair chemistries of the internal organs. Do a web search for a plethora of info on the mechanisms and the benefits.
- Always refer to Isagenix as **Cleansing Nutrition**, not nutritional cleansing. This puts the emphasis in the appropriate place and sounds a little less scary for timid folks. This is great food and a superb nutritional system that cleanses on a cellular level, just like a healthy, unburdened body does naturally every moment of every day.
- An endurance athlete should virtually never feel hungry. You will defeat the entire point of training.