

“You May Be FIT, But Are You CLEAN Inside?”

ISAGENIX CLEANSING PROTOCOL FOR ATHLETES / EXERCISERS / TRAINERS

Key Benefits:

- Accelerated recovery
- Enhanced performance
- Improved body composition (more muscle, less fat)
- More energy
- Better mental focus
- Stronger immunity
- Healthier joints, skin, hair and nails
- Less stress on the body
- Better sleep

Did You Know? Just by referring others to Isagenix you could:

a) **Get your product paid for!**

b) **Claim personal use product as a tax expense!**

As an athlete, trainer or dedicated exercise enthusiast, if you're already consuming shakes or other supplements you should be taking advantage of these benefits. *Ask Us How!*

30-DAY CLEANSE with 9-Day Quick Start Protocol: For competitive athletes or exercisers the best time to do the full cleanse is during the off-season OR during a period where they are not training super intensely, OR have the flexibility of adjusting their training schedule as indicated below. Anyone who does not need to lose much weight and works out regularly with the goal of wanting to increase lean muscle mass would also follow the guidelines below. Whatever approach is taken it is very helpful to include the **Ionix Supreme** and the **Isapro**. The extra protein, nutrients and metabolic support are essential.

Modifications for Athletes/Exercisers during the 9-Day Quick Start Protocol (applies to 9-day or 30-day system):

Pre-Cleanse Days: Workout as normal. 2 shakes PLUS 2 meals and whole-food snacks in between.

Cleanse Day 1: Moderate workout, preferably first thing in morning (60-70% of normal). 10-14 Isagenix snacks throughout the day PLUS whole-food snacks as needed.

Cleanse Day 2: Rest day. 10-14 Isagenix snacks throughout the day PLUS whole-food snacks as needed.

Shake Days 3-7 (same as pre-cleanse): Workout as normal. 2 shakes PLUS 2 meals and whole-food snacks.

Cleanse Day 8: Same as Cleanse Day 1

Cleanse Day 9: Same as Cleanse Day 2

Ionix Supreme: Take 2oz. per day – 1oz. immediately after workout and 1oz. either at bedtime or first thing in the morning.

Shakes: Mix 1½ to 2 scoops of the Isalean Shake with 1 scoop of the Isapro. Add 1-2 tbsp. of Salba or Salvia Hispanic L. chia seed (available at health food stores).

Snacks = hard-boiled eggs, salad, raw vegetables, apple or pear WITH 8-10 almonds or walnuts

Other Considerations: No dairy throughout program. No meat on cleanse days. Eat as clean as possible with foods that have minimal processing, additives or preservatives.

MODIFIED 30-DAY or TOTAL HEALTH & WELLNESS PLAN: If it is not good timing to do the 9-day quick start protocol then a modified 30-day or the Total Health & Wellness Plan (Maintenance Program) is recommended plus the **Isapro** and **Isamune** (not essential but strongly suggested) for athletes in-season or during periods of extra-high intensity training. This is the most comprehensive nutritional support program available. Follow the same recommendations as above for the Ionix Supreme (may reduce to 1oz. per day) and Shakes. On the **Total Health & Wellness Plan** athletes may wish to purchase **two extra canisters of shake** to have 2 shakes per day. The Total Health & Wellness Plan should also be followed once completing the 9-day or 30-day cleanse.

COMMON CONCERN with ATHLETES/LEAN EXERCISERS is WORRYING ABOUT LOSING WEIGHT.

When followed correctly, the cleansing program will not result in unnecessary weight loss. In fact, **many people have gained lean muscle mass on the cleanse.** The only weight that is lost is any fluid retention and fat that is storing toxins. Once cleansed, the body actually becomes more efficient with building muscle and putting on lean weight. **The key is to consume the extra calories as needed,** but through clean (and organic if possible) foods. **For the shake days how much you eat for the meals is up to the individual based on their goals. For the cleanse days consume as much whole food snacks as needed, just be sure to be guided by physical hunger and not just "mental" hunger from conditioned habits of eating.** It's also common (and understandably so) for people who are concerned with losing unnecessary weight to feel that they are not getting enough during the program in spite of making some changes. As a result their worries get the better of them and they stray too far from the recommended changes. **Most people, even athletes, are better nourished on the program than off because the body is getting over 240 high quality nutrients daily. This high density, high quality of nutrients fed to the body every 2-3hrs keeps the body in an anabolic (muscle building) state.** Another tip here is to always make sure one is consuming something every 2-3hrs whether it's the cleanse drink and snacks on the cleanse days or the shakes, meals and snacks on the shake days. In the rare case, if there is any additional weight lost it will not amount to very much and the body is so responsive to building muscle after the cleanse that this weight and more is quickly regained through a phenomena known as the **“anabolic rebound”**.

Courtesy of The WELLNESS SOURCE

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Real Client Results: www.weightlosshalloffame.net (Read ours #131)