

# 7-Day Healthy Cleanse



## Why should I do a cleanse?

- To support detoxification and digestion processes
- Reset and improve eating habits
- Jump-start weight loss

## What results have been achieved from doing a Healthy Cleanse?

- Increased mental focus and energy\*†
- Enhanced mood\*†
- Improved sleep quality\*†
- Jump-started weight loss\*†
- Decreased cravings\*†

## Who should do a Healthy Cleanse?

Healthy Cleanse is for healthy people with unhealthy diets who are ready to make a change.

## Who should not do a Healthy Cleanse?

Pregnant or lactating women, those with pre-existing medical conditions, or those on medications. The following caution statement is on the Healthy Cleanse box and brochure: Caution statement: Not intended for use by children, or pregnant or lactating women. If you are taking medications or have a medical condition, please discuss with your physician. For more specifics, see further FAQs.

## How often should I do a Cleanse?

Ideally, if you are continuing the healthy habits that you formed while doing the Healthy Cleanse, doing the Cleanse twice a year should be adequate. However, if you choose to do the Cleanse more frequently, then allow at least 4 months between cleanses.

## Will I lose weight and/or inches on the Cleanse?

The biggest reason to do a cleanse (besides weight loss) is to improve eating habits and food choices. The average weight loss in a pilot study was a little over 6 pounds and an inch around the waist.\*

## Will I be hungry? And what if I'm feeling low in energy?

You may need to increase your water intake and be sure you are eating at least every 2 hours. You may also need to eat more vegetables and fruits. Protein is not a standard part of the Cleanse. For those who continue to struggle with hunger, try increasing water intake and consuming a larger volume or more frequent intake of fruits and vegetables. If necessary, added protein options such as a scoop of Life Shake™ in a smoothie, a hard-boiled egg, or a 4-oz. piece of baked chicken are acceptable.

## Can I continue with my current Shaklee supplements?

Yes, you may continue with your daily Shaklee supplements throughout the Cleanse. With the exception of Alfalfa Complex, do not overlap on supplements included in the Healthy Cleanse (i.e., Optiflora® DI or Optiflora® Pearl, Herb-Lax®, and Liver DTX® Complex).

## Should I continue with my current workout during the Cleanse?

We suggest only light exercise during the 7-day Cleanse period.

## I'm on prescription medications.

### Can I do this Cleanse?

If you are under the care of a physician and/or taking prescriptions, consult with your physician or pharmacist before beginning the 7-Day Healthy Cleanse.

### Can I do the Cleanse if I have diabetes?

Please discuss the Cleanse with your physician prior to doing the Cleanse, especially regarding blood sugar management if using insulin or any diabetes medications.

### Can I do this Cleanse while pregnant or breastfeeding?

No.

\*Preliminary Study Results showed an average weight loss of 6.8 pounds and 1.62 inches, plus increased focus, energy, and improved sleep quality. Based on a 7-day pilot study conducted by three Shaklee Distributors—a medical doctor and two nutritionists—under the supervision of Shaklee Medical Affairs.

\*When plan is followed as directed over a 7-day period.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# 7-Day Healthy Cleanse



## **I have a lot of digestive issues.**

### **Should I consider this Cleanse?**

If you have been diagnosed with serious digestive system disorders, such as Crohn's disease, ulcerative colitis, or peptic ulcer disease, have other disorders, or have had weight loss surgery, talk to your physician prior to doing the Cleanse.

## **I'm experiencing caffeine withdrawal/headache.**

### **What should I do?**

Add some caffeine back into your regimen—try a cup of Shaklee 180® Energizing Tea.

## **What if I skip a serving of supplements?**

If you remember within 2 hours, take them at that time; otherwise, it is ok to skip one packet.

## **What if I experience diarrhea?**

This is unlikely, but if severe or persistent, you may need to stop the program.

## **What if I experience constipation?**

This is unlikely, but if you do, increase water intake throughout the day.

## **Is the Healthy Cleanse vegan?**

Yes.

## **How often should I weigh and measure?**

It is recommended that you weigh and measure at the beginning of the Cleanse and at the end of the Cleanse.

## **What should I measure?**

Waist and hips.

## **How do I take measurements?**

For all measurements, pull a tape measure so that it sits on the surface of the skin, but doesn't compress the skin. It's a great idea to take your measurements before eating or drinking anything. Take the morning of Day 1 for your before measurements and the morning of Day 8 for your after measurements.

Waist - Find your natural waist or the narrowest part of the torso.

Hips - This is the widest part of your glutes. Try looking in the mirror while standing sideways. Make sure the tape is parallel to the floor.



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