

Cleanse Day Schedule

take control 

health wealth freedom

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Whether you're going for a single day cleanse, or a double, the schedule is the same.

What is so great about doing the 2 cleanse days in a row?

1 DAY: Your body is using stored sugars (glycogen) as fuel and releasing the toxins and impurities out of your cells for 80% of the day & the last 20% of the day is full cleansing mode.

2 DAY: Fat Flush Day ~ Your body is in FULL cleansing mode & taps into any stored fat for fuel (now that it is accessible after releasing the toxins).

Remember to have your dinner meal as a shake the evening before you cleanse to allow your digestion to slow down and prepare you for your Cleanse ensuring optimum results

adjust times according to when you wake up



07.30am	30ml Ionix Supreme Liquid on an empty stomach followed by or mixed with water OR 1 scoop Ionix Supreme Powder on an empty stomach diluted in a glass of water
08.00am	Cleanse For Life [2 scoops] mixed with 240ml of water
10.00am	2 IsaSnacks / water
12.00pm	Cleanse For Life [2 scoops] mixed with 240ml of water
2.00pm	2 IsaSnacks / water
4.00pm	Cleanse For Life [2 scoops] mixed with 240ml of water
6.00pm	2 IsaSnacks / water
8.00pm	Cleanse For Life [2 scoops] mixed with 240ml of water
Bedtime	1 - 2 IsaFlush Capsules
	*** Cleanse for Life & IsaSnacks are Mandatory ***

** We don't recommend taking the **IsaGenesis, Ageless Actives, Wo/men's Essentials & Omegas** on Cleanse Days as it can cause minor stomach cramps taking vitamins on an empty stomach. **

*** If you are experiencing higher levels of stress, anxiety, trouble sleeping or you've hit a weight loss plateau, try a second dose of Ionix Supreme in the afternoon or evening ***

- You can drink **herbal tea** [preferably Organic]
- Make sure to drink LOTS of water to help flush the toxins out of your body.
- **IsaSnacks** are MANDATORY. They ensure essential body functions continue while cleansing. On cleanse days you can have 6 minimum & 12 maximum.
- If you feel your blood sugar drop, eat 1/8 of an apple every 20 mins until you feel better.
- It is important to break your brains psychological / chemical craving for food so drink a big glass of water and see if you're still feeling 'hungry'. Plain or sparkling mineral water is ok too!
- You can have up to **2 e+ Shots, 4 Isa Delights** & 1 serve of **Replenish** on cleanse days as well if you are struggling. Ideally, less is more. *** These are available in your back office.
- A couple of Whey Thins at a time is another option for a Cleanse Day snack.
- **Remember** – Cleanse Days are the bodies chance to rest and clean house. Give it a chance to do that. Keep your physical activities minimal on Cleanse Days. The benefits of a good cleanse day far outweigh the missed session. to ensure you don't compromise results.

Don't be too hard on yourself if at first you cannot cleanse 2 days in a row

~ Be flexible and work your way there. It is a skill like anything else. Build your way there if need be ~ Always remember, clean eating is great, but cleansing your body will rid it of the nasty toxins that harbour within sticky fat, promote lean and dense muscle growth & will help you function at your very best

