Healthy Cleanse
Feel healthier in seven days

Helps your body detoxify naturally
Supports healthy digestion
Helps jump-start weight loss
Helps increase focus and energy
Helps with hunger management
Helps improve sleep quality

Preliminary study results showed an average weight loss of 6.8 lbs and 1.62 inches, plus increased focus and increased energy and improved sleep quality.*

Step 1: Preparation

Set a date to begin the Healthy Cleanse program.

Optional: find someone who’ll partner with you in the program.

Start reducing your consumption of coffee, soft drinks, alcohol, fatty or high-starch foods, and refined sugars.

Stock up on raw vegetables and fruit – organic whenever possible.

Choose a follow-up program to continue your health journey.

Step 2: Start the Healthy Cleanse

Be prepared to GRAZE ALL DAY. Pack veggies and fruit for convenience.

Eat every 2 hours.

Eat raw veggies and fruit all day.

Drink at least 6 to 10 glasses of water each day.

In the evening, eat a salad with half an avocado and full-fat dressing.

In addition to the Healthy Cleanse supplements, you may continue to take all your regular Shaklee supplements.

TIPS
Prepare baggies of raw veggies and fruit each evening.
Do 30 minutes of light weight-bearing exercise every day.
Strive for 7 to 8 hours of sleep each night.
If you have unmanageable hunger during the 7 days, a serving of protein in the form of a shake or steamed/broiled fish or chicken is permissible.

*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.
**Healthy Cleanse Supplements**

<table>
<thead>
<tr>
<th></th>
<th>A.M.</th>
<th>P.M.</th>
<th>Bedtime</th>
</tr>
</thead>
<tbody>
<tr>
<td>Optiflora® DI</td>
<td>1</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Alfalfa Complex</td>
<td>5</td>
<td>5</td>
<td>-</td>
</tr>
<tr>
<td>DTX® Complex</td>
<td>1</td>
<td>2</td>
<td>-</td>
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<tr>
<td>Herb-Lax®</td>
<td>-</td>
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<td>2 tablets, with a glass of water</td>
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</table>

**Optiflora® DI** provides everyday support for digestive health by helping maintain gastrointestinal health and regularity.

**DTX® Complex** contains milk thistle and more to help increase your liver’s ability to clean and detoxify your blood.

**Alfalfa Complex** contains high-quality alfalfa leaf powder plus calcium, phosphorus, and trace minerals and vitamins.

**Herb-Lax®** helps provide gentle relief for occasional periods of irregularity.

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**Foods to Embrace**

- **Vegetables**: unlimited amounts of fresh veggies – raw, lightly steamed, or sautéed in 1 to 2 tablespoons of extra virgin olive oil.
- **Leafy vegetables** including kale, broccoli, spinach, Swiss chard, mustard greens, collard greens, all kinds of lettuce, watercress, Bok choy.
- **Asparagus**, carrots, celery, jimaca, summer squash, bell peppers, cucumbers, leeks, radishes, green beans, mushrooms, eggplant.
- **Starchy vegetables**: no more than one serving per day of winter squash, sweet potatoes, yams, turnips, rutabagas, beets.
- **Fruit**: such low-sugar options as berries, apples, peaches, tomatoes, cherry tomatoes, apricots, papaya, nectarines, cantaloupe.
- **Limit bananas** to one half per day, and **avocados** to one half to one (whole) per day.
- **Beverages**: non-caffeinated green or herbal teas, filtered water, fresh vegetable juices. It’s best to eat whole veggies/fruit.
- **If you normally drink coffee**, we advise you to decrease consumption by 50% or substitute with Shaklee Energizing Tea – a maximum of 2 cups a day.

**Foods to Avoid**

- **Corn**, potatoes, and canned vegetables.
- **High-sugar fruit** such as cherries, grapes, figs, lychee, mango, pineapple, pears, watermelon.
- **Dried fruit and fruit juices**.
- **Beverages**: alcohol, soft drinks, fruit juices, energy drinks, caffeinated beverages.
### Foods to Embrace

<table>
<thead>
<tr>
<th>Category</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fats</td>
<td>Extra virgin olive oil – 1 to 2 tablespoons for salad dressings or sautéing.</td>
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<tr>
<td></td>
<td>For a great salad dressing, combine 2 tablespoons olive oil with 1 tablespoon fresh lemon juice. Add a splash of balsamic vinegar, or fresh or dried herbs, for added taste.</td>
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<tr>
<td>Condiments</td>
<td>All herbs and spices, either fresh or dried.</td>
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<tr>
<td></td>
<td>Pepper.</td>
</tr>
<tr>
<td></td>
<td>Mustard or fresh salsa as a veggie dip. See recipes at <a href="http://go.shaklee.com/naturally/">http://go.shaklee.com/naturally/</a>.</td>
</tr>
<tr>
<td>Sweetener</td>
<td>Stevia.</td>
</tr>
</tbody>
</table>

### Foods to Avoid

- All other oils or fats and commercial salad dressings.
- Salt, ketchup, relish, barbecue sauce, soy sauce, mayonnaise.
- Refined sugars, agave, honey, maple syrup, and artificial sweeteners.

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**Step 3: Day 8 and After**

Congratulations on reaching the end of the program! You've completed 21 days of the Shaklee 180 Program. If you're ready to take your journey to the next level, consider continuing with these steps:

- Continue eating plenty of fresh veggies and fruit as you introduce other healthy foods back into your diet. Spicy foods should be added gradually.
- Visit [ca.shaklee.com](http://ca.shaklee.com) for recipes and other information and tips.

### Transition to one of the following nutritional plans to help you feel healthier every day:

**To Continue Your Weight-Loss Journey:**

**Shaklee 180® Starter Kit**
Contains everything you need for your first 2 weeks of the Shaklee 180 Program: powered by leucine® with clinically tested products to help you burn fat – not muscle.

**Vitalizing Plan**
Advanced nutrition for daily health. Combines the clinically supported Vitalizer™ multi-nutrient pack with protein-rich Life Shake™ for a healthier, more vitalized you.
Healthy Cleanse is the first step to a healthier you.

SPEAK TO YOUR SHAKLEE DISTRIBUTOR FOR OTHER OPTIONS.

Recommended use of the Healthy Cleanse program: 1 to 2 times per year.

What do you do with the leftover supplements? You may use Optiflora® Di, Alfalfa Complex, and DTX® Complex daily, as directed on the label, after you complete the 7-day Healthy Cleanse to help support healthy digestion and overall good health. However, Herb-Lax® is recommend for occasional use only – not for daily use.

CAUTION: this program is not intended for use by anyone under the age of 18 or during pregnancy or breastfeeding. If you have diabetes, hypoglycemia, or any chronic health condition, and are under the care of a physician, please discuss the use of Healthy Cleanse with your physician before starting the program.

CONTACT ME TO LEARN HOW YOU CAN FEEL HEALTHIER IN 7 DAYS.

Skipping meals?
Feeling stressed?
Feeling low in energy?
Having digestive challenges?
Contemplating a weight-loss program?