

Shaklee®

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.*

*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.

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.

Weight-loss goal

Healthy nutrition

Supplementation

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.




HEALTHY CLEANSE SUPPLEMENTS	A.M.	P.M.	BEDTIME
Optiflora® DI	1	-	-
Alfalfa Complex	5	5	-
DTX® Complex	1	2	-
Herb-Lax®	-	-	2 tablets, with a glass of water




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.

	FOODS TO EMBRACE	FOODS TO AVOID
	<p>Vegetables: unlimited amounts of fresh veggies – raw, lightly steamed, or sautéed in 1 to 2 tablespoons of extra virgin olive oil.</p> <p>Leafy vegetables including kale, broccoli, spinach, Swiss chard, mustard greens, collard greens, all kinds of lettuce, watercress, Bok choy.</p> <p>Asparagus, carrots, celery, jicama, summer squash, bell peppers, cucumbers, leeks, radishes, green beans, mushrooms, eggplant.</p> <p>Starchy vegetables: no more than one serving per day of winter squash, sweet potatoes, yams, turnips, rutabagas, beets.</p>	<p>Corn, potatoes, and canned vegetables.</p>
	<p>Fruit: such low-sugar options as berries, apples, peaches, tomatoes, cherry tomatoes, apricots, papaya, nectarines, cantaloupe.</p> <p>Limit bananas to one half per day, and avocados to one half to one (whole) per day.</p>	<p>High-sugar fruit such as cherries, grapes, figs, lychee, mango, pineapple, pears, watermelon.</p> <p>Dried fruit and fruit juices.</p>
	<p>Beverages: non-caffeinated green or herbal teas, filtered water, fresh vegetable juices. It's best to eat whole veggies/fruit.</p> <p>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.</p>	<p>Alcohol, soft drinks, fruit juices, energy drinks, caffeinated beverages.</p>

	FOODS TO EMBRACE	FOODS TO AVOID
	<p>Fats: extra virgin olive oil – 1 to 2 tablespoons for salad dressings or sautéing.</p> <p>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.</p>	All other oils or fats and commercial salad dressings.
	<p>Condiments: all herbs and spices, either fresh or dried.</p> <p>Pepper.</p> <p>Mustard or fresh salsa as a veggie dip. See recipes at http://go.shaklee.com/naturally/.</p>	Salt, ketchup, relish, barbecue sauce, soy sauce, mayonnaise.
	Sweetener: stevia.	Refined sugars, agave, honey, maple syrup, and artificial sweeteners.

Step 3: Day 8 and After

Congratulate yourself for completing the program!

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 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.

OR

FOR ONGOING NUTRITIONAL SUPPORT:



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 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.



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

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