

# Shaklee Healthy Cleanse

## 7 Day Anytime Detox

Increase your **FOCUS** and **ENERGY**,

and **FEEL HEALTHIER IN 7 DAYS!**







### The Five Benefits of the Healthy Cleanse:

1. Support healthy digestion
2. Help jump-start weight loss
3. Help increase focus and energy
4. Help with hunger management
5. Help improve sleep quality

The Healthy Cleanse combines **FOUR** Shaklee supplements with a supporting diet plan to help you **“feel healthier in 7 days”**.

1. **Optiflora DI** - to help promote healthy intestinal activity and good digestive health.
2. **Liver DTX Complex**... to help maintain normal liver function. Key ingredients help maintain bile flow, in integral part of digestion and protect the liver from toxins.
3. **Alfalfa Complex**... helps provide a smorgasbord of nutrients that support cleansing and alkalizing the blood.
4. **Herb-Lax**... to encourage a mild cleansing action in the liver, blood, & lymph system and aid the body's natural processes.

| SUPPLEMENT  | A.M | P.M | BEDTIME                              | Other Tips   |
|---|-----|-----|--------------------------------------|--|
|  <b>Optiflora DI</b>                 | 1   | 1   |                                      | <b>Eat at least every 2 hours</b><br><br><b>Drink at least 6-10 glasses of water each day</b><br><br><b>Do 30 minutes of light weight-bearing exercise each day</b><br><br><b>Strive for 7-8 hours of sleep each night</b> |
|  <b>Alfalfa Complex</b>              | 5   | 5   |                                      |  |
|  <b>DTX Complex</b> - take with meal | 1   | 2   |                                      |  |
|  <b>Herb-Lax</b>                     |     |     | Take 2 tablets with 1 glass of water |  |

Will you lose weight and /or inches on **“The Healthy Cleanse”**?

The average weight loss is a little over 6 pounds and an inch around the waist

# CLEANSING is an ESSENTIAL STEP to a Healthier Life!

## The "Healthy Cleanse WILL NOT Interfere with your Normal Work Day!

For continuing nutritional support to help you feel healthier every day **during and after** your Healthy Cleanse, choose from one of the following plans:

- **Shaklee Essential Plan** ... covers your basic nutritional needs, plus Life Energizing Shake.
- **Shaklee Vitalizing Plan** ... feel healthier and more energized every day—covers advanced nutrition for daily health, plus Life Energizing Shake.
- **Shaklee Life Plan** ... the best most comprehensive nutritional system including Life Energizing Shake clinically proven to help create the foundation for a healthier life.
- **Shaklee 180 Turnaround Kit** ... designed to help you achieve a healthy weight the right way with the nutrition you need to burn fat and not muscle. This kit is powered by LEUCINE to help your body retain lean muscle while you slim down.

## The Healthy Cleanse is designed to help ...

Support  
healthy  
digestion



Jump start  
weight loss



Manage  
Hunger



Improve  
sleep quality



Increase  
focus



Increase  
energy



Be prepare to **GRAZE ALL DAY** on this cleanse ...  
pack vegetables and fruit for convenience and eat something every 2 hours

### THE SHAKLEE DIFFERENCE



The power of nature,  
unleashed by science.  
Safe. Proven. Guaranteed.

At Shaklee, we are committed to innovating through science and looking to nature for the answers that can provide healthier lives. We ensure the highest quality and safety standards—conducting over 100,000 quality tests per year to ensure our products are safe for you and your family.

In a 30-day pilot clinical study:<sup>†</sup>

- 80% of participants experienced **improved energy** levels and **decreased cravings**
- 72% of participants felt improvements in **hunger management**
- 60% of participants felt improvements in **mood**
- 74% of participants felt improvement in **quality of sleep** and **clarity of thinking**

## Foods to Embrace while on the Cleanse:

- **Unlimited fresh veggies** (raw, lightly steamed, or lightly steamed or sautéed in 1-2 tablespoons of olive oil (including asparagus, carrots, celery, Jicama, zucchini, bell peppers, cucumber, leeks, radishes, green beans, mushrooms, eggplant)
- **Leafy green vegetables** such as: kale, broccoli, spinach, Swiss chard, mustard greens, collard greens, all kinds of lettuce, watercress, bok choy
- **Starchy vegetables** (but no more than one serving per day: winter squash, sweet potatoes, turnips, rutabagas, beets)
- **Low-sugar fruit:** berries, apples, peaches, tomatoes, apricots, papaya, nectarines, cantaloupe. (Limit bananas to 1/2 per day and avocado to 1 half to one per day.
- **Beverages:** green or herbal teas, filtered water, fresh vegetable juices. If you normally consume coffee, substitute with Shaklee 180 Energizing Tea (maximum 2 cups per day)
- **Fats:** extra-virgin olive oil (1-2 tablespoons for salad dressing or for sautéing) - Optional: add fresh or dried herbs for added taste.
- **Condiments:** use pepper and all herbs & spices - fresh & dried. Veggies can be dipped in mustard or fresh salsa.
- **Sweetener:** stevia
- **Protein:** 1-2 servings of protein per day. One serving of protein equals:
  - 1-2 scoops of Shaklee Life Shake Mix or Soy Protein with water & fruits & vegetables
  - or 4 ounces of grilled chicken breast, fish or shellfish
  - or 1-2 hard-boiled eggs
- When possible, use organic or free-range chicken or wild-caught fish.

## Foods to AVOID on the Cleanse:

- Corn and potato ... do not eat more than one starchy vegetable a day
- Canned vegetables
- High-sugar fruit: cherries, grapes, figs, mangoes, pineapple, pears, watermelon
- Dried fruit or fruit juice
- Alcohol, soft drinks, fruit juices, sugary energy drinks, caffeinated beverages
- Commercial oils or fats and salad dressings
- Salt, ketchup, relish, BBQ sauce, soy sauce, mayonnaise
- Refined sugars, added sugars, including agave, honey and maple syrup, and artificial sweeteners
- All dairy & All grains
- All other protein (accept those listed in “embrace” column).
- Nuts ... especially roasted, salted/flavoured nuts
- All beans and pulses (split peas, lentils, legumes) and all soy (tofu, tempeh, miso, edamame, soy milk) ... accept is listed under protein in the “embrace” column.
- All candy, commercial energy bars, junk food, chips, etc.

## After the Cleanse:

**After the cleanse, many people choose to follow maintenance:**

1. Eat a healthy diet
2. Take 1 Optiflora Di/Optiflora Pearl daily (when you have the Vitalizer, it is included)
3. Many continue with 6-10 Alfalfa (or more), because they love how it supports their digestion/absorption and also acts like an anti-inflammatory.
4. Many continue with at least 1 DTX daily because they have learned the benefit of supporting their liver health
5. Many continue with 1+ Herb Lax at night

**Many people love what the cleanse does for them, so they choose to follow it ...**

- one week of every month
- one week of every two months
- one week of every three months
- etc.

## 7 DAYS TO A HEALTHIER, HAPPIER YOU

