

7-Day Healthy Cleanse

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Why should I do a Healthy Cleanse?

Here are 5 reasons why!

- Jump-start and reset your body
- Support detoxification and digestion processes
- Optimise nutrient absorption
- Reset and improve eating habits
- Jump-start weight loss

What results can I achieve from doing a Cleanse?

- Improved mental focus and energy¹
- Enhanced mood¹
- Improved sleep quality¹
- Jump-started weight loss¹

Who should do a Cleanse?

The Healthy Cleanse is for healthy people with less than healthy diets who are ready to make a lifestyle change.

How often should I do a Cleanse?

Ideally, if you are continuing the healthy habits that you have formed while doing the Healthy Cleanse, performing the Cleanse on a quarterly basis should be adequate. However, if you choose to do the Cleanse more frequently, it is best to allow at least 2 months between cleanses.

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

The biggest reason to do a Cleanse is to improve eating habits, food choices and ultimately improve your health. The average weight loss in a pilot study was a little over 2.7kg and an inch around the waist.¹



Can I continue with my current Shaklee supplements?

Yes, you may continue with your daily Shaklee supplements throughout the Cleanse. Do not overlap on supplements included in the Jom Detox and Jom Vivix Set.

Should I continue with my current workout during the Cleanse?

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

I have digestive issues. Should I consider this Cleanse?

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

I am on prescription medication. Can I do the 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 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?

This Cleanse programme is not suitable for pregnant women. If you are breastfeeding, please discuss with your physician prior to doing the Cleanse.

References:

1. Lau FC, Sahr N, Carrillo-Massa M, Fyrberg C, Daggy BP, McManus F. Safety, tolerability and efficacy of a 7-day cleanse program: a pilot study. *Advances & Controversies in Clinical Nutrition*, 2015.



7-Day Healthy Cleanse

Will I be hungry? What can I do if my energy levels have taken a dip?

You may need to increase your water intake and take a snack in between of your main meals. 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, add protein options such as a serving of Cinch Shake Mix, a hard-boiled egg, a piece of steamed tofu or a serving of Greek yoghurt.

I am experiencing caffeine withdrawal/headaches. What can I do?

Add some caffeine back into your regimen – try a cup of Shaklee Cinch Tea.

What can I do if I miss a serving of supplements?

If you remember within 2 hours, take them at that time.

What can I do if I experience diarrhea?

This is unlikely, but if severe or persistent, you may need to stop the programme and immediately consult your doctor.

What can I do if I experience constipation?

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

How often should I weigh and measure myself?

It is recommended that you weigh and measure:

- a day before your Healthy Cleanse starts
- on Day 8
- on Day 21
- on Day 30

What should I weigh and measure?

- Weigh your body weight
- Measure your waist, hips and thigh circumference
- We also recommend that you measure your body fat and muscle mass using a Body Mass Index (BMI) machine. If you do not have a BMI machine, head to your nearest Shaklee branch to do it or call our nutritionists to make an appointment to take the measurements.

How do I take measurements?

For all measurements, pull a tape measure so that it sits on the surface of the skin, without compressing the skin. It's a good idea to take your measurements before eating or drinking anything.

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.

Thigh - Left or right, but pick the same spot on your thigh.

