



Healthy Cleanse

Why should I do a cleanse?

- To support healthy digestion
- To help jump-start weight loss
- To help increase focus and energy
- To help with hunger management
- To help improve sleep quality

What results have been achieved from doing a Shaklee Healthy Cleanse?

- Increased mental focus and energy*
- Enhanced mood*
- Improved sleep quality*
- Jump-started weight loss**
- Decreased cravings*

Who should do a healthy cleanse?

A healthy cleanse is for healthy people with unhealthy diets who are ready to make a change.

Who should *not* do a healthy cleanse?

Pregnant or lactating women, those with pre-existing medical conditions, or those on medications should not do a healthy cleanse. The following caution statement is on the Healthy Cleanse Guide:

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.

How often should I do a cleanse?

Ideally, if you're continuing the healthy habits you formed while doing the Healthy Cleanse, doing the cleanse twice a year should be adequate. However, if you choose to do the cleanse more frequently, then allow at least four months between cleanses.

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

The biggest reason to do a cleanse (besides weight loss) is to improve eating habits and food choices. The average weight loss in a pilot study was nearly 7 pounds and an inch off around the waist.†

Will I be hungry? And what if I'm feeling low in energy?

You may need to increase your water intake and be sure you're eating at least every two hours. You may also need to eat more vegetables and fruit. Protein is not a standard part of the cleanse. For those who continue to struggle with hunger, try increasing water intake and consuming a larger volume or more frequent intake of veggies and fruit. If necessary, added protein options such as a scoop of Life Shake™ in a smoothie, a hard-boiled egg, or a 4 oz. piece of baked chicken are acceptable.

Can I continue with my current Shaklee supplements?

Yes, you may continue with your daily Shaklee supplements throughout the cleanse. With the exception of Alfalfa Complex, don't overlap on supplements included in the Healthy Cleanse.

Should I continue with my current workout during the cleanse?

We suggest light exercise only during the seven-day cleanse period.

I'm on prescription medications. Can I do this cleanse?

If you're under the care of a physician and/or taking prescriptions, consult with your physician or pharmacist before beginning the Healthy Cleanse.

Can I do the cleanse if I have diabetes?

Please discuss the cleanse with your physician prior to doing it, especially regarding blood sugar management if using insulin or any diabetes medications.

Can I do this Cleanse while pregnant or breastfeeding?

No.

*Based on a seven-day pilot study conducted by three Shaklee Distributors – a medical doctor and two nutritionists – under the supervision of Shaklee Medical Affairs.

†Preliminary study results showed an average weight loss of 6.8 pounds and 1.62 inches.

*When plan followed as directed over a 7-day period.

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I have a lot of digestive issues. Should I consider this cleanse?

If you've been diagnosed with a serious digestive system disorder, such as Crohn's disease, ulcerative colitis, or peptic ulcer disease; have other disorders; or have had weight-loss surgery, consult your physician before beginning the Healthy Cleanse.

I'm experiencing caffeine withdrawal/headache.

What should I do?

Add some caffeine back into your regimen. Try a cup of Energizing Tea.

What if I skip a serving of supplements?

If you remember within 2 hours, take them at that time; otherwise, it's okay to skip either your morning or evening supplements.

What if I experience diarrhea?

That's not likely, but if you experience severe or persistent diarrhea, you may need to stop the program.

What if I experience constipation?

You shouldn't, but if you do, increase your water intake throughout the day. If the condition persists when taking two Herb-Lax[®] tablets, increase to three a day.

Is the Healthy Cleanse vegan?

Yes.

How often should I weigh and measure?

It's recommended that you weigh and measure at the beginning and the end of the cleanse.

What should I measure?

Your waist and hips.

How do I take measurements?

For all measurements, pull a tape measure so that it sits on the surface of the skin but doesn't compress the skin. It's a great idea to take your measurements before eating or drinking anything. Take the morning of Day 1 for your "before" measurements and the morning of Day 8 for your "after" measurements.

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.

