



cleanse smart guide

For a cleaner, healthier, lighter you!

360



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Wish you felt more energized?

Need help kick-starting a diet?

*Want to eliminate toxins?**

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Whatever your reason to cleanse, you'll be doing your health a favor. An internal cleanse is like hitting the reset button on your health and wellness.

Get ready for complete rejuvenation!



Each day we are exposed to thousands of toxins. Chemicals and contaminants can be found in the air we breathe, the water we drink and the food we eat. These toxins can provide a real challenge for our body's built-in detoxification system.

The good news is that you can rely on **Whole Body Cleanse™ internal cleansing system** to revitalize your body by supporting the removal of toxins.* The result: You'll feel lighter, cleaner and healthier.

Unlike other cleanses that may only affect the colon, Whole Body Cleanse contains ingredients that support total body detoxification including the intestines, liver, gall bladder, circulatory and lymphatic systems.* Whole Body Cleanse is a complete system that contains a unique fiber blend that helps trap toxins and prevent them from being absorbed so they can be removed from your body for complete, worry-free rejuvenation.*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Toxins are everywhere. Be aware of your exposure.

Exposure to environmental toxins is inevitable, which makes regular internal cleansing essential to help lighten the burden and optimize your health.

Contributors to internal toxins:

Dry Cleaning	Air Fresheners
Household Cleaners	Pedicures and Manicures
Dental Fillings	Makeup
Hairspray	Deodorant
Plastic Bottles	Artificial Fabrics (polyester, rayon, etc)
Fluorescent Lights	Carpeting...and more

You can limit your toxin exposure by choosing organic meats and produce when you can and going natural with household cleaners and beauty products. For toxins not as easy to avoid, rely on a safe, gentle, comprehensive internal cleansing system to support your health. A good reminder is to cleanse with the start of every season!

Choosing the Right Cleanse For You

Whole-body cleansing:*

Target: Refreshes and detoxifies the entire body, including the liver, intestines and bowels*

What to look for: A kit including milk thistle to support the liver, a natural laxative blend with no harsh stimulants – watch out for ingredients like cascara or senna—and a daily fiber to help bind to toxins for complete toxin removal*

Great for: Rejuvenating up to 4 times a year

Colon cleansing:*

Target: Eliminates toxins and excess waste from the walls of the colon, helps promote regularity and relieves occasional constipation and digestive discomfort*

What to look for: A kit that provides a cleansing fiber, a gentle laxative for comfortable digestion and a prebiotic to promote healthy bacterial growth*

Great for: Occasional colon maintenance*

Liver cleansing:*

Target: Stimulates bile flow, removes toxins and rejuvenates the liver*

What to look for: Key ingredients like fiber, as well as calcium D-glucarate and liver-supporting botanicals including milk thistle*

Great for: Anyone concerned about toxins, lifestyle, diet and how it affects the liver

Diet cleansing:

Target: Helps eliminate toxins and excess waste, reduce occasional fluid retention, relieve occasional constipation and bloating, and promote regularity to help facilitate dieting results*

What to look for: A cleanse to help get things moving. Key ingredients include fiber as well as a non-stimulant laxative formula for thorough cleansing.

Great for: Kick-starting a diet and for in-between more comprehensive cleansing

Stress cleansing:

Target: Helps get rid of stress-induced toxins, lessens stress and supports energy levels, mood and occasional sleeplessness*

What to look for: A cleanse that helps reduce stress-induced hormones like cortisol.* Key ingredients should include potent antioxidants like vitamin A, alpha lipoic acid, and quercetin, as well as L-theanine.

Great for: Anyone who feels overwhelmed by stress and is concerned about its effects on health and wellbeing

8 Pick your proteins carefully.

Protein is a part of every cell in your body, and no other nutrient plays as many different roles in keeping you alive and healthy. Protein is important for the growth and repair of your muscles, bones, skin, tendons, ligaments, hair, eyes and other tissue. Our bodies also use protein for energy.

Choose low-fat options in lean red meat, chicken, turkey, fish and dairy foods, as well as soy, whey and legumes, like beans, peas and peanuts.

3) Get Quality Sleep.

Aim for **7-8 hours** of sleep a night and it will help with:

- Learning and memory
- Metabolism and weight
- Mood
- Cardiovascular health
- Immunity
- Energy

4) Optimize Digestion.

Experts agree that to be truly healthy, you need a healthy digestive system. Good digestion helps the body absorb adequate nutrients from the foods you eat for optimal energy, immunity and overall health. To help maintain a healthy digestive system it helps to eat right, exercise regularly, eat more slowly and moderately, and reduce stress levels.

You may also want to supplement your diet with:

- **Fiber.** Fiber helps move food through your body, not to mention toxins and waste.*

- **Probiotics.** Good bacteria helps maintain a healthy balance of microflora in your intestinal tract for comfortable digestion, a healthy immune system and regularity.*

- **Digestive enzymes.** Those such as protease, amylase, and lipase help breakdown food for energy.* Without enzymes, digestion could not take place and the food we eat could not be absorbed and utilized by our bodies.

5) Get more exercise.

Engage in moderate-intensity physical activities for at least 30 minutes on 5 or more days of the week for optimal health. Regular physical activity can help promote heart health, improve energy levels, support immunity, reduce stress levels and help you maintain a healthy weight.



The Ins and Outs of a Successful Cleanse:

In

- + Filtered water
- + Decaffeinated green tea
- + Less wheat
- + Healthy snacks
- + Green tea
- + Nuts
- + Brown rice
- + Beans
- + Produce
- + Organic chicken and fish
- + Eating regular meals
- + Gentle stretching
- + Yoga
- + Short walks

Out

- Coffee
- Soda
- Alcohol
- Dairy
- Refined flour and sugar
- Saturated fats
- White potatoes
- Beef, pork, cold cuts, sausage, bacon, hot dogs
- Artificial sweeteners
- Margarine
- Anything processed (junk food)
- Starving or fasting
- Strenuous exercise

The right combination of foods will complement your cleansing efforts as well as help make you stronger and healthier. Here's a sample menu for your first week. Your meal plan should be flexible, which means that you can shuffle one day's food plan with another. Eating small meals more frequently throughout your day is the key.

Aim to eat 5 small meals a day, plus drink at least 64 ounces of water.

Day 1

Breakfast: 2 slices of whole-grain bread, toasted and smeared with 1 tablespoon nut butter (almond, natural peanut butter, etc.), 1 large grapefruit or orange

Morning Momentum Snack: 1 cup of melon or berries

Lunch: Make a salad with 1 cup of spinach, 2 cups of mixed veggies, ½ cup of black-bean salsa (bought or homemade), 2 tablespoons of feta cheese, 1 small whole-grain roll

Amplified Afternoon Snack: 1 all-natural 100% fruit-and-nut bar

Dinner: 1 cup whole grain pasta mixed with tomato sauce or olive oil and garlic; top with 4 ounces of turkey meatballs; 1 cup of steamed veggies on the side

DAY 2

Breakfast: Top 1 slice whole-wheat toast with 1 poached egg and 1 ounce low-fat Swiss cheese

Morning Momentum Snack: 1 low-fat string cheese and 1 cup fruit

Lunch: Top a bowl of fresh spinach with 4 ounces chunk like tuna in water, drained; 1 ounce of feta cheese and ½ ounce sliced almonds

Amplified Afternoon Snack: 5 whole-wheat crackers with 4 tablespoons hummus

Dinner: 3 ounces roasted pork tenderloin, 1 cup baked acorn squash, mashed with a pinch of cinnamon, 2 to 3 cups salad greens with 2 tablespoons fat-free dressing

DAY 3

Breakfast: Sprinkle ½ ounce almonds, ¼ cup raisins, and ½ cup sliced strawberries on 1 cup cooked oatmeal.

Morning Momentum Snack: 1 cup low-fat plain yogurt sprinkled with almonds, walnuts or granola

Lunch: Make a sandwich with 3 ounces grilled chicken, ¼ cup mashed avocado, and veggies on 2 slices whole-wheat bread; add a side of baby carrots

Amplified Afternoon Snack: 2 squares of dark chocolate and 10 pecan halves

Dinner: Combine 3 ounces baked chicken and 1 cup steamed veggies (such as a mix of carrots, peppers and cauliflower) over 1 cup brown rice

DAY 4

Breakfast: Scramble 1 egg and 1 egg white; top with ¼ cup salsa, ¼ cup black beans, and 2-3 thin avocado slices; arrange all atop 1 serving (about 12-15) multigrain tortilla chips

Morning Momentum Snack: Chocolate Soy Smoothie: mix 6 ounces unsweetened soy milk, 1 tablespoon unsweetened cocoa powder, 1 teaspoon honey and 3 ice cubes in a blender until frothy

Lunch: Wrap 1 grilled portobello mushroom, 2 tablespoons hummus, 1/3 cup roasted red bell peppers, 1 slice light Jarlsberg cheese, and a few leaves of romaine lettuce in 1 (8-inch) multigrain wrap (like Ezekiel); enjoy with 1 cup grapes

Amplified Afternoon Snack: 4 cups natural microwave popcorn sprinkled with garlic salt and Parmesan cheese, to taste

Dinner: Sauté 2 tablespoons onion in 2 teaspoons peanut oil; add 4 ounces tofu, ¼ cup each pineapple and red bell pepper slices, ¼ cup light coconut milk, 2 teaspoon Thai-style curry paste, and 2 teaspoons Thai fish sauce to pan. Serve over ½ cup brown jasmine rice.

DAY 5

Breakfast: Enjoy 1 cup whole-grain cereal (look for one with more than 5 grams of fiber and less than 7 grams of sugar per serving) with ¾ cup organic skim or soy milk; top with 1 small banana, sliced

Morning Momentum Snack: Spread 1 tablespoon almond butter onto 1 sliced apple

Lunch: Top mixed greens or spinach with 4 ounces lean protein, lots of veggies and 2 tablespoons of nuts and dried fruit; drizzle lightly with low-fat vinaigrette

Amplified Afternoon Snack: Trail mix combining 2 tablespoons unsalted, roasted almonds and 1 tablespoon raisins

Dinner: Mix ¾ cup soba with 1 tablespoon scallions and 1 teaspoon each low-sodium soy sauce and sesame oil; top with 3 ounces grilled salmon marinated in 1 tablespoon low-sodium soy sauce, 2 teaspoons honey and ¼ teaspoon crushed red pepper. Serve with 1 ½ cups steamed broccoli

DAY 6

Breakfast: Have an omelet with 1 egg, 2 egg whites, 1/3 cup each chopped asparagus and tomato, and 2 tablespoons grated Parmesan cheese; serve with 1 slice multigrain toast

Morning Momentum Snack: ¼ cup dried cherries, figs, or pineapple

Lunch: Stuff 1 medium tortilla with 2 ounces of turkey breast, 1 ounce of low-fat cheese, 1 cup of dark-leaf lettuce, tomato, cucumber, radish, and celery (or the veggies of your choice)

don't forget your water

Amplified Afternoon Snack: Top 1 slice toasted whole-grain bread with 3 tablespoons mashed avocado; drizzle with a mixture of 1 teaspoon olive oil and red pepper flakes and lemon juice, to taste

Dinner: Make a thin-crust veggie pizza using whole-wheat dough and top with 2 tablespoons of tomato sauce and 1 ounce of low-fat cheese, 1 cup of spinach or mixed greens salad and 2 teaspoons of light vinaigrette



DAY 7

Breakfast: Enjoy ½ cup of granola or Mueslix cereal with a side of 1 cup of diced melon, peaches, or apples and 1 cup of low-fat yogurt

Morning Momentum Snack: Spread 1 tablespoon herbed goat cheese onto 2 whole-grain crackers; serve with 1 pear

Lunch: Toss 3 ounces chunk light tuna in water with 2 cups torn romaine lettuce; 2 tomato slices chopped; 3 black olives, chopped; 1 cup steamed plain green beans; 1 tablespoon olive oil; and red wine vinegar to taste

Amplified Afternoon Snack: 1 cup edamame (fresh soy beans) sprinkled with sea salt

Dinner: Broil 3 ounces Tilapia and season with a squeeze of lemon and 1 ½ tablespoons low calorie tartar sauce; serve with 1 cup steamed broccoli and 1 small baked sweet potato sprinkled with 1/8 teaspoon cinnamon, and whole grain roll with 1 teaspoon of olive oil for dipping

For more delicious, cleanse-friendly recipe ideas, visit wbcleanse.com

portion control tips

Portion control is key to a wholesome diet. Stay on track by watching how much food you're putting on your plate. To figure out the right portion sizes, use these approximations from the American Dietetic Association. The answer could be as simple as the palm of your hand.

- 1 teaspoon = the tip of your thumb to the first joint
- 3 ounces of meat = the size of your palm or a deck of cards
- 1 cup of pasta, cereal, veggies or fruit = the size of your closed fist
- ½ cup of veggies = a light bulb
- 1 ½ ounces cheese = three dominoes

what else can you do?

- Cook with oils high in monosaturated and polyunsaturated fats such as canola oil, olive oil, and flax seed oil.
- Cut down on packaged foods, like snack foods and watch labels for trans-fat-free alternatives.
- Use 1% or skim milk instead of whole and trim visible fat and skins from meat to limit saturated fats.



Q: What if I slip up one day?

A: First, keep cleansing! Next...

- Forgive yourself. Having one indulgent meal won't derail your cleansing efforts. Just keep food in check the next day.
- Time for a do-over. Get back on track with lean protein, veggies, whole grains, fruit and plenty of water.
- Learn from your mistake. Think about what triggered your overindulgence and choose smarter next time. Keeping a food journal might help.
- Step up. Get back in control by adding on a few extra steps to your regular walk.

Q: Is giving up caffeine really necessary?

A: The reason it's wise to at least limit caffeine is because it acts as a laxative. You don't want to overdo since there's likely already a laxative formula in your cleansing system, as well as fiber. But if you really need a pick-me-up, stick to one cup of plain black coffee or green tea a day without cream or sweeteners.

Q: What types of changes can I expect in the bathroom?

A: For starters, more frequent bowel movements. The addition of fiber and a gentle herbal laxative tends to change the "digestive rhythm." Make sure

you drink plenty of water to allow the fiber to work in your system smoothly. Aside from being more frequent, bowel movements may be easier to pass and larger.

Also expect the second week to be easier than the first. The dietary restrictions, supplement regimen, and changes to your system may seem a little tough initially, but by week two, you'll probably feel used to it—and feel better because of the cleanse, too.

Q: Shouldn't I be looking for stimulant laxatives to get the best results?

A: Stimulant laxatives can create bowel dependence, deplete vitamins, minerals and enzymes and leave you feeling drained and fatigued. The best way to have a safe, effective cleansing experience is with all-natural herbs and nutrients that work gradually and gently with our body's own natural cleansing system. Read the labels and stay away from harsh stimulants.

Q: Can I continue my daily 5-mile runs while cleansing?

A: Vigorous workouts while cleansing is not a good idea. Think of your cleansing program as a spa for your insides. As your systems work hard to eliminate toxins and excess waste, your body needs time to rest and rebuild. Gentle stretching, short walks in the fresh air and yoga are great choices.

Congratulations!

After cleansing, you're no doubt feeling cleaner, lighter and rejuvenated. Take the time to enjoy your renewed vitality. Remember, natural cleansing is for every season! You can use Whole Body Cleanse up to four times a year.*



Start Shopping! (Cleanse Grocery List)

It's important to eat right during your cleanse to get the most out of it. Take along this handy grocery list of "cleanse-friendly" foods and get shopping! We promise you won't go hungry.



- Bottled or filtered water
- Organic eggs
- Organic fresh fruit
- Greens (steamed or raw), e.g. chard, spinach endive, arugula, romaine, butter lettuce
- Whole grains like brown rice, millet and quinoa
- Vegetable juice
- Nuts and nut butter (no peanuts)
- Organic chicken, turkey or lamb
- Fresh cold water fish (salmon, whitefish, haddock, halibut)
- Legumes (navy, white, red, fava, garbanzo and kidney beans)
- Cold pressed oils (olive, canola, rice bran, grape seed, flaxseed)
- Spices and sauces (tamari, ginger, garlic, cayenne, tarragon, thyme, sea salt)
- Herbal teas
- Organic vegetables (steamed or raw)
- _____
- _____
- _____