

What Sets Isagenix Cleanse Days Apart from Other Cleanse Regimens?

When most people think of a “cleanse,” they envision uncontrollable trips to the bathroom, gag-provoking concoctions, and absurd food restrictions. Fortunately, with Isagenix Cleanse Days, you can get all the health benefits of nutritional cleansing without experiencing those horrific ~ and sometimes dangerous ~ situations.

What makes Isagenix Cleanse Days different ? The combination of decreased calorie intake with the herbs, vitamins, and minerals found in tasty [Cleanse for Life](#) supports the body nutritionally while giving the digestive system a chance to rest and the body a chance to detoxify. Unlike other “cleanses,” Isagenix Cleanse Days do not involve restricting yourself to drinking plain juices, or worse, taking laxatives, which can often do more harm than good.

Cleanse Days on the Isagenix system work to promote weight loss and support health through what is known as intermittent fasting ~ alternating periods of fasting and non-fasting (along with supplementation of potent botanicals; more on that later). One of the main effects intermittent fasting has on the body is that it increases the body’s sensitivity or responsiveness to insulin, the hormone that regulates blood sugar. Decreased sensitivity to insulin often accompanies obesity and has been linked to increased risk of diabetes and cardiovascular complications.

Cleanse Days also stimulate greater metabolism of fat, including visceral fat ~ the fat that surrounds your organs. A recently [published clinical trial](#) has shown that Isagenix Cleanse Days (intermittent fasting) along with Shake Days (calorie restriction) are a winning combination for visceral fat loss. In the study, those on the Isagenix system lost more weight, a greater amount of body fat, and twice as much visceral fat ([as evident in MRI scans](#)) than those who were following a leading heart-healthy diet plan.

When losing weight, the goal is to burn fat while maintaining lean muscle. Unfortunately, some fad diets such as water, or even juice, fasting put your body in a catabolic state, which causes tissue breakdown that affects both fat and

muscle. You may be impressed with the quick weight loss on a typical diet; however, a majority of it could be muscle mass. Not only that, typical fasting diets that last up to 10 days or more can actually slow down the body's metabolism to conserve energy; meaning your body becomes more efficient and you don't burn the calories you'd like to in order to reach maximum weight loss.

In contrast, Cleanse Days on the Isagenix system last for no more than two consecutive days. Following Cleanse Days, Shake Days consisting of replacing two meals with a low-calorie, high-protein [IsaLean Shake](#) stimulate protein synthesis and produce an anabolic state (tissue growth). The undenatured whey protein in IsaLean Shakes feed muscle tissue and continues to [increase thermogenesis and fat oxidation](#). With short bouts of intermittent fasting, you can burn fat and maintain muscle.

Cleanse Days not only aid in weight loss and fat oxidation, they also stimulate detoxification. Reduction of fat mass ~ where virtually all toxins are stored ~ stimulates the release of chemicals into circulation where they are more easily excreted. Cleansing can also increase the levels and/or the efficiency of the enzymes responsible for toxin metabolism and elimination by virtue of Cleanse for Life's antioxidant- and polyphenol-rich nutrients and plant extracts.

Isagenix Cleanse Days and Shake Days provide you with a safe and effective way to burn fat, release toxins, and maintain muscle mass. The program design of combined intermittent fasting with reduced calorie intake is a surefire way to reach your weight loss goals and support overall health and longevity.