

# 9 Tips To Prepare For A Successful Cleanse Day



Whether you want to lose weight or just do something good for your body, you put a lot of dedication and effort into your Cleanse Days. We get that. It's why we want you to be as prepared as possible so nothing can hold you back from achieving your goals.

To help you on your way, we've put together a checklist of things that can help make Cleanse Days easy for you.

## **1. Start with at least two Shake Days before doing any Cleanse Days.**

Doing at least two Shake Days can help prepare your body for a Cleanse Day. For example, Shake Days can help ease your body into the Isagenix System better than regular nutrition can.

You should never ever go into a Cleanse Day if you're feeling unwell, run-down, or having digestive problems like constipation. Be sure to start out with as many Shake Days as you think appropriate before doing Cleanse Days. Shakes can assist with digestive regularity and supporting muscle growth and maintenance and are a great protein source before a Cleanse Day.

## **2. Designate your Cleanse Days in advance.**

Planning ahead is key in successful Cleanse Days. Knowing in advance what days you'll be cleansing can help you become mentally prepared for them. Be sure to jot them down on your calendar so you don't accidentally schedule a lunch or dinner with friends on those days.

Before Cleanse Days, take the time to look over your Cleanse Day Schedule and customize it to fit your day, ensuring you will have access to all your cleansing tools throughout the day.

Make sure that you are setting yourself up for success on your Cleanse Day. If you have plans for a family dinner at your favorite restaurant, or have a physically exhaustive workout planned, then a Shake Day might be more suitable.

## **3. Cleanse with a friend or as a team.**

Having a cleansing buddy or buddies can help keep you accountable when temptation strikes. You might choose to cleanse with a colleague from work, a family member, or a friend you talk to on social media who lives across the globe. No matter who it is, having someone to turn to for encouragement when cravings hit will build morale and keep you motivated.

## **4. Plan your Cleanse Day snacks.**

You have a variety of snack options available during Cleanse Days. They include up to six Isagenix Snacks™, one to two IsaDelight® chocolates, ¼ apple or pear, one to two servings of e+™, and one serving of Replenish™ (for use during moderate exercise). Be sure to have these on hand to curb cravings before they come.

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To maximize the benefits of a Cleanse Day, you want to be wary of adding in too many extra calories. Always listen to your body, however; if you are feeling like a headache is coming on or your blood sugar is low, have an extra snack like an apple slice to help level you out.

### **5. Clean out the pantry and fridge of “junk food” before Cleanse Days.**

One of the worst things that can happen to anyone on Cleanse Days is finding yourself opening the fridge only to spot that leftover chocolate cake sitting next to your bottle of Cleanse for Life®. Don't let that happen to you! Clean out any junk food in advance.

### **6. Find ways to stay hydrated throughout Cleanse Days.**

Staying properly hydrated is always a goal to aim for daily, but it's particularly important during a Cleanse Day. Making sure that you are drinking enough fluids, which is about two liters for the average person, can prevent the onset of headaches and other troubles.

Your sources of hydration don't need to be made up solely of plain water, but can also include diluted amounts of Ionix® Supreme or Replenish (during physical activity). During the colder months of the year, try drinking Isagenix Coffee or sipping herbal tea throughout the day. You can even try drinking Cleanse for Life warm, as an herbal tea, to stay a bit warmer.

### **7. Find ways to stay busy.**

Don't put yourself in the position where you might be tempted to quit your Cleanse Day. Keep yourself busy and the day will fly. That means getting your mind off of the fact that you're abstaining from food and onto other things like your personal health and wellness goals.

### **8. Set reminders on your phone.**

As busy as you'll be on Cleanse Days, it might be too easy to forget to take your next allotted Cleanse for Life serving, snack, or glass of water. By setting an alarm or reminder on your phone, you can help be sure to make the most of your Cleanse Day.

### **9. Engage in light exercise.**

You don't need to schedule any grueling workout. But engaging in any form of light exercise can be a healthy distraction during Cleanse Days. Additionally, the physical activity can be useful for helping to maintain regular bowel habits, support metabolism, and may even help suppress appetite.

Don't let anything hold you back! The last thing that you want on a Cleanse Day is to find yourself improperly prepared or overwhelmed. Planning ahead and leaning on the support of your team can make all of the difference and make every Cleanse Day a success.

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