

# Nutritional Cleansing . . . Intermittent Fasting



Some call it intermittent fasting. We call them Cleanse Days. They're a fantastic way to work toward losing weight, burning fat, and giving your body's systems the chance to rid toxins naturally. You'll hear a lot about Cleanse Days at Isagenix (if you haven't already) and the impact they have on physical transformations. But, how they work can sometimes feel like a mystery, especially because we can't see what's going on inside our own bodies.

## **WHAT IS A CLEANSE DAY ?**

- A Cleanse Day is a full day of intermittent fasting using Cleanse for Life®.
- Nourishing your body in place of meals and supporting your natural detoxifying systems.
- Cleanse Days are designed to help you lose weight and burn fat while your body gets a break from the calories normally consumed.
- Cleanse for Life nourishes your body with botanicals while your body does the cleansing.

## **IS CLEANSING HARD ?**

- We're not going to tell you that a Cleanse Day is as much fun as a cheat day, but just because something isn't easy, doesn't mean it can't feel doable and even rewarding.
- While intermittent fasting takes many forms, a proper Cleanse Day is a full day without eating a meal. Is it challenging ? Yes. Will you feel amazing after you've accomplished one ? DOUBLE YES. In short, Cleanse Days are worth it.

## **SO, I DON'T EAT ANYTHING ELSE ?**

- In addition to the nourishment from Cleanse for Life, you can enjoy small snacks in limited portions, like Whey Thins™ and IsaDelight® Chocolates.
- They're the perfect way to get you through Cleanse Days without disrupting your routine. It's all about having the tools you need to achieve results while staying comfortable !

## **HOW OFTEN AM I SUPPOSED TO CLEANSE ?**

- Most people choose one day a week to cleanse. However you can do 2 Cleanse Days back-to-back if you like (with a maximum of four Cleanse Days per month).

*By Jim Burch*