

Cleansing – Common Side Effects and Solutions

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Headaches are caused by your body releasing toxins at a quicker pace, and the body is going through withdrawal from addictive substances, chemicals like caffeine, etc. This can feel quite unpleasant.

Solutions: Increase your water intake. Take it easy and rest. Avoid taking pain relievers like Advil and Tylenol, because they are toxic!

Why do I get cold on cleanse days? Your body is in major cleansing/fat burning mode and you are releasing toxins. Because of this your body heat will gravitate to the major internal organs to protect them, and limit the amount of body heat going to your extremities.

Solution: Put on extra layers this will usually pass after your two day cleanse. You can warm (not HOT!) your Cleanse for Life drink.

Constipation: In some cases because a person is very toxic and toxins are flooding the colon, it can be a little challenging for the colon to keep up and it can get a little blocked up. You may also experience bloating.

Solution: Take 1 or 2 IsaFlush capsules per day before bedtime. You can also add Isagenix **FiberPro** to your IsaLean shakes. **Isa Calcium** is also great for constipation. In extreme cases, you can double the IsaFlush to 4. If no relief is found, add two more for a total of 6. Once it has passed, return to the regular 2 per day. Taking a smooth move tea in the evening is a great idea to move toxins out.

Nausea, Dizzy, Upset Stomach: Your body is either alkaline or acid and is always striving toward balance. Often, if the body is more acidic, the minerals in the Cleanse for Life drink can cause a feeling of nausea in the body. This can be due to drinking caffeinated beverages such as coffee, soda pop, and alcohol. Even eating red meat (pork & beef) has been attributed to a higher acidic content in the body.

Solution: If this occurs, it helps to consume one or two of the Isagenix Snacks with a large glass of water before drinking the Cleanse for Life. This will give the stomach a lining and helps with the digestion of the minerals. It will all help by diluting the Cleanse for Life drink with more water. If this continues to be a problem try taking 2 ounces of Cleanse for Life drink every two hours.

Regular Cleanse: 4 ounces of Cleanse for Life drink every 4 hours, 4 times daily. (8 a.m., 12 p.m., 4 p.m., 8 p.m.)

Modified Cleanse: 2 ounces of Cleanse for Life drink every 2 hours, 8 times daily. (8 a.m., 10 a.m., 12 p.m., 2 p.m., 4 p.m., 6 p.m., 8 p.m., 10 p.m.)

Facts and Tidbits:

Use only purified/filtered water, and drink half your body weight in ounces daily.

Why should I do a two day cleanse? Only 20% of the Cleansing and Fat burning happens on day one, while 80% of the Cleansing and Fat burning happens on day two.

Can I do a Cleanse while taking Antibiotics? Antibiotics are a toxin. If you are using an antibiotic, you should wait at least two or three days before starting to cleanse. The antibiotics are still at work in your system for up to three days after you stop taking them.

Can I have Want More Energy? (U.S.A) Energenix (Canada) on cleanse days? When you are cleansing your body must first burn off all sugars and carbohydrates in your system, before any fat burning (stored energy) can begin. If you drink WME you are adding more sugars and carbohydrates (14 grams sugar, 16 grams carbs per stick) that the body must burn off before any fat burning can continue. If you are in fat burning mode (ketosis) and you drink WME your body will stop burning fat and burn off the sugars and carbs.

What can I eat on Cleanse days? The only thing you can eat on cleanse days are the Isagenix Snacks and IsaDelights. You can have 6 Isagenix Snacks and up to 4 IsaDelights on your cleanse day. If necessary you can have a few extra Isagenix Snacks. (up to 12 total)

Why can't I eat on Cleanse days? Your body can only be in one of two different modes, either it's in digestion mode or it's in cleansing mode. When you are cleansing, your body performs maintenance it can't do while you have food in your system. If you eat almonds, apple, vegetables, etc., you stop the cleansing mode and send the body into digestion mode. Once you are in digestion mode, it can take four hours or longer to get back into cleansing mode.

I have Bad (Ketosis) Breath while using Isagenix: When the body has an excessive accumulation of ketones, it is called ketosis. This occurs when fat is converted to energy, which happens when you go from a high-carbohydrate diet to a low-carbohydrate diet. Ketosis breath happens when the ketone levels are elevated during a cleanse or a metabolism shift. Morning breath is a good example of ketosis breath. You can't stop ketosis breath, but you can try to neutralize it.

1) Drink plenty of water. Chronic dry mouth can trigger bad breath. Keep a bottle of water with you during the day, and make sure you drink at least half your body weight in ounces of water daily.

2) Brush your teeth and tongue and floss regularly. Use alcohol-free mouthwash since alcohol dries out the mouth. Even though, brushing and flossing won't eliminate ketosis breath, it can help cut down on plaque and bacteria.

3) Chew on fresh parsley. This fresh herb can neutralize bad breath. So, next time you go to a restaurant and there is a sprig of parsley on your plate, know that it isn't just a garnish.