

How to Herbal Cleanse

Very important!!!

- Open the Herbal Cleanse box and read ALL of the directions before starting!!!
- Take everything out of the box – separate the supplements – Fiber Drink, Probiotic Restore and Herbal Cleanse.
- If you have ANY questions or concerns call the person that gave you the box BEFORE doing anything.

WHAT TO EXPECT

- The Herbal Cleanse is an internal cleansing and detoxification product. However, some people may experience weight loss and inch loss with the Cleanse.
- It is common that a person may get a slight headache. This happens as a result of toxins being flushed out the system. Drink more water and try not to take any aspirin. Instead, take Rehydrate with 2 split in-half O2 tablets.
- You may have a malaise or tired feeling during the Cleanse. **Spark** is great nutritional alternative to any coffee, teas, and colas, and will give you a tremendous lift.
- You may, or may not; feel slightly bloated during the Cleanse and a bit constipated all the way through to the last day of the Cleanse. This is a good sign that the putrefied food matter is being scrubbed loose from the intestines. Water helps to flush the body out.
- The worse you feel the more that you needed to cleanse, and you will feel better once you finish the Cleanse and on the MNS System again. If the toxins don't come out of a person, the toxins could cause long term health problems.

WHAT TO EAT

- Start your day right with a Spark and an Advocare Meal Replacement Shake for Breakfast.
- Avoid red meat if at all possible. Eat chicken, turkey and fish.
- Avoid alcohol if at all possible.
- Avoid sodas as much as possible. Drink **Spark** for a healthy lift.
- Eat five servings of fresh fruits and vegetables per day. If you want something sweet reach for a piece of fruit.
- Drink at least 8 glasses of water per day. More is better.
- Cut back on dairy and simple sugars as much as possible.

Day	<u>Cleanse - Bedtime</u>	<u>Fiber 10 - first thing a.m.</u>	<u>Restore - first thing a.m.</u>
1	Herbal Cleanse	Fiber 10 Drink	
2	Herbal Cleanse	Fiber 10 Drink	
3	Herbal Cleanse	Fiber 10 Drink	
4	Herbal Cleanse		Probiotic Restore
5	Herbal Cleanse		Probiotic Restore
6	Herbal Cleanse		Probiotic Restore
7	Herbal Cleanse		Probiotic Restore
8		Fiber 10 Drink	Probiotic Restore
9		Fiber 10 Drink	Probiotic Restore
10		Fiber 10 Drink	Probiotic Restore