

## 5-DAY NUTRITIVE CLEANSE

	BREAKFAST	SNACK	LUNCH
1	<p>1 Digest + Cleanse</p> <p>1 Balance Complete shake as directed</p> <p>250-375ml extra water</p> <p>60ml NingXia Red</p>	<p>1 apple or 1 orange</p> <p>250-375ml extra water</p>	<p>1 Digest + Cleanse</p> <p>1 Balance Complete shake as directed</p> <p>250-375ml extra water</p> <p>60ml NingXia Red</p>
<p><b>DAY ONE</b> You may experience mild discomfort, headaches or a craving for certain foods. Balance complete will help to satisfy hunger. Cleanse with each shake. If desired, add one Detoxzyme.™</p>			
2	<p>1 Digest + Cleanse</p> <p>1 Balance Complete shake as directed</p> <p>250-375ml extra water</p> <p>60ml NingXia Red</p>	<p>1 pear or 1 plum</p> <p>2 tbsp. raw sunflower seeds or almonds</p> <p>250-375ml extra water</p>	<p>1 Digest + Cleanse</p> <p>1 Balance Complete shake as directed</p> <p>250-375ml extra water</p> <p>60ml NingXia Red</p>
<p><b>DAY TWO</b> Your experience on day two depends on the level of body toxicity. You begin to feel an increase in energy. If gas or bloating occurs, reduce the amount of extra water.</p>			
3	<p>1 Digest + Cleanse</p> <p>1 Balance Complete shake as directed</p> <p>250-375ml extra water</p> <p>60ml NingXia Red</p>	<p>½ cantaloupe</p> <p>250ml peppermint tea</p> <p>250-375ml extra water</p>	<p>1 Digest + Cleanse</p> <p>1 Balance Complete shake as directed</p> <p>250-375ml extra water</p> <p>60ml NingXia Red</p>
<p><b>DAY THREE</b> You begin to feel more energetic, and your body is adjusting to the extra fibre and water. You may still have food cravings.</p>			
4	<p>1 Digest + Cleanse</p> <p>1 Balance Complete shake as directed</p> <p>250-375ml extra water</p> <p>60ml NingXia Red</p>	<p>1 apple or 1 pear</p> <p>250-375ml extra water</p>	<p>1 Digest + Cleanse</p> <p>1 Balance Complete shake as directed</p> <p>250-375ml extra water</p> <p>60ml NingXia Red</p>
<p><b>DAY FOUR</b> Your body feels the cleansing benefits. Your energy level is increasing. Your food cravings are gone. You realise the need for a healthy diet.</p>			
5	<p>1 Digest + Cleanse</p> <p>1 Balance Complete shake as directed</p> <p>250-375ml extra water</p> <p>60ml NingXia Red</p>	<p>1 pear or 1 plum</p> <p>2 Tbsp. raw sunflower seeds or almonds</p> <p>250-375ml extra water</p>	<p>1 Digest + Cleanse</p> <p>1 Balance Complete shake as directed</p> <p>250-375ml extra water</p> <p>60ml NingXia Red</p>
<p><b>DAY FIVE</b> Your food cravings are gone; you are ready to continue putting good food into your cleansed body. You feel great and energized.</p>			

SNACK	DINNER	SNACK
starchy vegetables herbal tea of choice (no caffeine)	1 Digest + Cleanse 1 Balance Complete shake as directed 250-375ml extra water 60ml NingXia Red	blueberries
longer. Give it a few minutes to get into the system. Additional fibre in a diet may cause mild discomfort, if so, take one Digest +		
raw celery 1 tbsp. of healthy dip 250ml herbal tea	1 Digest + Cleanse 1 Balance Complete shake as directed 250-375ml extra water 60ml NingXia Red	115g blueberries or 1 peach 250-375ml water
bloating causes discomfort, add Detoxzyme to your programme.		
whole wheat crackers with hummus or other healthy dip	1 Digest + Cleanse 1 Balance Complete shake as directed 250-375ml extra water 60ml NingXia Red	1 apple or 115g blueberries fresh or frozen 250-375ml extra water
cravings, but they are much milder.		
chamomile tea 2 tbsp. raw almonds	1 Digest + Cleanse 1 Balance Complete shake as directed 250-375ml extra water 60ml NingXia Red	1 medium bunch of grapes - any variety
negative effect that poor food choices have on your health. Your body is adjusted to the fibre.		
115g raw sauerkraut or other active, friendly bacteria, such as kefir or unsweetened yogurt	1 Digest + Cleanse 1 Balance Complete shake as directed 250-375ml extra water 60ml NingXia Red	250ml vegetable broth
look forward to your next cleanse. You are going to start Young Living's Core Essentials primary nutrition programme tomorrow.		

# 5-Day Nutritive Cleanse



# 5-Day Nutritive Cleanse

Many health experts recommend cleansing as a normal, preventive practice, yet a majority of people only cleanse after they are sick or diseased. Young Living's 5-Day Nutritive Cleanse™ eases the process with a simple, energising programme that helps you say goodbye to the obstacles and excuses that prevent you from cleansing. A minimum of four, short, easy cleanses a year with Young Living's 5-Day Nutritive Cleanse and continued nutritional maintenance will help balance the extremes of the modern diet.

## THE DANGERS OF THE MODERN DIET

Modern diets have degenerated into high calories, low-to-no nutrients, very little fibre, and dangerously high levels of sweeteners. These quickly digested “foods” can easily cause raised blood insulin levels.

High levels of insulin are associated with increased inflammation. Recent research indicates that inflammation is at the root of many chronic diseases. Excess blood sugar and insulin surges can eventually lead to chronic problems like diabetes, obesity and cardiovascular damage.

One noticeable symptom of excessive insulin and high blood sugar is abdominal obesity. The prevalence of obesity has tripled in many European countries since the 1980s, and the numbers of those affected continue to rise at an alarming rate. This condition also increases your risk for heart disease, cholesterol imbalance, cancer, female infertility, and gallstones.

Excess insulin and high blood sugar creates a vicious cycle. You crave simple carbohydrates because they enter the blood quickly. Then, a surplus of insulin is produced which causes more hunger. In response to hunger, you eat more. Overeating causes more body fat to accumulate and it activates more insulin. This merry-go-round of insulin spikes leaves you tired, hungry, and unfocused.



## RESTORE BALANCE WITH BALANCE COMPLETE™

Young Living's Balance Complete is an energising shake high in a Young Living proprietary fibre blend called V-Fiber™. Research from the Life Extension Foundation shows that fibre blends produce more viscosity (thickness and absorption) and are more effective than one type of fibre alone. Young Living's cutting-edge blend of soluble and insoluble fibre (11 grams per serving) is ideal for cleansing, weight-loss, and everyday nutritional health.

Ingredients found in this effective fibre blend have been shown to help maintain normal blood sugar levels. As the fibre mixes with water, it swells in the intestines, providing bulk that absorbs and assists removal of potential toxins and excess fat from the digestive tract. While some cleanses negatively affect intestinal flora, the V-Fiber mix contains a fibre that nurtures beneficial microflora like lactobacillus and bifido bacteria while decreasing pathogenic bacteria.

The European Food Safety Authority recommends a daily intake of 25 grams of dietary fibre is adequate for normal bowel function in adults. It should be noted that a sudden increase in fibre may initially cause a minor amount of gas and bloating for some people. This is partially due to the fact that the average diet lacks fibre. An improved enzyme pack in Balance Complete aids digestibility and minimises bloating. If you experience gas or bloating, reduce the amount of Balance Complete and increase the dosage of Young Living's progressive blend Digest + Cleanse™.



### **DIGEST + CLEANSE**

Digest + Cleanse is a totally unique product. It supplies peppermint, caraway, lemon, and other essential oils directly to the intestine with Precision Delivery softgel capsules.

Research shows that enteric-coated peppermint is suitable for gastrointestinal upset. A blend of peppermint and caraway oil, taken three times daily, is shown to reduce gas and support digestion in the intestinal tract.

Other supportive oils in Digest + Cleanse - ginger, fennel, and anise have a long tradition of supporting digestive function. They are reported to support the bowel, improve elimination, and activate various digestive organs.

Take one capsule thirty to sixty minutes before each Balance Complete shake to support the effectiveness and comfort of the 5-Day Nutritive Cleanse.

## NINGXIA RED®

NingXia Red's reputation as a powerful, natural antioxidant and nutrient dense infusion is unmatched. NingXia Red provides dynamic and sustainable energy, making it ideal for maintaining energy while cleansing.

There are two distinct phases in the cleansing process. In phase one, toxins are broken down and made water soluble. Phase two removes these toxins from the body. NingXia Red provides essential nutrients that enhance both phases of detoxification.



Like Balance Complete, NingXia Red contains constituents to support a variety of bodily functions. NingXia Red's synergistic formulation provides vitamins, minerals, amino acids, flavonoids, carotenoids and zeaxanthin. Easy to digest, delicious to taste, NingXia Red is an ideal part of any cleansing programme.

## YOUNG LIVING'S 5-DAY NUTRITIVE CLEANSE PROGRAMME

To get the greatest cleansing benefit, delete the snacks from your programme. If you have a high metabolism or if you experience excessive hunger, add the suggested snacks.

## SEE CHART ON REVERSE SIDE >

**NOTE** *This is just a starting place. More intense and targeted nutrients may be required for your particular situation.*