

THE FIVE-DAY NUTRITIVE CLEANSE

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
1	1 Digest + Cleanse 1 Balance Complete shake as directed 8-12 oz extra water 3 oz NingXia Red	1 apple, or 1 orange, 8-12 oz water	1 Digest + Cleanse 1 Balance Complete shake as directed 8-12 oz extra water 3 oz NingXia Red	Raw broccoli or other non-starchy vegetables Herbal tea of choice (no caffeine)	1 Digest + Cleanse 1 Balance Complete shake as directed 8-12 oz extra water 3 oz NingXia Red	½ cup fresh or frozen blueberries
DAY ONE You may experience mild discomfort, headaches, or a craving for certain foods. Balance Complete will help alleviate hunger. Give it a few minutes to get into the system. Because of the extra fiber, you may have minor gas. If so take one Digest + Cleanse with each shake. If desired, add one Essentialzyme.						
2	1 Digest + Cleanse 1 Balance Complete shake as directed 8-12 oz extra water 3 oz NingXia Red	1 pear, or plum, 2 tbsp raw sunflower seeds or almonds. 8-12 oz water	1 Digest + Cleanse 1 Balance Complete shake as directed 8-12 oz extra water 3 oz NingXia Red	raw celery 1 tbsp almond butter 1 cup herb tea—sweetened with stevia	1 Digest + Cleanse 1 Balance Complete shake as directed 8-12 oz extra water 3 oz NingXia Red	½ cup berries or 1 peach 8-12 oz water
DAY TWO Your experience on Day two depends on the level of body toxicity. High toxicity = more cleansing symptoms listed in day one. Mild toxicity = symptoms subside; you begin to feel an increase in energy. If gas or bloating causes discomfort you may add Essentialzyme to your program						
3	1 Digest + Cleanse 1 Balance Complete shake as directed 8-12 oz extra water 3 oz NingXia Red	½ cantaloupe, 1 cup peppermint tea 8-12 oz water	1 Digest + Cleanse 1 Balance Complete shake as directed 8-12 oz extra water 3 oz NingXia Red	Plain rice cracker with raw nut butter	1 Digest + Cleanse 1 Balance Complete shake as directed 8-12 oz extra water 3 oz NingXia Red	1 apple, or ½ cup of berries of choice 8-12 oz water
DAY THREE Toxic symptoms subside. You begin to feel more energetic. Your body is adjusting to the extra fiber and water. You may still have food cravings, but much milder.						
4	1 Digest + Cleanse 1 Balance Complete shake as directed 8-12 oz extra water 3 oz NingXia Red	1 apple or 1 pear 8-12 oz water	1 Digest + Cleanse 1 Balance Complete shake as directed 8-12 oz extra water 3 oz NingXia Red	chamomile tea 2 tbsp raw almonds	1 Digest + Cleanse 1 Balance Complete shake as directed 8-12 oz extra water 3 oz NingXia Red	1 medium bunch red, purple or black seedless grapes
DAY FOUR Your body feels the cleansing benefits. Your energy level is increasing. Your food cravings are gone. You realize the negative effect that poor food choices have on your health. Your body is adjusted to the fiber.						
5	1 Digest + Cleanse 1 Balance Complete shake as directed 8-12 oz extra water 3 oz NingXia Red	1 pear, or plum, 2 tbsp raw sunflower seeds or almonds. 8-12 oz water	1 Digest + Cleanse 1 Balance Complete shake as directed 8-12 oz extra water 3 oz NingXia Red	Raw sauerkraut or other active friendly bacteria, such as kefir or unsweetened yogurt	1 Digest + Cleanse 1 Balance Complete shake as directed 8-12 oz extra water 3 oz NingXia Red	1 cup miso soup or vegetable broth
DAY FIVE Your food cravings are gone; you are ready to continue putting good food into your cleansed body. You feel great and look forward to your next cleanse. You start Young Living's Core Essentials maintenance program tomorrow.						

youngLIVING

the five-day
nutritive cleanse

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A GENTLE, EFFECTIVE APPROACH TO CLEANSING

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 Five-Day Nutritive Cleanse eases the process with a simple, energizing program 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 Five Day Nutritive Cleanse and continued nutritional maintenance will help balance the extremes of our modern diet.

THE DANGERS OF THE MODERN DIET

Modern diets have degenerated into high calories, low-to-no nutrients, very little fiber, and dangerously high levels of sweeteners. These quickly digested "foods" flood the blood stream, causing insulin levels to soar.

High levels of insulin are associated with increased inflammation. Recent research indicates that inflammation is at the root of all chronic diseases.¹ Excess blood sugar and insulin surges eventually lead to chronic problems like diabetes and cardiovascular damage. In addition, high blood sugar and insulin often play a pivotal role in the following problems: hypertension and kidney damage, weak and brittle vessels and veins, and a number of serious, chronic illnesses such as diabetes, cancer, and Alzheimer's disease.²

One noticeable symptom of excessive insulin and high blood sugar is abdominal obesity.³ About two-thirds of American adults are overweight. One third are clinically obese.⁴ This condition also increases your risk for heart disease, cholesterol imbalance, cancer, female infertility, and gallstones.⁵

Excess insulin and high blood sugar create 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. More insulin—more hunger—more obesity—more insulin—more hunger and so on, 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 energizing, super food shake high in a Young Living proprietary fiber blend called V-Fiber. Research from the Life Extension Foundation shows that fiber blends produce more viscosity (thickness and absorption) and are more effective than one type of fiber alone. Young Living's cutting-edge blend of soluble and insoluble fiber (11 grams per serving) is ideal for cleansing, weight-loss, and everyday health maintenance.

Ingredients found in this effective fiber blend have been shown to help maintain normal blood sugar levels. As the fiber mixes with water, it swells in the intestines, providing bulk that absorbs and removes toxins and excess fat from the digestive tract. While some cleanses negatively affect intestinal flora, the V-fiber mix contains a prebiotic fiber that nurtures beneficial microflora like Lactobacillus and Bifido bacteria, while decreasing pathogenic bacteria.⁶

It should be noted that a sudden increase in fiber may initially cause a minor amount of gas and bloating for some people. This is partially due to the fact that the average American diet lacks fiber. The American Food Nutrition board recommends a minimum of 38 grams for men, and 25 grams for women.⁷ Americans eat only half that amount. If you experience gas or bloating reduce the amount of Balance Complete, and increase Young Living's progressive essential oil blend, Digest + Cleanse.

DIGEST + CLEANSE

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

Research shows that enteric coated peppermint is effective for gastrointestinal upset.⁸ A blend of peppermint and caraway oil, taken three times daily, is shown to reduce gas and soothe the intestinal tract.⁹

Lemon oil, another key ingredient in Digest + Clean, has an equally long history. Jean Valnet, famous medical doctor and practitioner of aromatherapy says lemon oil stimulates gastro-hepatic and pancreatic secretions.¹⁰

Other supportive oils in Digest + Cleanse (ginger, fennel, anise) have a long tradition of cleansing and improving digestive function. They are reported to soothe the bowel, improve elimination, and activate various digestive organs.

One capsule, 30-60 minutes before each Balance Complete shake, will greatly increase the effectiveness and comfort of the five-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.

NingXia Red is loaded with nutrients that nourish and support pancreatic and liver function. Like Balance Complete, NingXia Red contains constituents that may help maintain normal blood sugar levels. It is high in vitamins, minerals, amino acids, flavonoids, carotenoids, cerebrosides, pyrrolles, and zeaxanthin. Easy to digest, delicious to the taste and a glycemic index of only eleven--NingXia Red is an ideal part of any cleansing program.

YOUNG LIVING'S FIVE-DAY NUTRITIVE CLEANSE PROGRAM

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

SEE CHART ON REVERSE SIDE >

DAILY BUILDING + CLEANSING MAINTENANCE WITH CORE ESSENTIALS

Using Young Living's Five-Day Nutritive Cleanse, you will experience gentle and effective cleansing to improve overall well-being. After the initial cleanse make the Core Essentials part of your permanent daily nutritional regimen.

- This means you should*
- + Drink 1-3 ounces of NingXia Red daily.
 - + Take one Longevity™ capsule twice daily.
 - + Take one Omega Blue™ capsule three times daily.
 - + Replace your least nutritious meal with Balance Complete; For better weight management, replace two meals.

NOTE THAT THIS IS JUST A STARTING PLACE.

MORE INTENSE AND TARGETED NUTRIENTS MAY BE REQUIRED FOR YOUR PARTICULAR SITUATION.

¹ Ann Underwood, "Quieting A Body's Defenses," NewsWeek Magazine, Summer 2005, 26-28

² "Novel Fiber Limits", Life Extension, Collector's Edition 2005, 86,87

³ Ibid

⁴ Alan R. Gaby, M.D. The Natural Pharmacy. Three Rivers Press, New York, 2006

⁵ Ibid. 446,447.

⁶ "FiberAid", DKSH Switzerland Ltd, www3.dksh.com/.../dksh/central/resource.nsf/imgref/A3712454BD7170648256E55002E6111/\$FILE/FiberAid.pdf

⁷ "Benefiber" www.benefiber.com

⁸ The Natural Pharmacy, 281

⁹ Ibid

¹⁰ John Valnet, M.D., *The Practice of Aromatherapy*, Healing Arts Press, 1982. 150-155.