



10 Day Cleanse PROGRAM



10 Day Cleansing Instructions & Guidelines

In addition to thoroughly cleaning your kidneys, liver, colon and intestinal system, this cleanse provides powerful ANTI-INFLAMMATORY effects that should reduce aches and pains. During the cleanse, please limit AdvoCare products to the following: HERBAL CLEANSE, SPARK, and OMEGAPLEX. You will have great success and enhanced benefits going back on your normal supplement routine upon completion of the cleanse.

There are very specific diet suggestions during the cleanse. You want to pay attention to what you're eating as to not disrupt your system with foods that hinder digestion and increase inflammation; this will limit progress and decrease your results.

10 Tips for Cleansing Success

- 1 **NO** fried foods, refined sugars, corn or white starches, or bread
 - 2 **NO** wheat products (i.e. bread, crackers)
 - 3 **NO** dairy (i.e. cheese, yogurt, milk)
 - 4 **NO** alcohol (you're on a cleanse...hold off for 10 days)
 - 5 **NO** coffee or soda (drink water or SPARK...this will reduce inflammation)
 - 6 **EAT VEGGIES:** salads during the day and steamed at night will scrub your system (choose spices over dairy/sugar based condiments)
 - 7 **EAT FRUIT:** fibrous an low glycemic choices (apples, grapefruit, berries)
 - 8 **EAT HEALTHY FATS** (i.e. avocado, nuts/seeds, olives/olive oil)
 - 9 **EAT CLEAN PROTEINS:** feed muscle and reduce appetite (tuna and salmon will aid in cleansing; eggs/chicken would be secondary options; stay away from processed lunch meats)
 - 10 **EAT CLEAN CARBS:** (i.e. rice, hummus, oatmeal... if needed)
- DRINK WATER! (Goal = 1 gallon, or 4 liters, per day)**

Recommended Cleanse Eating Plan

You don't have to be perfect with these suggestions. Shoot to be 80% "on" so that you get the results you want. Your results will reflect your ability to comply with these principles.

Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Dinner	Snack (if needed)
PROBIOTIC RESTORE (days 4-10) 2 glasses of water with FIBER DRINK** (days 1-3 an 8-10) and a bowl or piece of fruit 30 minutes later.	Fruit is best for cleansing. Add in 3 hard boiled eggs or plain oatmeal, if needed.	Salad or greens with lean protein and complex carbohydrates.	Tired? SPARK up! Nuts, seeds, raw veggies or fruit. Rice cakes with natural peanut or almond butter.	4-6 OMEGAPLEX Lean protein with lightly cooked vegetables.	Bowl or piece of fruit Bedtime (days 1-7): HERBAL CLEANSE TABLETS with water.
SPARK; 2 glasses of water between meals	2 glasses of water between meals	2 glasses of water between meals	2 glasses of water between meals	2 glasses of water between meals	2 glasses of water between meals

** The FIBER DRINK can be pretty thick - don't let it intimidate you. It actually tastes good, but here are a couple tips that might help: Make sure you mix it with enough water (it thickens quickly) and don't let it stand at all after mixing. As soon as you're done stirring, just CHUG IT! Add in a Spark (it doesn't get quite as thick and it tastes GREAT!)

Also, please read the enclosed Herbal Cleanse packaging DAILY for specific instructions on how and when to take the cleansing, fiber and probiotic supplements - as the routine varies during the 10 day program

Get Yourself Fully Invested Before You Begin

Upon completing your **10 Day Cleanse**, your energy will be high and your waistline more slim - then you'll begin the 30 Day **Core-4** fat-burning and toning regimen. The energy and physical transformation you experience during the **Core-4** Phase will be accelerated and enhanced by your ability to be a **CHAMP** during the **10 Day Cleanse**. Choose to be outstanding during your cleanse so that your body can live and move at its full potential. Your mental resolve will determine your physical result and your physical result will then allow you to be more, both mentally and emotionally.