

Frequently Asked Questions About Isagenix

Top 25 Questions About Nutritional Cleansing and Isagenix by Ina Nozek, DC, MS, CCN

Do you have a question about nutritional cleansing? Are you a new cleanser, but unsure how to use the products? Not to worry—we've put together some of the most common questions and answered them for you! As you start a new year, we hope these FAQ will assist you and your Isagenix team. For even more in depth information go to the Official Isagenix Website or for answers to any other questions go to Isagenix Live Long Live Healthy.

1. Q. I take a prescription medication. Do I need to check with my doctor before starting Isagenix? After all, it's just food and supplements!

A. Anyone taking medication and/or under the care of a medical doctor for any medical condition should check with his/her doctor before starting Isagenix or any other nutritional program. Just bring the ingredients of all the products you plan to take to your doctor. Tell the doctor you are about to start a low-calorie healthy eating program and that it involves periodic fasting and incorporates some nutritional supplements. Ask him or her to make sure all the ingredients are okay for your health situation. And then state that you would like him or her to monitor your results. The reason this is important is that sometimes medications need to be adjusted as a result of your increasing health, and only your doctor can do that. (To learn more about the most frequently asked questions from health professionals, listen to this podcast.)

2. Q. Why do I need nutritional cleansing?

A. Toxins and stress in our modern environment subject our bodies to continual risk of poor health. Once you begin cleansing you'll notice you'll feel cleaner (like the feeling you get after a shower), and more energized. You'll be healthier, too. Next time you look in the mirror you may also notice you are a few pounds leaner.

3. Q. How does nutritional cleansing work?

A. Over time, the human body has had to adjust to natural toxins in the environment, often with significant help from certain plants that provide special active components. Nutritional cleansing enlists a blend of these botanicals along with vitamins and minerals to support the body nutritionally for the modern world's onslaught of new toxins*.

4. Q. Is Cleanse for Life safe for long-term use?

A. Yes. It is absolutely safe. And healthy. You can use Cleanse for Life on a daily basis long-term. Deep Cleansing, which entails performing Cleanse Days, should be limited to no more than two consecutive days per week.

5. Q. Can I use Cleanse for Life by itself for nutritional cleansing benefit?

A. Yes. However, the product was designed to be used as part of one of our complete programs: the Cleansing and Fat Burning System (9-day, 30-day supply) or the Total Health and Wellness System (30-day supply).

6. Q. Why are B vitamins in Cleanse for Life?

A. A healthy amount of B vitamins is needed to support your metabolism to break down fats and

carbohydrates. Daily B vitamins can also support your immune system and help maintain muscle tone, healthy skin, and steady energy.

7. Q. I see you offer Cleanse for Life in liquid and powder. Which is more effective for nutritional cleansing?

A. Both products offer the same potency from its ingredient.

8. Q. Are there any contraindications when performing Cleanse Days?

A. Because of the reduced calories, Cleanse Days should not be performed by women who are pregnant or breastfeeding. In addition, those on medication or with a medical condition should consult a physician before Deep Cleansing.

9. Q. Should someone on blood thinners perform Cleanse Days?

A. If you're on blood thinners or any other medication, we strongly advise you seek supervision of your healthcare professional. Your physician will need to monitor your Pt levels if you choose to cleanse. Performing Cleanse Days may result in natural thinning of the blood. This is because you are drinking lots of fluids and limiting caloric intake. For more information, [click here](#).

10. Q. Should athletes and "thin" people use Cleanse for Life?

A. Athletes and thin people can benefit from Cleanse for Life. We regard nutritional cleansing to be the "missing link" to many health benefits such as vitality, more energy and better absorption of nutrients. When preparing for competition such as endurance events, Deep Cleansing should be avoided because limiting caloric intake may deplete muscle glycogen.

11. Q. I get headaches while Deep Cleansing. What can I do about them?

A. First-time cleansers may experience mild headaches (for up to a week) as a common caffeine withdrawal symptom from giving up coffee or caffeinated soda. If necessary, headaches can usually be alleviated by eating an IsaDelight® dark chocolate (approximately 10mg of caffeine per piece) or drinking a cup of green tea.

12. Q. I experience leg cramping while Deep Cleansing. What can I do to avoid the cramping?

A. Some cleansers will experience leg cramps if they are receiving insufficient mineral electrolytes —magnesium, calcium, potassium, sodium. These can be alleviated by taking IsaFlush® and IsaCalcium®, eating 1 or 2 IsaDelight pieces, and/or snacking on nuts, fruits or leafy green vegetables. If cramping continues or becomes chronic, please be sure to follow up with a visit to your doctor's office.

13. Q. I experience constipation while Deep Cleansing. How can I make sure to stay regular?

A. The key to avoiding constipation during a Cleanse Day is to keep dietary fiber intake high on Shake Days. Our recommendation is to gradually increase fiber intake to 25-30g daily in line with recommendations from the National Fiber Council. Getting enough is easily achieved by eating plenty of fruits and vegetables as well as taking advantage of products such as FiberPro and SlimCakes®. Regular water intake also works with fiber to help alleviate constipation. If constipation continues beyond a few days, please be sure to follow up with a visit to your doctor's office. On Cleanse Days, you may also wish to include some fiber by adding FiberPro to your Cleanse for Life drink throughout the day.

14. Q. I feel cold when Deep Cleansing in winter. How can I stay warm?

A. Customers may feel cold while cleansing because they are drinking cold water and liquids regularly and avoiding regular amounts of food, which in itself produces a thermal effect during digestion. To alleviate feelings of coldness during cleansing in the winter months, consider drinking Cleanse for Life and accompanying water and herbal teas at warm temperatures.

15. Q. I feel flu-like symptoms or feel like I may be becoming sick while Deep Cleansing. How can I avoid this feeling?

A. If you begin to feel like you are coming down with the flu, please stop your Cleanse Day, return to Shake Days, and be sure to follow up with a doctor's visit. If it turns out you have caught a bug, you may need medical treatment and steady nutrition for your immune system.

16. Q. I experience "flushing" when I cleanse. Is this harmful? How can I avoid it?

A. Customers may experience "flushing" while on the program. This reaction is safe and may be related to an individual sensitivity to nicotinic acid, a form of niacin. Flushing can be avoided by taking the following products, which contain nicotinic acid, separately: Cleanse for Life, Ionix Supreme® and Natural Accelerator®. Because Natural Accelerator contains other ingredients that may result in a more pronounced flushing experience, it should be taken with food or replaced with Antioxidants.

17. Q. I have experienced an allergic reaction while Deep Cleansing. What should I do?

A. If you experience an allergic reaction, please discontinue whichever product may have been associated with the reaction and be sure to follow up with a doctor's visit. Please also report your reaction or any other serious adverse event to nutrition@isagenix.net

18. Q. I feel dizzy, like I will pass out when I'm cleansing. Could this be because my blood pressure is too low?

A. Yes. Lower blood pressure may be a natural result of performing Cleanse Days. If you have low blood pressure or are on blood pressure medications, please have your doctor monitor you and make adjustments as necessary before and while cleansing. (Reviewed by Dr. Dennis Harper.) Dizziness can also be caused by blood sugar becoming too low.

20. Q. I have diabetes. Should I be worried about my blood glucose rising too high or falling too low?

A. Blood glucose levels should be monitored closely while on the program if you have diabetes. Not every individual will have similar results and you may need to make modifications as necessary. Please consult your doctor before adjusting medication. (Reviewed by Dr. Dennis Harper)

21. Q. How should someone who is diabetic and insulin dependent use Cleanse for Life?

A. We strongly advise anyone who is diabetic perform Cleanse Days only under close medical supervision. A physician will be able to help a patient with diabetes monitor glucose levels, modify medication and transition to short-acting insulin versus long-acting insulin when needed for cleansing.

22. Q. Should I stop taking my other supplements and medications while I'm doing Isagenix?

A. Anything that has been recommended by your medical doctor or health professional should be continued while you are doing Isagenix. As for any other supplements you may be taking, you might want to give yourself a break during the initial phase of the program. See what the Isagenix products can do for your body. After your initial program, you may wish to consider switching over to our Ageless Essentials Daily Pak or some of our other superior supplements. The formulas, ingredient quality, and bioavailability of these supplements are extremely hard to beat.

23. Q. Are the Isagenix products considered organic, or not?

A. Our products are considered all-natural using only non-GMO ingredients. They also contain organic ingredients wherever possible, and some ingredients that even exceed USDA organic standards. However, some of our ingredients are sourced from parts of the world that do not have organic certification systems.

24. Q. Why shouldn't I have coffee on the Isagenix program? Is there anything I can substitute?

A. Because coffee can potentially interfere with goals of detoxification while on Cleanse Days, we recommend that people take a break from it, at least while they are on the initial phase of their program. Many people voluntarily give up coffee afterwards since they are no longer dependent on it and find that they feel natural energy from the nutritional products. We recommend substituting green tea (not black tea), and any natural herbal teas. Consuming Ionix Supreme, Want More Energy?, and IsaDelights can also provide a little energy boost. If you decide to resume coffee consumption, we recommend that you drink low-acid, low-temperature roasted, low-acrylamide, certified organic coffee, and only consume 1 cup per day.

25. Q. Why do I need to drink so much water? How do I know how much water is enough? Can I put anything into my water to give it flavor?

A. The products do a great job of supporting the body at releasing impurities, and it's our job to flush them out of the body by drinking plenty of pure, plain water. We recommend drinking approximately half of your body weight in ounces of pure, plain water whether you are on a cleansing program or not. For example, if you weigh 150 pounds, it is suggested that you drink 75 ounces of water each day. We don't recommend that you add anything to flavor your water. You can use as much herbal or green tea as you want, or put flavored stevia in your water.