



## 9 Day Program

Before you begin cleansing on the 9 day program **we suggest doing 2 shake days first.**  
This will adjust the Ph in your body from an acidic state to a more alkaline state  
and make the cleanse days enjoyable.

Cleanse Options: **Liquid** (4oz. with 4-8oz water) **Powder** (2 scoops with 4-8oz water).

### Cleanse Days (Days 1-2, 8-9)

8:00 Cleanse & Accelerator Capsule  
10:00 2 Isagenix Snacks  
12:00 Cleanse  
2:00 2 Isagenix Snacks  
4:00 Cleanse & Accelerator Capsule  
6:00 2 Isagenix Snacks  
8:00 Cleanse

### Shake Days (Days 3,4,5,6,7)

8:00 Shake & Accelerator Capsule  
10:00 Snacks from the list below  
12:00 Meal (400-600 calories) make healthy choices  
2:00 2 Isagenix Snacks  
4:00 Snack from the list below  
6:00 Shake & Accelerator Capsule  
8:00 Snack from the list below

### Additional Optional Snacks (All Days)

Raw Vegetables (avoid starchy vegetables i.e. carrots and corn), unsalted Almonds

**\*You Must Drink ½ Your Body Weight in Ounces of Water EVERYDAY\***

To reinforce the information you have received, you have privilege to a website to set  
you up for success.

*[www.nutritionalrebalancing.com](http://www.nutritionalrebalancing.com)*

Username: \_\_\_\_\_ Password: \_\_\_\_\_

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