

How to Succeed on Your 9 Day and 30 Day

First - order your program

For best results invest in 40 days! Begin with a 9 day program and bridge into the 30 day.

Every step forward requires you to login to the website below:

NutritionalRebalancing.com

U: _____

P: gratitude

Step 1: Click “Home”

Watch both short videos as you wait for your products to arrive

Step 2: Click “Programs”

Print the 9 day and 30 day cheat sheets

(Begin with the 9 day and bridge into the 30 day for the greatest results)

Step 3: Click “Cleanse Day” Click “Shake Day”

Learn exactly how to do a cleanse day and a shake day

Step 4: Click “Products”

- Become familiar with individual products
- Begin to understand the miracle the body is capable of when given the proper nutrition. Weight loss usually gets people started but education is what keeps you wanting to stay lean and healthy for a lifetime.

NOW you are ready to begin...

Step 5: Click “DAILY COACHING”

This is mission critical to your success!

- Invest 3-5 minutes each morning. It is important to understand why your body is transforming so rapidly. It also helps you stay focused and accountable each day.
- You simply click on the day you are on in your program. The guidance, information and inspiration you receive is tailored to precisely what your body is experiencing on that particular day of the program.
- Weight loss may get you started but understanding the the miracle your body is undergoing will be the reason you are impacted for life!

Necessary Tools to get Started...

Isagenix.com

(personal website to order product at 25% discount)

U: _____

P: _____

NutritionalRebalancing.com

(instructions on how to successfully complete 9 day and 30 day program)

U: _____

P: gratitude

Isagenix Customer Service

(480) 889-5777



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

Username: _____ Password: _____

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30 Day Program

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

Cleanse Days (Once A Week)

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 (6 Days A Week)

8:00 Shake & Accelerator Capsule
10:00 2-4 almonds or raw vegetables
12:00 Meal (400-600 calories) make healthy choices
2:00 2-4 Almonds
4:00 2-4 almonds or raw vegetables
6:00 Shake & Accelerator Capsule
8:00 2-4 almonds or raw vegetables

Every Day: Ionix Supreme (1 oz. Liquid or 1 scoop Powder with 6oz water)

Every Day: 2 - 4 IsaFlush as needed

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

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Username: _____ Password: _____

Nutritional Rebalancing Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Coach: _____ Email: _____ Phone: _____

Coaching Support Call Schedule

Clinical Nutritionist Dr. Ina Nozek, DC, MS



A product expert right at your fingertips.

Clinical Nutritionist Dr. Ina Nozek, DC, MS will answer your questions.

Monday and Wednesday

11-11:30 a.m. EST

9:30-10 p.m. EST

Friday

11-11:30 a.m. EST

1-719-867-0497, code 457415#

Toll-free number: 1-877-647-3411, code 457415#

Need an answer to a frequently asked question right away?

www.IsagenixHealth.net

