

ReCleanse® Herbal Cleanse 7-Day Whole Body Detox

is a gentle and effective cleanse designed to easily fit into your lifestyle as opposed to disrupting it. Herbal Cleanse Whole Body Detox activates your body's natural cleansing systems during the one week program. Each person is different based on unique lifestyle, genetics and toxin accumulation over years and even decades. Elimination of toxins is a gradual process that can take longer than one week. Regular and repeated use of Herbal Cleanse Whole Body Detox will help your body gradually and gently cleanse itself of a wide range of toxic substances without harsh side effects and while allowing a variety of cleanse-friendly foods.

ReCleanse Herbal Cleanse consists of two parts which together make up a whole body detox program: the Multi-Systems Cleansing Formula and the Colon Cleansing Formula. By combining the benefits of over 25 herbs, ReCleanse Herbal Cleanse can rejuvenate and restore the cleansing and detoxifying systems of the body which deactivate, transform, filter and eliminate toxic substances. These herbs are known to support and enhance the natural cleansing ability of the kidneys, glands, liver, blood, digestive system and colon.

Regular and repeated use of ReCleanse Herbal Cleanse will provide innumerable health benefits helping to:

- Eliminate Toxins
- Improve Digestion
- Regulate Bowels
- Normalize Weight
- Detoxify Liver
- Strengthen Kidneys
- Gain Energy
- Support Immunity
- Cleanse Blood
- Rejuvenate Skin
- Freshen Breath
- Revitalize Nerves
- Relieve Allergies
- Reduce Pain

How will I feel?

Your 7-Day experience will be unique and individual to you. Some individuals experience overall health improvement and greater energy right from the start. Individuals who eat according to the Lifestyle Cleansing Nutritional Chart tend to experience the most immediate benefits, including healthy weight loss and fat reduction.

As a function of detoxification and cleaner eating, an appreciation for the tastes and smells of simple natural foods develop. While cravings for refined and processed foods diminish, taste buds become sensitized and control over food choices improves.



Jumpstart, refresh and support your path to radiant health!

Lifestyle Cleansing Nutritional Guide

You can create your own delicious cleansing meals. Select foods from the wide array of delicious and wholesome food choices intended to optimize the many benefits of the ReCleanse Herbal Cleanse. Each food choice has been selected for fibre content, protein content, polyunsaturated fat content, pH, glycemic index, caloric value, total fat, oxidative and antioxidant potential, and biological value. These food characteristics provide your cells and your metabolism with whole and healthy guidance, fuels and tools to do what they were designed to do – remove waste and toxicity, and build and maintain health. Foods that generally contribute to toxicity, digestive congestion and excess body fat have been eliminated from the program.

For your convenience the ReCleanse Lifestyle Cleansing Nutritional Chart has been categorized into four colour-coded macronutrient lists: CARBS (*low density carbs* and *high density carbs*), PROTEIN, and FAT food sources.

How much do I need to eat?

To determine your daily food intake simply refer to the Lifestyle Cleansing Nutritional Chart:

- 1 Select your average normal body weight.
- 2 Use the number of servings per meal from all four colour-coded categories as a guide to select your food choices in the corresponding Nutritional Chart.
- 3 Each food category in the Nutritional Chart has its own serving size per selection. Simply add the amount of servings per meal from the four food selection categories to your plate.

If some days your lifestyle does not permit you to consume the recommended amount of *light carbs* we suggest increasing your *dense carbs* serving size by 50%. (NOTE: Only light carbs can be substituted with dense carbs.) Light carbs make up a large amount of the fibre content in each meal. If you substitute dense carbs for light carbs your fibre content will decrease. To maintain the correct amount of fibre per meal we recommend adding a serving of our great tasting ReFibre powder or ReFibre chewable tablets. ReFibre can also be used in between cleanse cycles as a nutritious well balanced source of fibre. Fibre helps eliminate toxins and promotes a healthy digestive system.

When is the best time to eat?

Eating three meals per day using the Nutritional Chart as your guide is ideal. Eat breakfast in the early morning, lunch around noon and dinner early evening (before 7 pm).

Snacks: To satisfy nutritional needs in between meals one or two snacks are allowed each day. Choose one serving from each food category to make up a snack or split up a meal into two portions (meal & snack) and save the snack portion for later as long as the Fat, Protein and Carbohydrate categories are maintained



in the right proportion. ReCleanse ReFigure Smoothie with protein and fibre makes a great snack on its own, and is a delicious way to satisfy cravings and help build lean muscle. ReFigure can also be used daily as a balanced nutritional supplement in between cleanse cycles.

Complete meal rule

A meal is not complete unless it is made up of a proper ratio of CARBS (*low density carbs* and *high density carbs*), PROTEIN and FAT food sources. The food selections and personal servings per meal for each category are designed to create this balance.

How much water do I need to drink?

Drink 8-10 8 oz/250 ml glasses of water every day, especially while you cleanse. Water supports every aspect of the detoxification process. The elimination and detoxification systems of the body require ample amounts of water to dilute, mobilize and transport toxins.

Congratulations on your new life direction.

You are about to ReCleanse your way to a new state of being. Greater benefits are experienced from the ReCleanse Whole Body Cleansing and Rejuvenation Program if whole, natural foods selected from the Nutritional Chart make up the majority of the diet. Whenever possible choose organic.

Daily Meal Plan Every day for seven days

On rising:
1 glass (250 ml) of water with juice of 1/2 lemon and 2 Colon Cleansing Formula capsules

Breakfast:
1 glass of water with 2 Multi-Systems Cleansing Formula capsules
Complete meal

Mid-morning snack or ReFigure Smoothie, drink an extra glass of water.

Before lunch, drink another glass of water.

Lunch:
1 glass of water
Complete meal

Mid-afternoon snack or ReFigure Smoothie, drink an additional glass of water.

15 minutes before dinner, drink a glass of water with 2 Colon Cleansing Formula capsules.

Dinner (before 7 PM):
1 glass of water with 2 Multi-Systems Cleansing Formula capsules
Complete meal

For free-post cleanse recipes, more healthy food choices, tips to reduce toxins and more information please visit: www.recleanse.com or call 1.877.560.8440

BODY WEIGHT	LOW DENSITY CARBS <i>servings per meal</i>	HIGH DENSITY CARBS <i>servings per meal</i>	PROTEIN <i>servings per meal</i>	FAT <i>servings per meal</i>
100 - 124 lb	3	1	3	1.5
125 - 149 lb	3	1.5	3.5	2
150 - 174 lb	3.5	1.5	4	2.5
175 - 199 lb	4	2	4.5	3
200 lb +	4.5	2.5	5	3.5

Sample meal for a person in the 125 - 149 lb category

Breakfast	Lunch	Dinner
Fresh fruit 1 1/2 cups	Raw vegetable salad: spinach 1 cup, carrots 1/4 cup, snowpeas 1/4 cup, asparagus 1/4 cup, apple 1/2 cup	Broccoli, cauliflower 2 1/4 cups
Oatmeal 1 1/2 cups	Bread 1 1/2 slices	Brown rice 1 1/2 cups
Eggs boiled 2, yoghurt 6 oz	Chicken 3 1/2 oz	Fish 5 1/4 oz
8 mixed raw nuts	Seed oil blend 1 Tbsp* (add lemon juice, crushed garlic & agave nectar to taste for dressing)	Olive oil 1Tbsp*

HERBS and SPICES <i>unlimited</i>	LOW DENSITY CARBS	HIGH DENSITY CARBS	PROTEIN	FAT
Allspice, Basil, Bay Leaf, Cayenne Pepper, Celery Seed, Cilantro, Cinnamon, Cumin, Dill, Dulse, Fennel Seed, Garlic, Ginger, Kelp, Mace, Mint, Oregano, Parsley, Rosemary, Tarragon, Turmeric	Alfalfa sprouts 1 cup Asparagus 3/4 cup Beans, string, wax, green 3/4 cup Berries, all types whole 1 cup Bok choy 1 cup Broccoli 3/4 cup Brussels sprouts 3/4 cup Cabbage 3/4 cup Carrots 1/2 cup Cauliflower 3/4 cup Celery 1 cup Cucumbers 1 cup Eggplant 3/4 cup Fruit, fresh (all types other than those in <i>Dense Carbs</i>) 1/2 cup Hearts of palm 1/2 cup Kale, cooked & raw 1 cup Lettuce 1 cup Okra 1 cup Peas, fresh 1/2 cup Peppers, all colours 1 cup Pumpkin 3/4 cup Radishes 3/4 cup Spinach 1 cup Squash, all types 3/4 cup Swiss chard 1 cup Tomatoes 3/4 cup Turnip, Rutabaga 1/2 cup Water Chestnut 1/2 cup Watercress 1 cup Zucchini 1 cup	<i>Grain</i> Bread, 100% whole grain 1 slice Buckwheat grain cooked 1 cup Bulgur grain cooked 1 cup Cereals, dry unsweetened 3/4 cup Kamut grain cooked 1 cup Oatmeal, cooked 1 cup Pasta, whole wheat 1 cup Quinoa 1 cup Rice, brown, whole, all types 1 cup Spelt grain cooked 1 cup <i>Vegetables / Legumes</i> Beets 1 cup Corn 1 cup Garbanzo / chick peas 1 cup Kidney beans 1/2 cup Lentils, cooked 1/2 cup Lima beans 1/2 cup Parsnips 1 cup Potatoes 1 cup Yams, cooked 1 cup <i>Fruit</i> Berries, dried, all types 1/2 cup Fruit, dried 1/2 cup Fruit: Banana, avocado, mango, dates 1/2 cup	<i>Meat</i> Beef 1 oz Buffalo 1 oz Chicken 1 oz Duck 1.5 oz <i>Eggs</i> Egg white 2 each Egg yolk 2 each Eggs, new-laid, whole 1 each <i>Fish</i> Fish, cooked 1.5 oz Fish, raw sashimi 1.5 oz Fish, canned in water 1.5 oz <i>Dairy</i> Whey protein powder 10 g Yoghurt, plain, unsweetened 4 oz <i>Vegan Protein</i> Soybean milk, plain 4 oz Tofu (soybean curd) 3 oz Grains, Vegetables/Legumes (Split the protein serving size 50:50 between these. Do not have the additional serving of high density carbs)	<i>Oils</i> Coconut oil, raw 1 tsp Flaxseed oil, cold-pressed 1.5 tsp Olive oil, extra virgin 1.5 tsp Seed oil blend, organic 1.5 tsp <i>Nuts, Seeds & Butters</i> Almond butter 1 tsp Almonds 4 nuts Brazil nuts 3 nuts Cashews 5 nuts Flax seeds, ground fresh 1 Tbsp Hazelnuts 3 nuts Macadamia nuts, raw 4 nuts Pecans 4 nuts Pistachios 5 nuts Pumpkin seeds 1/4 cup Sesame seeds 1/4 cup Sunflower seeds 1/4 cup Walnuts 3 nuts <i>Fruits</i> Avocado 1/3 fruit Olives 6 fruit

*1 Tbsp = 3 tsp

Tasty tips:

Breakfast: Mix fresh fruit, oatmeal and nuts together, scrambled eggs on the side.

Snack: The ReFigure Lemon Mango Meringue Smoothie makes a healthy & satisfying snack. And it's quick!

Easy dinner: Cut peppers & onions into quarters, add asparagus spears and marinade in oil & vinegar salad dressing for the day. Roast in the oven with small pieces of boneless, skinless chicken and sweet potato cubes.



Light Carbs

Dense Carbs

Protein

Fat

Your plate's food groups should balance out like this