

**NEW Cleanse 7® with Dehydrated Minerals**

Dehydrated Minerals helps provide the critical minerals your body needs, especially while cleansing.\* Thirty capsules are offered with the kit at a discount.



**We also offer... Cleanse 7® with Cayenne**



Cleanse 7® uses Arise & Shine's Original Formula, Chomper with Cayenne. Today, over one-third of our customers prefer Chomper with Cayenne.

**For Daily Nutritional Support**

Our Daily Nutritional Products provide the boost to help maintain the basics of everyday health, as well as offering additional support while you cleanse.

**NEW Great Greens**

Great Greens is a remarkable blend of 88% organic potent herbs, super food concentrates, and antioxidants. If you liked Ultimate Food Complex, you are going to love Great Greens. Available in powder or capsule.



**Alkalizer and ElectroLife** provide a readily absorbable source of organic sodium and other organic electrolyte minerals. Exercise, fasting and cleansing, along with the body's metabolic processes, stresses such as negative thoughts and feelings, illness, and acid forming foods, such as bread, sugar, meat and eggs, can all produce acids in the body and consume electrolytes. Replenish your electrolyte reserves to re-energize the body's cells and keep you humming through your busy day.\*

\* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

**Alkalizing Vegetable Mineral Broth**

A vegetable broth made from organically grown vegetables can be an excellent source of essential electrolytes.

- Dice 3-4 unpeeled organic potatoes of any variety
- Dice one small organically grown onion
- Thinly slice 3-4 stalks of fresh organically grown celery
- Thinly slice 1 or 2 fresh organically grown carrots
- Chop a large handful of organic greens such as kale or chard
- A finely diced sweet potato or yam adds a wonderful flavor.

Place in 3 quarts of pure or distilled water. Simmer for 20 minutes. Strain the liquid, discard the veggies and drink.

Don't be afraid to experiment! Adding a teaspoon of raw organic apple cider vinegar and a dash (or more) of cayenne pepper livens up the flavor. Fresh or dried organically grown herbs such as parsley, oregano, thyme, savory or any salt-free, msg-free and other additive free herbal seasoning blend can be added for extra flavor. Truly, any organically grown vegetable of your liking can be added to the broth.

**Vitamin C Smoothie**

- |                                       |          |
|---------------------------------------|----------|
| Handful of raw, soaked almonds        | 1 banana |
| 1-2 tsp of cold pressed flax seed oil | 1 kiwi   |
| 1 orange                              | Water    |
- Peel the fruit, cut up and place all ingredients in a blender. Add water to the desired consistency. You may also add ice if you like your smoothies cold.

**Fresh Gazpacho**

- |                         |                       |
|-------------------------|-----------------------|
| 2 tomatoes              | 1/2 green bell pepper |
| 1/2 cup zucchini        | Garlic to taste       |
| 1/2 cucumber            | 1/4 cup red onion     |
| 1/2 cup vegetable broth |                       |
- Combine all ingredients in blender and mix to desired consistency. Refrigerate 2 hours before eating. May be made a day ahead.

**Broccoli and Apple Salad**

- Organic salad greens and sprouts
- 1 stalk of organic broccoli
- 1/2 organic apple
- 1 Tbs. soaked raw organic sunflower seeds
- Dulse powder or flakes
- Raw organic apple cider vinegar
- Organic cold pressed olive or flax seed oil

Mix all ingredients and enjoy.

**More cleansing suggestions from your friends at Arise & Shine:**

A clean body, inside and out, is essential for good health. \* For optimal results, we recommend using **Cleanse 7®** two to four times a year.

After completing **Cleanse 7®**, many of our customers recognize the benefits of cleansing and naturally want to try a more intense program.

For this purpose, we also offer **Cleanse 28<sup>sm</sup>**. A 4-week, progressive, deep cleanse, this program is designed to cleanse your complete intestinal tract.

Call us or visit our website for more information on the Ultimate 28-Day Cleanse.



**28<sup>sm</sup> cleanse**

**Arise & Shine®**

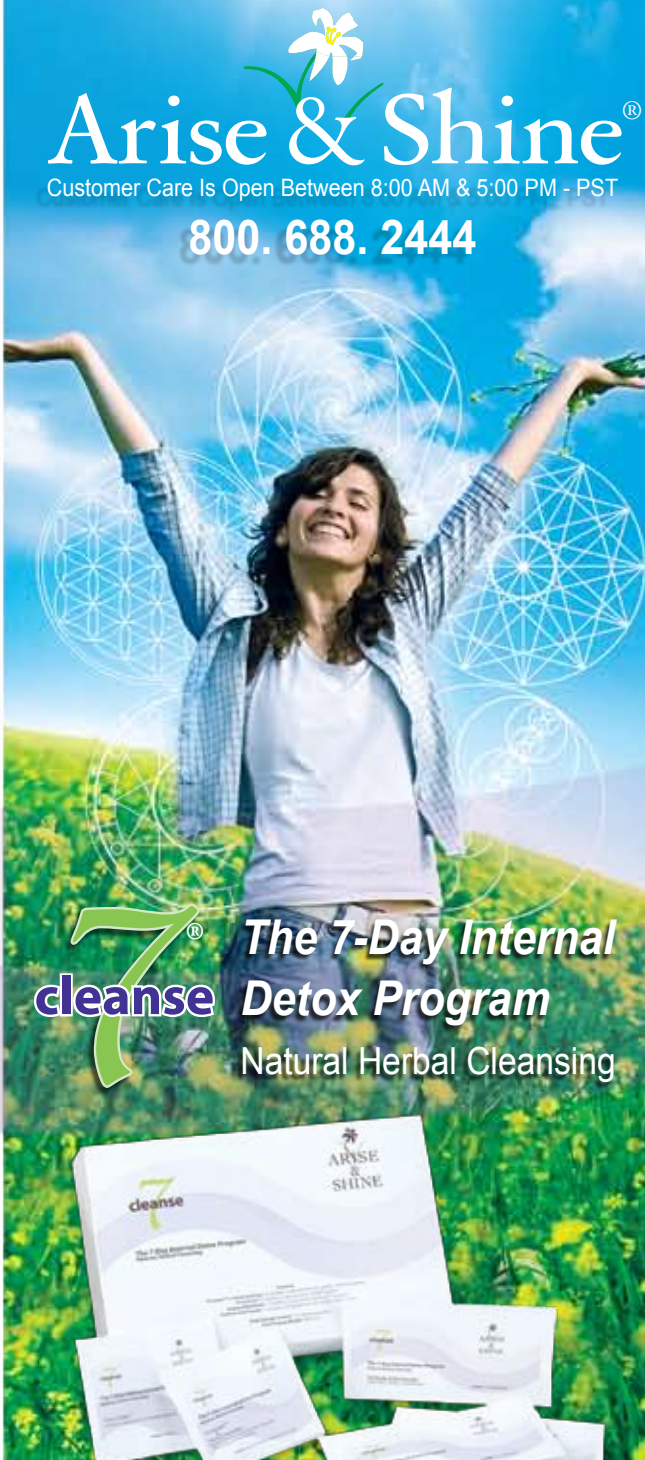
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**7® The 7-Day Internal  
 cleanse Detox Program**  
 Natural Herbal Cleansing

*Experience a feeling of well being –  
 from the inside out!*

## Why should I cleanse?

Every day at Arise & Shine we hear from customers whose lives have completely shifted after cleansing. Programs like **Cleanse 7®** can help rid a body of built-up toxins, waste and potentially harmful materials, creating a rejuvenated sense of emotional, spiritual and physical health and well-being.\*

Millions of people suffer needlessly because their internal systems have become acidic, polluted and congested. This often weakens glands and organs, leading our bodies to function below peak capacity.\*

We believe that if you rid your body of toxins, starting at the intestinal level, good health can be regained and maintained.\*

Here's why: Typically, poor health is not acquired, it is created by an unnatural lifestyle that compromises digestive and intestinal health. The intestinal tract is the hub of the entire body—all cells depend on a well-functioning digestive system. When digestion is off, our bodies can weaken, making us more prone to deficiencies and feeling sluggish and out of sorts.\*

That's when toxic accumulation known as "mucoïd plaque" can develop on the intestinal walls and in the stomach and colon. As this plaque coagulates, it can bind to various substances such as drugs, free radical-producing compounds, heavy metals, parasites and more. The combination of plaque and substances can then interfere with normal bowel function, nutrient assimilation and regular elimination.\*

## What should I expect from cleansing?

**Cleanse 7®** has been specially formulated to assist your body in the natural removal of harmful toxins. After you have completed the program, you may feel lighter, more energetic, more alive and joyful.\*\*

**Please note:** During a **Cleanse 7®** program, you may experience mild to moderate cleansing reactions. These may include headache, fatigue and/or nausea and are usually signs that your body is releasing built-up toxins.

\*\* Results will vary from person to person.

## What do I get with the Cleanse 7® program?

**Cleanse 7®** consists of five Arise & Shine products that have been developed to work together toward optimal intestinal cleansing. The first two components are **Chomper®** and **Herbal Nutrition**. **Chomper®** is a gentle herbal formula designed to thoroughly cleanse the alimentary canal.\*

**Herbal Nutrition** supports **Chomper®** and is one of the most comprehensive formulas available. When combined, these formulas work to help condition, soften and break up mucoïd plaque and to remove toxic waste from the body's digestive and intestinal systems.

**Psyllium Husk Powder** is a fibrous bulking agent that naturally sweeps toxic buildup out of the intestines, promoting regularity and colon health.\* **Hydrated Bentonite** has long been used for both internal and external detoxification. Because of its highly absorptive properties, **Hydrated Bentonite** is ideal for drawing out the toxins that **Psyllium** helps sweep from your body.\*

**Flora Grow®** provides healthy bacteria that may have become depleted from years of poor eating and lifestyle habits.\* Proper bacteria is essential for overall health and well-being, including a strong immune system, complete digestion, nutrient absorption and the manufacture of B-vitamins and various amino acids. **Flora Grow®** is unique in that it can effectively establish itself in the bowels while supporting a balanced pH environment.\*

*Tip from Arise & Shine: We recommend you gradually prepare your body before cleansing by eliminating caffeine, nicotine, alcohol and acid-forming foods. Call our Cleanse Support line if you have questions or concerns.*



## How do I use the program?

**Cleanse 7®** is a seven-day program designed for ease and effectiveness. While on the program, you will eat three meals per day, take three sets of cleansing herbs (**Chomper®** and **Herbal Nutrition**), two cleansing shakes (**Psyllium** and **Hydrated Bentonite**) and beneficial bacteria (**Flora Grow®**). Each kit includes complete instructions, schedules, tips, meal ideas and recipes. Cleanse Support is available Mon - Fri, 8am to 5pm PST to answer any questions you may have.

### Here's what the Cleanse 7® schedule looks like: Schedule for Day 1 through Day 7

6:30 am Shake (**Psyllium** and **Bentonite**)  
8:00 a.m. Breakfast <sup>1</sup>  
9:30 a.m. Herbs (**Chomper®** and **Herbal Nutrition**)  
12:30 p.m. Lunch  
2:00 p.m. Herbs (**Chomper®** and **Herbal Nutrition**)  
3:30 p.m. Shake (**Psyllium** and **Bentonite**)  
6:30 p.m. Dinner  
8:00 p.m. Herbs (**Chomper®** and **Herbal Nutrition**)  
9:00 p.m. **Flora Grow®**

### Schedule for Day 8

Continue eating the recommended foods through the end of the day. Take the extra packet of **Flora Grow®** one hour after dinner.

## How to make the Cleansing Shake:

In a container with a lid, add 10 ounces of water and one package of **Hydrated Bentonite**. Put the lid on and shake until blended. Remove the lid and add one package of **Psyllium**, put the lid back on and shake vigorously until well blended. Drink immediately, as the products will thicken. Drink at least 10 ounces of water immediately following the shake.

**Note:** Up to 4 ounces of fresh juice may be substituted for water.

*Tip from Arise & Shine: It is important to have 3 – 5 bowel movements per day while cleansing. Call our Cleanse Support line if you have questions or concerns.*

<sup>1</sup> We recommend fresh fruit or fresh juice for breakfast.

*Drink plenty of purified water for optimal results - at least 2 quarts a day, and more in warmer weather.*

## We suggest these foods during Cleanse 7®

### Lunch or Dinner

Raw veggies and dip <sup>2</sup>	Steamed vegetables
Corn on the cob	Salads with dressing <sup>2</sup>
Fresh fruit or fruit salad	Quinoa or millet
Baked potato	Fresh vegetable soup

### Snacks

Fresh fruit or vegetable juice	Fresh smoothie
Dried fruit or soaked nuts	

**For Dressing:** Fresh lemon juice, organic olive oil, & garlic

**For Dip:** Fresh avocado mashed with lime juice, garlic and cilantro.

*Tip from Arise & Shine: For electrolyte support, we recommend you drink 30-40 ounces of fresh, organic vegetable juice or Alkalinizing Vegetable Mineral Broth daily.*

While on the **Cleanse 7®** program, we recommend you **AVOID** the following items, as they may inhibit the cleansing process:

Dairy	Meat	Sugar
Caffeine	Processed foods	Bread
Pasta	Salt	Soy
Alcohol	Nicotine	
Carbonated beverages		

<sup>2</sup> Try to make your own salad dressings and vegetable dips, as most purchased products are highly processed.

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