

Advocare 10 Day Cleanse Guide



10 Day Cleanse PROGRAM

10 Day Cleansing Instructions & Guidelines

During the cleanse, please limit AdvocaCare products to the following: HERBAL CLEANSE, SPARK, MEAL REPLACEMENT SHAKES and CATALYST. You will have great success and enhanced benefits going back on your normal supplement routine upon completion of the cleanse. Dietary suggestions that may enhance your results:

- NO** fried foods, refined sugars, corn or white starches, or bread
- NO** wheat products (i.e. bread, crackers)
- NO** dairy (i.e. cheese, yogurt, milk)
- NO** alcohol (you're on a cleanse...hold off for 10 days)
- NO** coffee or soda (drink water or SPARK)
- EAT VEGGIES:** salads during the day and steamed at night will scrub your system (choose spices over dairy/sugar based condiments)
- EAT FRUIT:** fibrous and low glycemic choices (apples, grapefruit, berries)
- EAT HEALTHY FATS** (i.e. avocado, nuts/seeds, olives/olive oil)
- EAT CLEAN PROTEINS:** feed muscle and reduce appetite (tuna and salmon will aid in cleansing; eggs/chicken/beef would be secondary options; stay away from processed lunch meats)
- EAT CLEAN CARBS:** (i.e. rice, hummus, oatmeal)

DRINK WATER! Goal: 90 - 120 oz. of water daily

10 Tips for Cleansing Success

Example Cleanse Eating Plan

HUNGRY? Eat more of the suggested foods. *You don't have to be perfect with these suggestions. Shoot to be 80% "on" so that you get the results you want. Your results will reflect your ability to comply with these principles.*

Being on a cleanse doesn't mean you have to go hungry!

Breakfast	Mid-Morning Snack	Lunch	Mid-Afternoon Snack	Dinner	Snack (if needed)
SPARK + 3 Catalyst + Probiotic Restore (days 4-10) Meal Replacement Shake 30 minutes later with FIBER DRINK** (DAYS 1-3 AND 8-10)	Fruit is best for cleansing. Add in 3 hard-boiled eggs or plain oatmeal, if needed.	Salad or greens with lean protein and complex carbohydrates	SPARK + 3 Catalyst 30 minutes later Nuts, seeds, raw veggies or fruit. Rice cakes with natural peanut or almond butter.	Lean protein with lightly cooked vegetables.	Bowl or piece of fruit Bedtime (days 1-7) HERBAL CLEANSE TABLETS with water.
	2 glasses of water between meals	2 glasses of water between meals	2 glasses of water between meals	2 glasses of water between meals	2 glasses of water between meals

** The FIBER DRINK can be pretty thick - don't let it intimidate you. It actually tastes good, but here are couple tips that might help. Make sure you mix it with enough water (it thickens quickly) and don't let it stand at all after mixing. As soon as you're done mixing, just CHUG IT!

Also, please read the enclosed Herbal Cleanse packaging DMET for specific instructions on how and when to take the cleansing fiber and probiotic supplements - on the routine water during the 10-day program

Get Yourself Fully Invested Before You Begin

Upon completing your 10 Day Cleanse, your energy should be higher and your waistline more slim - then you'll begin the 14 Day MAX Pack toning and metabolic enhancing regimen. The energy and physical transformation you experience during the MAX Pack phase will be accelerated and enhanced by your ability to be a CHAMP® during the 10 Day Cleanse. Choose to be outstanding during your cleanse so that your body can live and move at its full potential. Your mental resolve will determine your physical result and your physical result will then allow you to be more, both mentally and emotionally.

Advocare 10 Day Cleanse Guide

The Advocare 10 Day Cleanse is a popular program designed to help individuals detoxify their bodies and jumpstart a healthier lifestyle. This cleanse provides a structured approach to nutrition, focusing on whole foods, hydration, and the elimination of processed foods. Whether you're looking to shed a few pounds, boost your energy levels, or simply reset your digestive system, the Advocare 10 Day Cleanse can be an effective tool. In this comprehensive guide, we will explore what the cleanse entails, the benefits it offers, how to prepare for it, and what to expect during and after the program.

What is the Advocare 10 Day Cleanse?

The Advocare 10 Day Cleanse is a short-term dietary program that aims to remove toxins from the body while promoting healthy eating habits. It is part of Advocare's broader line of nutritional supplements and wellness products. The cleanse emphasizes the following:

- Whole Foods: Emphasizing fruits, vegetables, lean proteins, and healthy fats.
- Hydration: Encouraging sufficient water intake to aid in the detoxification process.
- Supplementation: Utilizing specific Advocare products that support the cleanse.

This program is designed to last ten days and is divided into three main phases: preparation, cleansing, and maintenance.

Benefits of the Advocare 10 Day Cleanse

The Advocare 10 Day Cleanse offers a variety of potential benefits, including:

1. Detoxification

The primary goal of the cleanse is to help rid the body of toxins accumulated from processed foods, environmental factors, and unhealthy lifestyle choices. By focusing on whole, nutrient-dense foods, the body can naturally eliminate these substances.

2. Improved Digestion

Many participants report enhanced digestive function during and after the cleanse. The program encourages fiber-rich foods, which can promote regular bowel movements and a healthier gut microbiome.

3. Increased Energy Levels

By eliminating sugar and processed foods, many individuals experience increased energy and reduced feelings of fatigue. The cleanse encourages a balanced intake of macronutrients, which can lead to more stable energy levels throughout the day.

4. Weight Loss

While weight loss should not be the primary focus of the cleanse, many participants find they shed a few pounds during the program. This is often due to a reduction in calorie intake from processed foods and an increase in low-calorie, nutrient-dense options.

5. Enhanced Mental Clarity

The elimination of sugar and processed foods may also positively affect mental clarity and focus. Many participants report feeling more alert and less foggy during the cleanse.

How to Prepare for the Advocare 10 Day Cleanse

Preparation is key to successfully completing the Advocare 10 Day Cleanse. Here are steps to take before starting:

1. Assess Your Current Diet

Before beginning, take a week to evaluate your current eating habits. Identify areas where you can make adjustments and gradually reduce your intake of processed foods, caffeine, and alcohol.

2. Gather Necessary Supplies

You will need the following:

- Advocare Cleanse Kit (includes herbal cleanse and fiber drink)
- Fresh fruits and vegetables
- Lean proteins (chicken, fish, tofu)
- Healthy fats (avocado, nuts, olive oil)
- Whole grains (quinoa, brown rice)
- Plenty of water

3. Set Goals

Define your goals for the cleanse. Whether it's weight loss, improved digestion, or simply feeling better overall, having clear objectives will help keep you motivated.

4. Inform Your Support System

Share your plans with family and friends. Their support can be invaluable during your cleanse, especially if they choose to join you.

What to Expect During the Cleanse

The Advocare 10 Day Cleanse consists of three distinct phases: the Preparation Phase, the Cleansing Phase, and the Maintenance Phase. Each phase has specific goals and dietary guidelines.

1. Preparation Phase (Days 1-3)

During the preparation phase, you will gradually transition to a healthier diet. Focus on:

- Reducing caffeine and sugar intake.
- Increasing water consumption (aim for at least 64 ounces daily).
- Incorporating more fruits and vegetables into your meals.
- Avoiding processed foods and alcohol.

This phase helps ease your body into the cleansing process.

2. Cleansing Phase (Days 4-7)

The cleansing phase is when the actual detoxification occurs. During this time, you will:

- Consume the Advocare Herbal Cleanse products, which include a fiber drink and herbal cleanse tablets.
- Prioritize whole foods: fruits, vegetables, lean proteins, and whole grains.
- Continue to drink plenty of water.

You may experience some initial discomfort as your body adjusts to the changes. Common symptoms include mild headaches, fatigue, and cravings, but these typically subside within a few days.

3. Maintenance Phase (Days 8-10)

In the maintenance phase, you will transition to a more sustainable and balanced diet:

- Continue eating whole, nutrient-dense foods.
- Incorporate healthy snacks to avoid hunger pangs.
- Focus on portion control and mindful eating.

This phase is crucial for establishing long-term healthy habits.

Post-Cleanse Tips

After completing the Advocare 10 Day Cleanse, it is essential to maintain the healthy habits you've developed. Here are some tips:

1. Gradual Reintroduction

Slowly reintroduce foods that you may have eliminated during the cleanse, such as dairy or gluten. Pay attention to how your body reacts to each food item.

2. Continue Healthy Eating Habits

Keep prioritizing whole foods and minimize processed foods in your diet. Aim for a balanced intake of macronutrients and maintain hydration.

3. Stay Active

Incorporate regular physical activity into your routine. Aim for at least 150 minutes of moderate aerobic exercise each week, along with strength training exercises twice a week.

4. Monitor Your Progress

Keep track of your energy levels, mood, and physical changes. This will help you stay motivated and identify what works best for your body.

Conclusion

The Advocare 10 Day Cleanse can be an effective way to detoxify your body, improve digestion, and jumpstart a healthier lifestyle. By following the structured phases of the cleanse, preparing adequately, and maintaining healthy habits post-cleanse, you can reap the program's benefits. Remember, the goal is not just short-term results but to cultivate a lasting, healthier relationship with food and your body. Always consult with a healthcare professional before starting any new dietary program, especially if you have underlying health conditions. Embrace the journey towards better health and enjoy the process of cleansing and renewal!

Frequently Asked Questions

What is the Advocare 10 Day Cleanse?

The Advocare 10 Day Cleanse is a dietary program designed to help reset your digestive system, promote healthy eating habits, and support overall wellness through a combination of supplements and a clean eating plan.

What are the main benefits of the Advocare 10 Day Cleanse?

The main benefits include improved digestion, increased energy levels, enhanced nutrient absorption, and the potential for weight loss by eliminating unhealthy foods and toxins from the body.

What products are included in the Advocare 10 Day Cleanse?

The cleanse typically includes a fiber drink, herbal cleanse capsules, a probiotic, and a guide for meal planning and recipes to support the cleansing process.

Can I eat solid foods during the Advocare 10 Day Cleanse?

Yes, while the program emphasizes clean eating, participants are encouraged to consume whole foods such as fruits, vegetables, lean proteins, and whole grains in addition to the cleanse supplements.

Is the Advocare 10 Day Cleanse suitable for everyone?

While many people can benefit from the cleanse, it is advisable to consult with a healthcare professional before starting, especially for those with pre-existing health conditions or who are pregnant or nursing.

How does the Advocare 10 Day Cleanse support weight loss?

The cleanse helps eliminate toxins and processed foods, reduces caloric intake through recommended meal plans, and encourages a healthier lifestyle, all of which can contribute to weight loss.

What should I expect during the Advocare 10 Day Cleanse?

Participants may experience varying symptoms, including increased bathroom visits, changes in energy levels, and potential cravings, especially during the first few days as the body adjusts to the cleanse.

Can I continue my regular exercise routine while on the Advocare 10 Day Cleanse?

Yes, light to moderate exercise is encouraged, but it's best to listen to your body and adjust your routine if you feel fatigued or unwell during the cleanse.

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