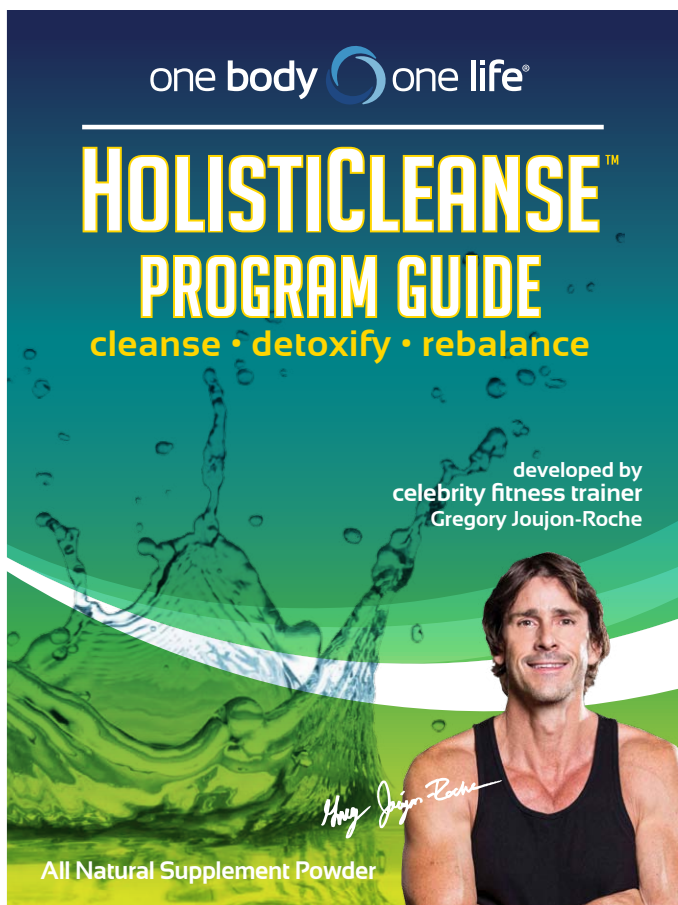


# HolistiCleanse™ 7-Day All In One Program

HolistiCleanse™ was created by A-List celebrity trainer, health & fitness guru and bestselling author Gregory Joujon-Roche. This program, used by Hollywood’s superstars was Greg’s secret weapon which has helped his clients... get in shape fast, break bad eating habits, gain energy, and simply feel their very best. This All-In-One Program includes 48 page HolistiCleanse™ guide along with the HolistiCleanse™ Powder, and Fat Burning Lemonade® which promotes weight loss and increases energy with a stimulant free, lemonade drink mix. Combined with Fat Burning Lemonade®, and the proprietary and (and tasty) HolistiCleanse™ Cleanse Powder... this All-in-One HolistiCleanse™ Program is sophisticated yet simplified. This is a cleanse that is life changing because its full of principles you will continue to apply in your daily life.

- **Lose weight and “Holistify”™ your skin and complexion**
- **Gain greater mental clarity and concentration**
- **Improve energy levels and vitality**
- **Supports your immune system**



Supplement Facts					
Serving Size 1 Scoop					
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories 17g		Calcium 42mg	5%	Quercetin 33mg	□
Calories from Fat 2g		(as DimaCal® Dicalcium Malate 33mg, Calcium D-Glucarate 4mg, pea protein 4mg)		Taurine 33mg	□
Total Fat 333mg	.6%	Iron (from pea protein) 1mg	3%	Milk Thistle 33mg	□
Sodium 50mg	2%	Phosphorous 33mg	33%	(Silybum marianum) (seed)	□
Total Carbohydrates 1g	0%	(as Dipotassium Phosphate)		[standardized to contain 80% silymarin]	
Sugars 0g	□	Iodine (as Potassium Iodide) 8mcg	5%	Choline 17mg	□
Protein (from pea) 4g	8%	Magnesium 22mg	8%	DL-Methionine 17mg	□
Vitamin A 833 IU	17%	(TRAACS® Magnesium Glycinate Chelate Buffered)		Inositol 17mg	□
(as Mixed Carotenoids from Algae)		Zinc 1mg	8%	N-Acetyl Cysteine 17mg	□
Vitamin C 83mg	140%	(TRAACS® Zinc Glycinate Chelate)		Methylsulfonylmethane (MSM) 17mg	□
(as Sodium Ascorbate)		Selenium (as Selenomethionine) 8mcg	12%	Sodium Sulfate 17mg	□
Vitamin D 8.3mg	2%	Copper 167mcg	8%	Green Tea Extract 8mg	□
(as Cholecalciferol)		(TRAACS® Copper Glycinate Chelate)		(Camellia sinensis) (leaves)	□
Vitamin E 5 IU	17%	Manganese 167mcg	8%	[standardized to contain 98% polyphenols and 45% EGCG]	
(as d-alpha tocopherol)		(TRAACS® Manganese Glycinate Chelate)		Celandine (Chelidonium majus) 8mg	□
Thiamin (Vitamin B-1) .5mg	33%	Chromium 8mcg	7%	Dandelion Extract 8mg	□
(as Thiamin HCL)		(TRAACS® Chromium Nicotinate Glycinate Chelate)		(Taraxacum officinale) (root)	□
Riboflavin (Vitamin B-2) .5mg	30%	Molybdenum 8mcg 12%		Fringe Tree 8mg	□
(as Riboflavin-5-Phosphate)		(TRAACS® Molybdenum Glycinate Chelate)		(Chionanthus virginicus) (bark)	□
Niacin (Vitamin B-3) 1.33mg	7%	Glycine 250mg	□	L-Glutathione 4mg	□
(as Niacinamide)		L-Threonine 92mg	□	Vanadium 8mcg	□
Vitamin B-6 1mg	33%	L-Lysine 92mg	□	(TRAACS® Vanadium Nicotinate Glycinate Chelate)	
(as Pyridoxal-5-Phosphate)		L-Cysteine 42mg	□		
Folate (NatureFolate™ blend) 17mcg 5%		Calcium D-Glucarate 42mg	□		
Vitamin B-12 1mcg	12%	High Gamma Mixed Tocopherols 33mg	□		
(as Methylcobalamin)		(as d-gamma, d-delta, d-alpha, d-beta)			
Biotin (as d-Biotin) 23mcg	8%				
Parantothenic Acid 4mg	43%				
(as d-Calcium Pantothenate)					

Other ingredients: Tapioca dextrin, natural berry flavor, natural vanilla flavor, vegetable cellulose, stevia (leaf) extract.

\* Percentage Daily Values are based on a 2,000 calorie diet.  
□ Daily Value not established.

# HolistiCleanse™ 7-Day All In One Program

ONE BODY ONE LIFE®

## HolistiCleanse™ Powder

Its primary role is to facilitate the cleanse process by enhancing the liver's ability to eliminate toxins. Also, the toxins coming out of the fat cells into the blood stream get shuttled out more efficiently... thereby reducing "irritability" during the cleanse process.

Other important functions of the HolistiCleanse™ Powder:

- **Stabilizes your blood sugar.**
- **Naturally helps to suppress your appetite.**
- **Gives you more energy.**
- **Provides Gastrointestinal Support.**

## Fat Burning Lemonade®

This "behind the scenes" product is Greg's secret weapon which has helped his clients get in shape fast, naturally and safely. It is an integral part of the HolistiCleanse™ Program. You can choose between non-stimulant original + the new Energy Blend formula with natural caffeine and all natural berry flavors.

- **Supports the body to turn fat into energy**
- **Transports fatty acids enhancing metabolism**
- **Excellent to use during exercise, energize every workout**
- **Enhances fat oxidation promoting energy**
- **An antioxidant & free radical scavenger**
- **Cleanses & Detoxifies the Body**
- **30 servings, one month supply**



## 6 Day Strip™ Program

You will also receive The 6 Day Strip™ Program. A weight loss and healthy lifestyle jump-start program. It has been designed to get quick results, and also prepare your mind and body for an amazing transformation.

# HolistiCleanse™

## 7-Day All In One Program

ONE BODY ONE LIFE®

### HolistiCleanse™

Our body is the most complex ‘machine’ ever known to humankind. It has an incredible ability to sustain life and adapt in all sorts of environments (both healthy and unhealthy). However, with proper nutrition and nutrient-dense food, you will be astounded at the body’s ability to repair, heal, and thrive.

HolistiCleanse™ is a very basic yet effective Cleanse program. It is not a heavy detoxification, and has been created to feed, cleanse, and heal the body in an optimal manner, enabling the natural processes to take over, run more efficiently, and to give you a sense of greater well-being. It’s a combination of healing foods, specially formulated cleanse drinks, fresh fruit & vegetable juices, breathing, and Yoga exercise. This is a Cleanse program that can bring fast, noticeable health benefits. Take the opportunity to break bad habits, give your digestive system a rest, lose some weight, gain energy, and simply feel better.

This is a Cleanse program based on removing a lot the foods from our system that are known to cause food allergies, inflammation, excess yeast, and a “bad gut ecology” in the digestive system. When we develop allergic responses to foods, our body is forced to use energy that could otherwise be used to detox, strengthen, and thrive.

### Why Cleanse?

Cleansing is the element of fitness nobody ever talks about. I don’t know why. It’s vitally important. I think that most fitness experts simply don’t really know much about it. They tend to focus myopically on hard-core body image issues, such as body-fat percentage and muscle strength. They usually don’t pay enough attention, however, to the important holistic health forces that impact these body image

issues, such as general health, energy levels, and mood.

Health, energy, and a positive mood – which are absolutely essential for achieving long-term fitness – depend upon several major factors. One of the most important of these factors is toxicity.

Our bodies are constantly exposed to a barrage of toxins, and these toxins can wreak irrevocable harm upon health, energy, and mood. They can single-handedly destroy even the best fitness programs. Many of the toxins that invade our bodies come straight from the environment – from air pollution, water pollution, and exposure to chemicals. Even more come from the foods we eat, which are often tainted with pesticides, herbicides, food dyes, and rancid fats. Other toxins come from alcohol, cigarettes, recreational drugs, and even the pharmaceutical drugs that we take to stay healthy. The fact of the matter is... the human body is made up of about 70 trillion cells. If you have been living a conventional American lifestyle for a number of years, you may now have, in effect, 70 trillion garbage cans for cells.

That’s a dire assessment, but it’s realistic. After all, approximately 25% of the U.S. population dies from cancer... and cancer is frequently related to toxins from cigarettes, foods, chemicals, air pollution, and other sources. Toxins also cause a wide range of other less serious problems – everything from allergies, to asthma, skin rashes, and swelling.

### PH Balance

Proper nutrition to restore the body’s PH balance is about eating alkalizing foods, 5 servings of fruits and vegetables, drinking half your weight in ounces of water (150 pounds = 75 ounces of water) and proper supplementation.

When the body gets too acidic it causes stress

# HolistiCleanse™

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on other tissues (dull skin) as well as other body systems (colon and poor digestion). You may feel tired, low in energy, even gain weight (fat binds with acid and the body holds onto fat).

The body is incredible in the way it can heal itself given the proper nutrients (vitamins, minerals, amino acids, chlorophyll “the molecular structure is the same as our blood”, enzymes, vegetable blends, fruit and herb blends). These nutrients help neutralize acidic levels in our body fluids, tissues and cells delivering oxygen throughout our body.

One great way of getting is all of these important nutrients is to try my HolistiGreens™ Mega Blend is a nutrient-dense super food made from mostly organic ingredients, containing the most optimum alkalizing greens, herbal formula and probiotics.

### Skin Benefits

We receive feedback all the time about one benefit that comes as a surprise to many cleansers. It seems that everyone notices and raves about the significant improvement in the appearance of their SKIN. They see

improvements in terms of fewer blemishes, their skin seems brighter, clearer, more vibrant, younger, less ashy, less dry and flaky, less puffy, their pores are smaller, the lines on their face seem less severe or deep. The improvement is often most noticeable – in the reduction of puffiness and dark circles – around their eyes.

The skin becomes clearer during the HolistiCleanse™ because the body is able to rid itself of toxins.

- **The skin is an organ of elimination. When your body is overburdened with toxins it uses the skin as a dumping ground.**
- **When the liver can't handle the toxic load it sends the extra to the lymph when the lymph becomes overburdened the lungs and skin take a more active role in elimination.**
- **Bad skin, bad breath, toxic body.**
- **By reversing this trend and elimination toxins the skin clears up. The skin is generally either first or last to clear-up, so if your skin doesn't clear up don't think that you're not cleansing, it is a process.**

# HolistiCleanse™

## 7-Day All In One Program

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### **Q: So what is the HolistiCleanse™, really?**

**A:** The HolistiCleanse™ is a 7 day experience, but we hope that its benefits will last for years to come. You will eat a vegetarian diet, drink fresh fruit and vegetable juices, as well as other cleansing and detoxifying beverages. The program is designed to give you immediate benefits of detoxifying and long-term strategies to help change habits that may be detrimental to your health. The cleanse isn't simply about eating well; it's also about looking deeply into the mental, physical and spiritual dynamics of your experience as a human and discovering how to obtain a state of optimal holistic health.

### **Q: What do I get?**

**A:** The HolistiCleanse™ Powder, Fat Burning Lemonade®, the 6 Day Strip™ Program and The HolistiCleanse™ Program Guidebooklet that spells out the cleanse, step by step, point by point. It provides you with a reference section that breaks down everything that's in the cleanse.

### **Q: How much time per day will it take to prepare my food and juice?**

**A:** The first few days it will take between 30 minutes and an hour to do all your morning juice and supplement routine. After you get into your routine, your prep time will decrease.

### **Q: Will I need to take time off from work to do the HolistiCleanse™?**

**A:** The reality is that most people can't take 7 days from work to do the cleanse. The cleanse is designed to support you in your regular life, both while you're doing the cleanse and after you finish. It's important to remember, this is not

a fast. This is a cleanse, which promotes vitality and increases your metabolism. It won't shut it down like other cleanses. During this cleanse, you're eating, most definitely. Other cleanses on the market give you basic supplements for toxic elimination that puts your body into immediate healing crisis, which will make you feel sick and sluggish, making normal life difficult. Our cleanse has herbs, tonics and supplements to give you strength and support, so that while you body is detoxifying, you don't feel any ill effects of a healing crisis; so you get all the benefits yet can still function. Be very wary of any cleanse costing less than \$100. They often lack substance and results.

### **Q: Can you tell me a little bit about the nuts and bolts of the program?**

**A:** The first two days focus are building days, to build up your energy and prepare your body for the cleanse. We feel it's not a great idea to make drastic changes, and either does your body. These two days will help you begin a change in eating habits. The Chinese herbs and most of the supplements in the cleanse are primarily tonifying or strengthening in nature. In order to eliminate toxins, your body needs the strength to move them completely through your body to get rid of them. We don't want to just move things around inside; we want them gone for good. During this time, we will be focusing primarily on the kidneys, lungs, spleen and heart, while balancing the spirit and nourishing the blood. Days three through six are the dispersing portion of the program, working to cleanse the liver. The liver is responsible for the smooth flow of emotions, activity, and spiritual expression. The particular emotion associated with the liver is anger. The liver exerts a profound influence on digestive functioning,

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as well as emotional processing and stability. This will be a pivotal four days for you, because the success of these days allows you to fully set in motion the accessing, processing and elimination of old, stuck energy. Even after completing the program you continue to work on cleansing the colon, skin, lungs and blood. Herbs during these days provide support for digestive and eliminatory processes. Eating all green vegetables, along with the use of a colon-cleansing supplement provides the proper environment for a deep cleansing. From here, we reduce the emphasis on cleansing and

focus on building and maintaining appropriate nourishment.

### **Q: What should I do after I finish the cleanse?**

**A:** Go out and eat an extra-large pepperoni pizza! Wrong Answer! When you finish the cleanse, your entire system, body, mind and spirit, is very different than it was seven days ago. We recommend that you slowly reintroduce foods that you did not eat on the cleanse, and try to continue eating the food from the cleanse that you particularly liked.

**Continue Fat Burning  
Lemonade** *Every day!!!!*  
**+ Use HolistiCleanse™**  
*2x year!!*

# HolistiCleanse™ 7-Day All In One Program

ONE BODY ONE LIFE®

## JOIN THE PROGRAM THAT CELEBRITIES SWEAR BY

