**The Clean 9 Detox Plan**



**Introduction**

This easy-to follow 9 day nutritional cleansing program provides you with all the necessary tools to help you cleanse your system and take control of your health. Our experience shows that you are more likely to stick to a program and achieve your goals if you write down your daily meals and chart your progress.

During the first 2 days, your body is forced to draw upon the stores of fat in your body for energy, thus resulting in weight loss and inch loss. Days 3-9 are similar to days 1+2 but with the addition of a 600-calorie meal per day – which is actually quite a lot for one meal.

The plan also contains 2 supplements that would help you cope with the detox.

1. **Garcinia Plus** - *Forever Garcinia Plus®* is a revolutionary dietary supplement, containing ingredients that may aid in weight loss. The primary ingredient is a natural substance derived from the fruit of a Southern Asian tree, the Garcinia Cambogia, also known as the Malabar Tamarind. Specialists in plant compounds became aware of the remarkable qualities of this substance in the late 1960s, when they learned that it can temporarily inhibit the body’s production of fats from carbohydrates. It consists of a natural appetite suppressant, that would help reduce snacking desires.
2. **Bee Pollen** - Pollen is the fertilizing dust of flowers. Bees gather and bring it back to their hives for food. Without pollen, plants, trees and flowers could not exist; even we depend on it. *Forever Bee Pollen®* is gathered in specially designed stainless steel collectors and ensures the freshest and most potent natural food. Forever Bee Pollen® is all-natural and contains no preservatives, artificial flavors, or colors. Bee Pollen is readily digestible and easily absorbed by the human body. Research by scientistssuggest that Bee Pollen provides energy and may enhance stamina.

The plan enables you too safely lose around 7-14lb, although results vary from person to person. It is endorsed by doctors as a sensible safe plan and to lose weight. The best part is, you'll feel amazing afterwards! Full of energy and life, your skin will glow and you’ll feel ‘clean’. You'll also achieve a new attitude towards food and dieting.

All of the above will last you 9 days

**Clean 9 Days 1 & 2**

Getting past the first two days is the toughest part. You need to be serious about improving your life and losing weight. The results are worth it so stick to it!

The first step to a clean body is to control your intake of harmful preservatives and other chemicals. Consume only these products, which contain natural ingredients for the first two days, and you are on your way to a healthier, happier you.

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| *Morning*  2 Forever Garcinia Plus (20 mins before aloe)  120ml (4oz) Aloe Vera Gel + minimum 240ml (8oz) water  20 minutes of exercise – walk, run, cycle or swim |
| *Snack*  2 Forever Bee Pollen + 240ml (8oz) water  WARNING: Test a small amount of Forever Bee Pollen (1/4 tablet) to ensure no allergic reaction and then gradually increase daily intake. Consult your doctor before taking this or any other nutritional supplement. |
| *Lunch*  2 Forever Garcinia Plus (20 mins before aloe)  120ml (4oz) Aloe Vera Gel + minimum 240ml (8oz) water  Meal replacement shake - 1 scoop of Forever Lite Ultra with 300ml (10oz) skimmed or soya milk  2 Forever Bee Pollen tablets |
| *Dinner*  2 Forever Garcinia Plus (20 mins before aloe)  120ml (4oz) Aloe Vera Gel + minimum 240ml (8oz) water  2 Forever Bee Pollen |
| *Evening*  120ml (4oz) Aloe Vera Gel + minimum 240ml (8oz) water |

**Be sure to drink plenty of water throughout the day. When cleansing the body you may experience light-headedness and feel lethargic. It is advisable to begin any cleansing programme on a non-working day. Stay motivated by taking 20 minute brisk walk to re-charge your body and mind.**

Reminder: we take Forever Bee Pollen to help boost our energy levels throughout the day, and to keep us topped up with plenty of nutrients.

**Clean 9 Days 3 – 9**

Adherence to the following plan will help your body continue to purge itself of harmful chemicals and begin burning your fat stores. During this period, you should already be able feel some results.

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| *Morning*  2 Forever Garcinia Plus (20 mins before aloe)  120ml (4oz) Aloe Vera Gel + minimum 240ml (8oz) water  1 meal replacement shake - 1 scoop of Forever Lite Ultra with 300ml (10oz) skimmed or soya milk  20 minutes of exercise – (walk, run, cycle or swim) |
| *Snack*  2 Forever Bee Pollen + minimum 240ml (8oz) water |
| *Lunch*  2 Forever Garcinia Plus (20 mins before aloe)  1 meal replacement shake - 1 scoop of Forever Lite Ultra with 300ml (10oz) skimmed or soya milk  2 Forever Bee Pollen + minimum 240ml (8oz) water |
| *Dinner*  120ml (4oz) Aloe Vera Gel + minimum 240ml (8oz) water  2 Forever Garcinia Plus (20 mins before meal)  600-calorie meal (see calorie counter for suggestions)  2 Forever Bee Pollen |
| *Evening*  Minimum 240ml (8oz) water |

If you prefer to eat your 600-calorie meal at lunch, you can simply interchange it with a Forever Lite Ultra shake for dinner instead.

Happy detoxing!