

ISAGENIX PRESENTATION SCRIPT

Lifestyle Questions:

- ✓ What are your primary health goals/reasons for interest in the program? (could be weight loss, more energy, better sleep, more lean muscle, better athletic performance, many/all of the above)
- ✓ Have you tried any other programs/approaches in the past? If so, which one(s)? What was your experience like?
- ✓ What does your diet look like on a typical day? What kinds of foods do you typically eat? Where and when?
- ✓ How often do you eat out? How much do you spend weekly on eating out?
- ✓ Do you eat 3 meals a day, skip meals, grab breakfast or lunch on the go?
- ✓ Do you drink coffee? Energy drinks, soda?
- ✓ How much water do you drink?
- ✓ Do you have any health challenges or take any medications?
- ✓ Do you exercise?
- ✓ If so, what do you do, how intensely, and how often?

TELL YOUR 30-SECOND STORY HERE

Nutritional cleansing addresses two major issues:

1) Nutritional depletion:

Every body requires 50+ “essential nutrients” – things that our bodies don’t make on their own – in order to be fully fueled, and function at 100%. Thanks to decades of damage to our environment, it’s nearly impossible to get all of these nutrients through food. Even the healthiest, cleanest, most organic diet doesn’t provide them all.

Crazy example of that... based on a UCLA study that looked at nutritional content of various fruits and veggies, it would take 43 bowls of spinach today to equal the nutrition in one bowl of spinach just 50 years ago.

Our shakes are designed to bring all of that essential nutrition into the body in a way that is convenient, quick, and easy to absorb. By supplementing a clean, balanced diet with a couple of shakes a day, the body gets all the nutrition it needs and can fire on all cylinders. Metabolism speeds up, sleep improves, head clears, energy goes through the roof.

2) Environmental toxicity:

The average person has between 500 and 1000 toxic chemicals in their body at any given time. These toxins - which come from the air we breathe, the food we eat, cleaning and beauty products – keep our bodies from functioning at 100% and can even make us sick. When we’re toxic, we can’t absorb nutrition effectively, so even if we’re putting all the right things in our bodies, we’re not actually fully benefitting from them!

How the program works – 30 day system:

SHAKE DAYS: 26 out of the 30 days are what we call shake days.

- You’ll replace 2 out of your 3 main meals with a super filling, nutrient dense shake, eat one 400-600 calorie meal, and snacks in between.

- Shakes are built to be a ‘perfect, balanced, nutrition-packed meal.’ With a perfect macro blend of protein, fat, and carb plus tons of other goodness. They’re super filling and also extremely bioavailable – which means that it’s easy for your body to absorb and use all of the good nutrition in them.

DEEP CLEANSE: 4 days out of the 30, which is broken into 2, 48-hour rounds are what we call deep cleanse days

- What we’re doing is called intermittent fasting, giving your systems a rest, and eliminating toxins from the body.
- You’ll drink a delicious berry drink which supercharges your liver and helps with detox
- You’ll eat (yummy) green tea-infused chocolates which give your body hourly ‘hits’ of protein and carb, helping to keep blood sugar steady and metabolism chugging
- Typically, cleanse days happen at the end of your first week, and at the end of your second week on the program.

WATER: we drink a full gallon (128 oz) of water per day throughout the program. This will speed results, support detox, and help keep everything hydrated. You can add lemon, mint, ginger or cucumber to your water.

WHAT WE AVOID: there are very few things that we eliminate during the first 30 days or until you reach your goals and go into maintenance, and they ALL have a very specific reason

- Pork and red meat: it’s harder for our GI tract to digest and it actually is extremely acidic
- Dairy: not because dairy is bad but because it turns very acidic in our system and is typically more difficult to digest
- Alcohol: because its fermented sugar which totally throws off our pH
- Coffee: because its extremely acidic and most coffee has a high concentration of mold in it from the roasting process. Isagenix does make a coffee that is low in acidity, and that you can drink on the program.
- Sugars and processed foods, soda, energy drinks, cold cuts

Package Options:

1. Value pack – sets you up for the greatest success by providing you with:

- 64 out of your 90 meals for 30 days
- all of your cleanse day products
- A box of IsaLean protein bars and of single-serve Whey Thins chips, which can be used as snacks
- IsaGreens, which include over 30 veggies, herbs and botanicals in one scoop
- an isablender, which is a convenient easy to use similar to magic bullet
- women’s or men’s specific vitamin system aimed at filling in any/all nutritional gaps
 - multivitamin – men’s and women’s specific
 - complete omega supplement
 - resveratrol which is an antioxidant support
 - C-lyte which boosts immune system
 - Product B Isagenesis which helps heal and protect our our DNA strands to promote healthy aging
- You’ll also get a \$25 product coupon to use for your second order, and 2 free enrollment codes that you can share with friends and family
- The Value pack breaks down to about \$20/day + taxes and shipping

2. Basic pack

- 64 out of your 90 meals for 30 days
- all of your cleanse day products
- It does NOT come with snacks or supplements
- The price breakdown for the basic 30 day pack is \$14/day + taxes and shipping

Here's how the process works:

We'll hop on the phone for 10-15 minutes and create your Isagenix account. You'll get a specific username and password that is yours and yours alone. I place your first order, and will show you how to get in and place subsequent orders. Your products will get shipped directly to your house.

In the meantime you'll get an email from me and an email from Isagenix. In the email from me that has our "New Cleanser Introduction" attached. It will include instructions and schedules, food guidelines, and links to all kinds of helpful resources. The idea is simplify this process as much as possible for you!

When your box arrives – usually 3-4 business days – we'll schedule a time to get back on the phone and walk you through your box and get you set up to start.

I'll plug you into our TeamHealthy and TeamHealthy Eats Facebook Groups where you can ask questions, get tips, support and encouragement along the way.

I will be your 'personal health coach' through your entire experience. I am here to answer questions, offer tips and suggestions at any time through phone, email or text. I will check in on you periodically to make sure everything is going well.

ARE YOU READY TO GET STARTED TODAY?

DO YOU HAVE ENOUGH INFORMATION TO GET STARTED AND OPEN YOUR ACCOUNT?