**Script for 5-Day Detox/Cleanse (Facebook Posts)**

**SOMETIME DURING THE WEEK BEFORE THE START OF THE DETOX**

Welcome everyone! Even though we aren't officially starting our detox until next Monday, we can use this FB group to get excited, share our fears, and/or post hilarious images! You can rest assured knowing that this FB group is completely private/secret, so this is a safe place for you to share. I am so excited (and humbled) to go through this with each of you! I can't wait to celebrate our results at the end of next week! xoxo

**NIGHT BEFORE THE START OF THE DETOX**

OK, everyone! Tomorrow morning is GO TIME! Just a reminder that you need to take your measurements and weigh yourself before you go to bed tonight (if you already haven't had a chance to). I would also encourage you to take a "before" photo. I know this can be intimidating, but by the end of the week you'll be glad you did! Take a selfie in the mirror in your underwear. If that's too much, then wear tighter clothes to "get the effect." Happy detoxing!!!!

**DAY 1 (AM)**

Good morning, everyone! Are you excited?!?!?! I know I'm feeling a mixture of emotions, but one thing is certain...I want (and need) a change! As I've spoken with each of you, I know the primary reason for doing this is to assist you in making a lifestyle change (weight loss, improved health, etc.). But who doesn't like a bit of reward? In the photo below, you'll see a photo of some Shaklee products. Throughout the week, I will post some very simple "homework" assignments (see assignment #1 at the end of this post). If you've completed all HW assignments by the end of the week, you get to choose a prize from the photo below.

Prizes:  
2 bottles of Vita Lea multivitamin (green pills in your Vitalizer strip)  
1 bottle of Optiflora probiotic (pearl in your Vitalizer strip)  
6 Vitalizer strips (for women)  
Single Serve blender  
OR...you can choose to have free shipping on your next Shaklee order

Homework Assignment #1  
Watch this short video clip (2-3 minutes) and then answer the follow-up question in the comments below for us to see.

Video Clip: [http://www.shaklee.tv/shaklee-180-dan-and-janeens-story](http://l.facebook.com/l.php?u=http%3A%2F%2Fwww.shaklee.tv%2Fshaklee-180-dan-and-janeens-story&h=NAQEnOEFMAQHwlVyyBij8DE4edEq5PLCJvP-kgRNyCoeE8A&enc=AZOAXz5Joy3XHxNxDCQ6bAxk3VgyUqA4RBelygCEL_IpFVxifC6XRjRoRIyFSplQCH--fAbm6ORZO9_Cyg1Xfe0weSBKUkDm4NQsKgLMG7I4jTzZJgiPdKIVUoMOpGgRqmfSN7POGJV9Y3Rmj2AwfSz4WKQrwL1yr7E9RCAglxyFjoez6-jGuqLnYUIkF2csACQ&s=1)

Question: What is your "why?" WHY are you participating in this 5-day detox? Be specific! Avoid answers like "to lose weight" or "to be healthy." Instead, share WHY weight loss is your motivation or SHARE a specific health goal you have in your heart. And maybe it's an entirely different reason? Your responses will serve as motivation and encouragement to all of us!

\*Dan & Janeen's story refers to Shaklee's complete weight loss products (our 180 program); we are using some of them this week...so be encouraged!

WE CAN DO THIS, TEAM! Love, Karen

**DAY 1 (PM)**

How did day one go? What did you like best? Will you do anything different tomorrow?

Many of you may be thinking…. Help! I am craving sweets.

Does this sound like you? Don’t worry. This is normal as your body is   
detoxing from the ‘bad’ sugars!

Follow these tips to fight back and win:

1. Sip hot peppermint tea. It helps with sweet cravings.

2. Chew gum. It totally helps!

3. Grab some fruit. A crisp apple or grapes have natural sugar to help with your sweet fix. Just a reminder, though, to limit fruit and load up on veggies.

As your body detoxes, the cravings for ‘bad’ sugar will just naturally go away. Really! You will find a sweet satisfaction with plain fruit.

DAY ONE DOWN. I am so proud of each of you! Don't forget to complete your "homework" (see the previous post for assignment #1).

**DAY 2 (AM)**

Good morning everyone! It's hard to believe we made it to DAY 2! Go us! *:)* Complete today's homework assignment to qualify for one of the prizes at the end.  
Homework Assignment #2: Post a photo of one of your smoothies sometime today and tell us what's in it! Simple enough, right? Can't wait to see what you're having! Stay strong, friends!!!!!

**DAY 3 (AM)**

DAY THREE!  
Historically, Day 3 is the hardest day of the five-day detox. But, have you stopped to reflect on what you've accomplished so far???? It's really amazing to think about. It can be really easy to dwell on the difficult parts of the detox....especially today... so let's focus on the positive!

Homework Assignment #3:  
In the comments below, share with us a celebration. It could be: a difference in the way you're feeling, pounds shed, fit of clothing, inner trait you didn't you think you had, etc.   
Share with us so we can celebrate you!

**DAY 4 (AM)**

DAY FOUR! What?!?!   
We are more than halfway through the detox. For some, day 2 or 3 may be your hardest days because your body is shedding the toxins and that is a shock to your system. BUT the good news is that you are through the hardest part! Your body will be getting into a new healthy groove on these last 2 days of the detox. It will start burning unwanted fat too. Bonus!  
Shaklee Life Shake protein is unique to any other protein powder on the market. It contains LEUCINE, an amino acid that is guaranteed to keep muscle while burning fat. So you can rest easy knowing that you are not damaging your body, rather building it for healthy success!

What next?

It is so encouraging to hear you all talking about next steps because it means that you are truly committed to making a healthy change in your life and want to keep the momentum going!

To keep up with your healthy change and to feel your best self, I have a few suggestions/options:

1. Continue with the life shake: By drinking a shake at least once a day, you are replacing a meal with something that contains healthy nutrients/vitamins, leucine (as mentioned above), AND a probiotic. It will help eliminate hunger and cravings throughout the morning as well.

I highly recommend the VITALIZING KIT. It includes 2 canisters of life shake (flavors of your choice) so you can have a healthy smoothie for breakfast every day and start your day smart. It also includes the Vitalizer strips: Shaklee’s multivitamin pack with over 80 nutrients to build a healthy immune system. Casey and I use the Vitalizing Kit each month and I've noticed such an incredible difference in the way I look and feel!

2. Take a probiotic. The life shake AND the Vitalizer (both mentioned in #1) have probiotic in them. But, it can be ordered separately as well. A daily probiotic is a MUST and Shaklee's is patented to ensure it reaches the gut (most probiotics do not…by the way).

3. Eliminate processed carbs. Your gut's job is to pull all of the healthy nutrients from the food you eat and send them to the rest of your body for healthy function. When you eat processed carbs, they "mat down" the lining of your gut, making it difficult for it to perform. Obviously, you can't avoid carbs altogether, but you can consciously reduce the amount you consume!

4. Exercise. Even if it's getting out and walking for 30 minutes each day, you're giving your body a boost in blood circulation and lung function. Not to mention building muscle!

5. Increase your veggies (and fruit). Be intentional when you grocery shop. Pack snacks for work and day trips that will keep you from temptation.

6. Turnaround Kit. If you are wanting to lose the fat and keep your muscle, then the Shaklee 180 Turnaround kit is the way to go! This plan offers everything you need to lose a large amount of weight. On this plan, you have 2 smoothies a day, a snack bar, and a healthy dinner. It also includes the energy tea and a metabolic boost. I used the kit for three months and had incredible success! If you're interested, let me know and I can share more details with you. It is on the pricier side, but Shaklee is offering a discount on it through the month of April. For me, the cost outweighed the negative ways I was feeling (no pun intended). *:)*

HOMEWORK ASSINGNMENT #4:  
Share in the comments below the lifestyle changes you're considering as the detox comes to an end. It can be something practical from the list above or perhaps something else that has come to mind. Comment with all that you're thinking about. Also, feel free to write (or ask me) any questions about the information above!

I am loving all of your posts on our page! Keep sharing!

**DAY 5 (AM)**

DAY 5! We've made it this far, but remember, we're not done yet. The finish line is in sight! It is so easy to make an excuse sometime today to break the detox. DON'T DO IT! You've worked too hard to mess it up now. Stay strong. Stay focused. And remember, we have each other! I love this video because it demonstrates true teamwork. I know I wouldn't have been nearly as successful throughout this process without your help and encouragement. Thank you!  
Homework Assignment #5: Post a photo of your glass of water. Water is the most important part of today. We need to cleanse our bodies today, so stay hydrated.

PS--There will be one more homework assignment posted tomorrow morning. In order to receive one of the gifts at the end, you must have completed ALL SIX. So if you haven't done so, go back and complete them before tomorrow night.

Have a great LAST DAY everyone! xoxo

**DAY 6 (AM)**

CONGRATULATIONS!!!!! YOU DID IT!!!! I am so honored to be a part of your health journey and share the Shaklee products with you.

As we end the 5 day cleanse, I would love to hear your results and honest feedback on how you feel.

Homework Assignment #6 (final assignment): Take your measurements and weigh yourself this morning. Write a sentence or two in the comments about your experience. Did you lose weight? Do you have more energy? What about cravings? Would you do it again?

If you feel comfortable sharing, let us know the TOTAL number of inches you lost and/or how much weight you lost in the 5-day time period. And just a reminder....this isn't meant to be for comparison. Every one of our bodies is unique....It is meant to be celebrated.

I am so proud of you. Many of you doubted yourself at the start and we knew you could do it! This is just the beginning. Keep the momentum going and spend time reflecting on, and planning for, what's to come. Your body is craving health and wellness. Don't disappoint!

I am always here if you need help, motivation, encouragement, or even a swift kick in the pants. *:)* Way to go, team!

**DAY 7 (AM)**

And the winners are....  
Congratulations to those of you who completed this week's homework assignments. You get to choose a "prize" from the list/photo below. Comment below to let me know your choice and I'll get it to you ASAP. Selection of prizes will go in the order of who completed their assignments first. So....first pick goes to [insert name], second pick goes to [[insert name]](https://www.facebook.com/lori.stover), and third choice goes to [[insert name]](https://www.facebook.com/elisa.stevensonrubeck).

Prizes:  
Free shipping on your next Shakee order  
Hamilton Beach Single-Serve Blender  
Vita Lea Multivitamin (the MV in our life strip)...FYI--I have two bottles  
Optiflora Probiotic (the probiotic pearl in our life strip)  
One pack of SIX life strips (women)

Congratulations everyone!!!!!