

# TOTAL BODY CLEANSE

mlis.  
NATURAL THERAPY

## EVERYBODY LOVES DETOX

The M'lis Cleanse has been prescribed and endorsed by thousands of licensed professionals for over 30 years! Your body is about to get super clean with this all-natural therapy.

## PREPARE TO GET CLEAN

First things first, get rid of all the toxic temptations around you (you won't miss them, we promise). Next, stock up with enough of your favorite fresh fruits, vegetables, and M'lis Instant Meals to last the week. (For more clean eating options, see reverse.)

## WHY CLEANSE?

TOXINS ROB YOU OF HEALTH AND BEAUTY.

“That darn cellulite won't go away no matter what I do!”

“I am tired of headaches, allergies and just feeling sick.”

“If I could just control my cravings I'd get slimmer.”

“I wish my skin was smoother so I could pull off the no makeup look.”

“I feel like I'm dragging all day long.”

“Why is my hair so brittle and thin?”



Certified safe & natural  
body cleanse



Break harmful  
habits & addictions

REJUVENATE YOUR BODY FOR LASTING WELLNESS.

“After 20 years, I can finally say I love my body and I've never felt so beautiful!”

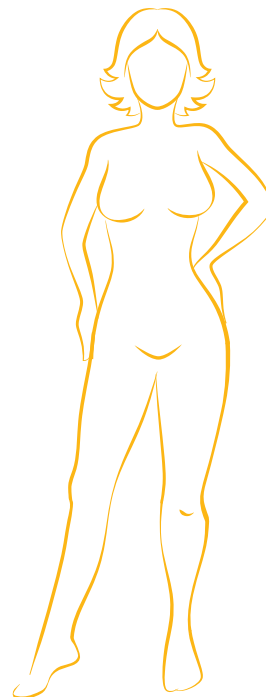
“I have energy all day long to get through my to-do list.”

“I actually want to show off my legs.”

“My digestive issues and bloating are gone!”

“I finally feel in control of my health.”

“I smile more than I ever have because I feel good.”



Purify the body  
for clean beauty



Endorsed by professionals  
for over 30 years

For more info on getting your body truly clean, consult your certified M'lis Cleanse Specialist or visit [mlis.com](http://mlis.com).

# TOTAL BODY CLEANSE

HEALTH & BEAUTY REJUVENATION SYSTEM

## 7 DAY STEP BY STEP

	power cleansing packs 	essential greens drink  (add to 8 oz. water, shake as needed to re-mix greens)	water 	what to eat 
DAY 1	x2	x2	64 oz.	fruits*, veggies, poultry, fish, yogurt, nuts, M'lis Instant Meal
DAY 2	x2	x2	64 oz.	
DAY 3	x2	x2	64 oz.	<b>LIQUID ONLY</b> fresh veggie juice, lemon water, M'lis Daily Antioxidant Essentials*, M'lis Heart Healthy Essentials, herbal tea
DAY 4	x2	x2	64 oz.	
DAY 5	x2	x2	64 oz.	
DAY 6	x2	x2	64 oz.	fruits*, veggies, yogurt, M'lis Instant Meal
DAY 7	x2	x2	64 oz.	

\*not candida friendly

## TIPS FOR THE BEST CLEANSE

**SET YOUR SIGHTS.** Everyone cleanses for different reasons. Decide with your M'lis Cleanse Specialist what your goal or motivation is, write it down, and put it somewhere you can see all day long.

**LET YOUR BODY REST!** It's hard work getting clean. Make sure you get 8 hours of sleep each night.

**JUICING VS. BLENDING:** Blending is fine except on liquid only days. Removing all solids from your diet on these days allows your body to flush the system for the best cleanse ever.

**FLUSH THE TOXINS AND KEEP IT CLEAN.** Don't throw away all your hard work after your cleanse. M'lis has products and programs to support your choice to live clean!

### M' LIS WELLNESS SYSTEM



Consult your physician prior to cleansing if you are pregnant or nursing, use prescribed medications such as blood thinners or for epilepsy, are 65+ years old, or have any other type of serious medical condition.