

Will it be uncomfortable?

There is bound to be differing opinions about the change in diet but this cleansing is designed to be gentle and easy to follow.

Remember, it is not a fast, nor is it a colon cleanse, which are very harsh on your system. You will be eating plenty of food and the shakes are pleasant tasting. You may feel a slight withdrawal in the first few days if you are giving up a lot of caffeine

or a lot of sugar. Balance Complete is a scientific formula, which will assist you through some of the challenging

days. Have faith, it will pass, and it will all be worth it!

Will I be in the bathroom all day?

It is very important to consume extra water while detoxifying to help flush out toxins. Therefore, most people urinate more

often than usual on this program.

Will I lose weight?

This cleanse program is not designed to be a weight loss program. However, many people lose weight during the course of their

cleanse program. Some of the reasons for this weight loss include: lower than usual caloric intake due to having shakes for

meals, taking sugar out of the diet, decreased consumption of allergenic foods such as wheat and dairy and release of toxins

from fat stores.

Will I get headaches?

Some people experience headaches during the first few days of their cleanse due to withdrawal from sugar and caffeine.

Remember, the week prior to cleanse you will be decreasing intake of these substances to minimize discomfort. The

will assist your body in cleansing out these substances as quickly and efficiently as possible.

Can I exercise?

You may exercise normally (monitor yourself, of course). Some days you may feel fatigued. On these days, you may want to

limit yourself to gentle movement such as walking, stretching or yoga, etc.

Should I continue with my regular vitamins?

Balance Complete contains many vitamins and other nutrients to help meet your daily requirements. You may suspend natural

supplements during the detox if you wish but continue to take any medically prescribed pharmaceuticals.

Ask your health care

practitioner if you have any specific questions.

What about organic produce?

Fruits and vegetables that are consistently the most contaminated with pesticides should be purchased organic.

These include:

Apples Cherries Peaches Red Raspberries

Bell Peppers Grapes (imported) Pears Spinach

Celery Nectarines Potatoes Strawberries

If organic varieties are not available, fresh fruits and vegetables that consistently have the lowest levels of pesticides are the

safest choices for conventionally grown produce. These include:

Asparagus Broccoli Kiwi Papaya

Avocado Cauliflower Mangos Pineapple

Bananas Corn (sweet) Onions Peas (sweet)