

ANTHONY ROBBINS
INNER BALANCE™



Cleansing is part of the path to achieving optimal function, improved vitality and a greater sense of overall well-being. The Life Balance Pack enhances cleansing by supporting, nourishing and rehydrating your body to maximize the benefits.

DIETARY SUPPLEMENT

Life Balance Pack



ANTHONY ROBBINS COMPANIES

9888 CARROLL CENTER ROAD, SUITE 100, SAN DIEGO, CA 92126

Toll-Free: 1.877.GO-4-GREENS | TonyRobbins.com/InnerBalance

© 2006 Robbins Research International, Inc. All rights reserved.

scientifically
formulated
to support
cleansing for
a healthier,
rejuvenated and
more vibrant you

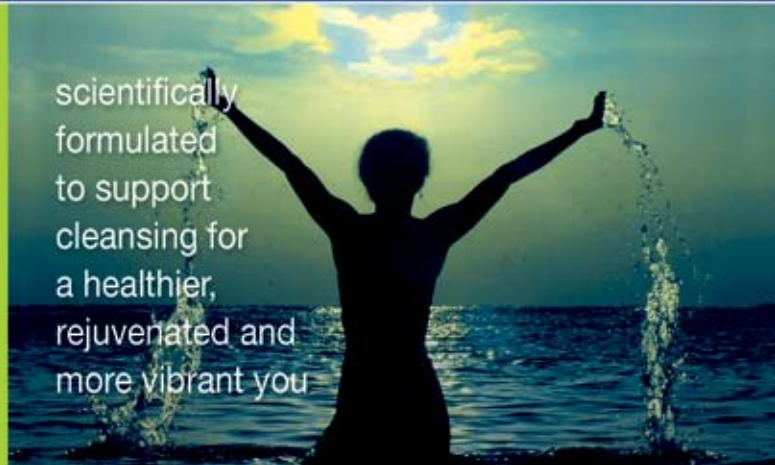


TABLE OF CONTENTS

Biographies 2

Introduction 3-5

Overview 6-7

Life Balance Pack Questions 8-13

Product Usage 14-15

Life Balance Pack Contents..... 16-20

 Inner Clear 16

 Probiotics..... 17

 Natural Defense 18

 Senna Tea..... 19

 Cranberry Clear..... 20

Pure Energy Greens with MSM..... 21-22

Frequently Asked Questions 23-27

Online Diagnostic..... 28



Anthony Robbins
World Authority on Peak Performance

A recognized world authority on peak performance, Anthony Robbins has directly impacted the lives of more than 50 million people from 80 nations with his best-selling books, multimedia programs and live appearances. Considered the father of life coaching, he is the one who gets the call from the superstar athlete when the game is on the line—fierce

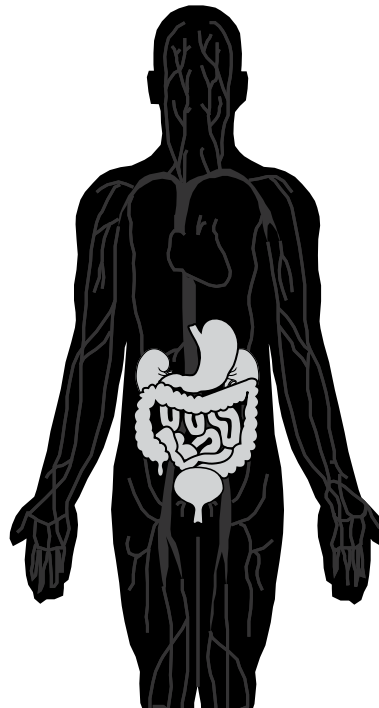
competitors such as André Agassi, Serena Williams, Greg Norman, Wayne Gretzky, and marathon runner Stu Middleman, who set a world record by running 1,000 miles in 11 days. Having spent the last three decades mastering the principles of vibrant health by studying a diverse cross-section of experts to find the most efficient and effective tools for getting real results, Anthony Robbins knows the mechanics behind creating a life of sustainable and vital health.

Stacey J. Bell, D.Sc.
Former Harvard Nutritionist

A nutrition science expert and national authority on diet, Dr. Stacey J. Bell is a former Harvard Medical School faculty member and nutrition doctor who has authored more than 100 published articles that have raised the standard for the field of diet and nutrition.



The **Inner Balance Life Balance Pack** is designed to rejuvenate your entire body. Each product provides nourishment and hydration throughout your cleanse. Take these products throughout the entire length of your cleanse. (if you cleanse for seven days, you'll have enough for two cleanses.)



- **Inner Clear**
- **Probiotics**
- **Cranberry Clear**
- **Natural Defense**
- **Senna Tea**

Supported Areas:

Stomach
Small Intestine/Colon
Kidneys/Bladder
Blood

Congratulations! By purchasing the **Inner Balance Life Balance Pack**, you've committed to proactively take care of your health, and you've taken an important step toward greater overall balance and well-being. In choosing **Inner Balance**, you've made a positive decision to employ a line of health products that combines ground-breaking science and Anthony Robbins' proven life strategies to promote exceptional health not just on a physical level, but on psychological and energy levels.

Anthony Robbins has spent the last three decades studying the principles of vibrant health, vital life and physical mastery, and he has applied them to his own life with extraordinary results. What he has discovered in his own pursuit of fulfillment is that health is not merely the absence of disease but a metabolic state in which the mind and body are functioning at peak efficiency.

By creating this base of extraordinary vitality and energy where your body is performing at maximum capacity, you also create the necessary base for achievement and fulfillment in other areas of your life—your relationships, your career, your finances, and your spirituality. A strong, vital body enables you to fully embrace and enjoy whatever it is in your life that you are most passionate about.

By teaming up with former Harvard Nutritionist Dr. Stacey J. Bell, Anthony Robbins has specially formulated each **Inner Balance** product to give your body what it truly needs:

- **Balance at the cellular level** is created by ensuring that each product delivers the proper dosage required for its intended benefits. Regardless of how good an ingredient may be, providing too much or too little can disrupt the balance and render the product ineffective.
- **Quick absorption** ensures that the active compounds in the product begin working as soon as they enter the body.
- **Fresh and natural ingredients from pure food sources** help you achieve the exceptional health you deserve naturally. Unlike other cleansing support products that use artificial or low-quality ingredients, **Inner Balance** products are made from the highest-quality ingredients found in nature, and they are completely free of artificial colors and flavors. In fact, most **Inner Balance** products contain no dairy, yeast, hormones, peanuts or gluten.

Whatever your immediate goal—better daily nutritional health, a cleanse, weight loss, or exercise enhancement—**Inner Balance** products will help you take your overall health and energy to the next level. Remember: You can make progress toward your goals and improve your health through supplementation alone; however, the best and most lasting results occur when you also make positive lifestyle and nutritional decisions that support your health goals.

While there is no right or wrong approach to improving your health, this booklet is designed to give you some simple yet valuable strategies and distinctions that will enhance the health benefits of the products included in the **Life Balance Pack**. This booklet will also help you create a lifestyle that is enjoyable and easy to sustain while producing the health, vitality and energy you desire and deserve.

Why are supplements important?

In today's world, most doctors, nutrition experts and even medical journals agree that even with the most valiant and committed effort, it is nearly impossible to eat a balanced, healthful diet containing all the vitamins, minerals and nutrients our bodies need to survive, thrive and grow. In fact, the Journal of the American Medical Association (JAMA) recently stated: "Recent evidence has shown that suboptimal levels of vitamins, even well above those causing deficiency syndromes, are associated with increased risk of chronic diseases including cardiovascular disease, cancer and osteoporosis."

In a clinical commentary, JAMA notes that "a large proportion of the general population has less-than-optimal intakes of a number of vitamins, exposing them to increased risk for disease. Additionally, JAMA counsels that "It appears prudent for all adults to take vitamin supplements."

Today, there are many factors that contribute to our bodies' nutritional deficiencies:

- **Lack of fresh, live foods that meet our bodies' nutritional needs** is the result of modern farming techniques that include the use of chemical fertilizers, pesticides and growth hormones that affect the quality of our food supply. Additionally, our soils are depleted and therefore cannot produce healthy, nutrient-rich plants that give us the vitamins and minerals our bodies need. Furthermore, the use of synthetically produced foods, artificial ingredients and other chemical additives in food not only denigrates the nutritive quality of our foods but also compromises our bodies' structure, function and overall health.
- **Internal toxicity** results from the increasing exposure of our water, air and soil to toxic chemicals and pollution.
- **Accumulation of poor food choices** also causes nutritional deficiencies over time. The lure of easy-to-prepare, processed foods has become a daily diet of harmful foods. The high consumption of synthetically produced foods, artificial ingredients, and other chemical additives removes most of the remaining nutrients from our daily diets.

Why should the Life Balance Pack be used?

The **Life Balance Pack** is designed to cleanse, detoxify and rejuvenate your digestive system, which is one of the primary sources of toxicity in your body. Excess toxicity in the body produces many negative consequences:

- Toxicity accelerates the aging process, which translates to you feeling like you are 60 years old when you're actually only 35!
- Gas, bloating and excess weight are byproducts of toxicity as it builds up and is retained in the bowels.
- Toxicity results in low energy, or lethargy. When your body is full of waste and excess toxicity, it is not able to properly absorb the nutrients it needs.
- Disease and degeneration of the body's systems occur as toxins from a polluted and congested bowel are absorbed into the blood and lymph.

A dietary cleanse—effectively cleaning out the colon, bowels and digestive tract—can have an incredibly positive impact on your overall health, vitality and energy in two ways:

- A cleanse partially eliminates the buildup of toxins, waste and mucoids plaque in your body.
- A cleanse gives your organs and your entire body a chance to rejuvenate because they are no longer expending excess energy digesting and processing food.

There are many ways to cleanse. Typically, a cleanse involves some means of cleaning the insides of your intestinal tract coupled with a reduction in food intake, particularly cooked and processed foods. Just taking the **Life Balance** products alone will help your body begin cleansing, but you can augment your cleanse by combining a variety of these options. Whichever combination of cleansing methods you choose, be sure to do your research and have your method approved by a health care professional.

How should the Life Balance Pack be used during a cleanse?

Pre-Cleanse: Take each of the **Life Balance** products for four days (as instructed on each product). During this time, reduce your intake of processed foods and fats, animal flesh and dairy products. Make sure that at least 70% of your daily meals are high in water content and contains; live, alkalizing foods such as fresh vegetables (raw or lightly steamed); vegetable soups and juices; and salads. **Pure Energy Greens with MSM** is a great supplement to add to your daily routine. Finally, super-hydrate your body by drinking half your body weight in ounces daily. For example, if you weigh 150 pounds you should drink 75 ounces of water per day.

Cleanse: For seven days, take each **Life Balance** product according to instructions on the package. During this time, you may choose to continue to modify your diet as described in the pre-cleanse above, or to increase the intensity of your cleanse, you may decide to limit your intake to only the vital nutrients you need:

- **Super-hydrate:** Drink half your body weight in ounces of water each day.*
- **Pure Energy Greens with MSM:** Drink 1 tsp. in 16 oz. of water up to three times a day.
- **Green vegetable juices:** Drink fresh juice (e.g. celery, cucumber) every few hours.
- **Daily nutrients:** Continue to supplement with your daily vitamins, oils and minerals.
- **Food:** Eliminate or dramatically reduce your consumption of processed foods and fats (i.e. white flour and sugar), animal flesh and dairy products.

*Hint: For a tasty lemonade-like treat, try adding lemon and fresh mint to your water!

How can a cleanse be enhanced?

- **Take a detoxification bath.** Every two days during your cleanse, soak in one to two cups of Epsom salt, mineral salts or sea salts for 15-20 minutes to draw acid and toxins out of your muscles.

- **Try dry brushing.** Using a dry bristle brush (found at any health food store), brush your skin with small, circular strokes starting at your extremities and working your way toward the heart. Dry brushing aids the lymphatic system in carrying nutrients to and from the cells while eliminating acids.
- **Get a colonic.** During this process, special equipment is used by a professional to give your colon an internal bath. For a deep cleanse, have three to four colonics performed during your cleanse (ideally every other day).
- **Try acupuncture or acupressure.** Both forms of therapy will help relieve headaches and other forms of discomfort that may occur during your cleanse.
- **Breathe properly.** Proper diaphragmatic breathing will accelerate the removal of your physical and emotional waste by reducing anxiety and helping remove carbon dioxide waste from your respiratory system. Inhale for one count, hold for four counts and exhale for two counts.
- **Stretch.** Spine twists stimulate the colon, liver, gall bladder, spleen and pancreas, and back bends will help you feel better.
- **Practice journaling, meditating or simply reflecting.** This will help you relieve stress and provide your mind and body with the additional rest they need.

What should be expected during a cleanse?

The revitalizing and renewing benefits of cleansing are proof that your body is undergoing remarkable changes. As you might expect, these major changes may have some mild side effects. For the first few days, as your body starts to cleanse, you may feel a bit tired, sluggish or even a bit hungry. You may also feel a little “foggy” mentally and experience mild skin breakouts. This is a natural part of the process and means that the cleanse is working—you body is pulling out toxins, and as these are reabsorbed into your bloodstream for elimination, the process can make you feel sluggish.

By the end of the cleanse, however, most people claim to feel more vibrant and emotionally alive. You may also experience feelings of euphoria, total mental clarity and super-heightened senses.*

*These positive symptoms can be sustained for a lifetime if you choose a life of vibrant health!

Post-Cleanse: Take each of the **Life Balance** products for three days. During this time, continue super-hydrating your body by drinking half your body weight in ounces daily. You should also limit your food intake and make sure that at least 70% of your daily meals are high in water content and includes; live, alkalizing foods such as fresh vegetables (raw or lightly steamed); vegetable soups and juices; and salads. Nurture your emotional state, continue to educate yourself with empowering information and re-introduce exercise into

your daily health regimen to reignite your metabolism. Go to TonyRobbins.com/innerbalance for more information. During the post-cleanse period, you should also continue taking your vitamins and other supplements in the **Inner Balance Daily Essentials Pack** to ensure that your body is getting all the nutrients it needs.




Finally, be sure to celebrate your progress—whatever the results, you have just given your body a tremendous gift!*




*Consult your physician before adopting any new health regimen.

Life Balance Product Overview

Take the following **Life Balance** products throughout the entire length of your cleanse. With the addition of these products, you'll feel better, have more energy and be more apt to resume your normal activities.



TIME OF DAY/MEAL	PRODUCT USAGE
<p>Breakfast or morning</p>	 <p>Probiotics Natural Defense Cranberry Clear Senna Tea</p>
<p>Mid-morning snack</p>	 <p>Pure Energy Greens with MSM*</p>
<p>Lunch or mid-day</p>	 <p>Natural Defense</p>

TIME OF DAY/MEAL	PRODUCT USAGE
<p>Mid-afternoon snack</p>	 <p>Pure Energy Greens with MSM*</p>
<p>Dinner or evening</p>	 <p>Cranberry Clear Natural Defense Inner Clear</p>
<p>Evening snack</p>	 <p>Pure Energy Greens with MSM*</p>

*Pure Energy Greens with MSM is not included in the Life Balance Pack.

Inner Clear

Inner Clear provides an essential element that is missing from many diets: fiber. The fiber in **Inner Clear** will enhance any cleansing method you choose. If this is your first cleanse, or if you are not sure which cleansing method to choose, you can experience a satisfying cleanse simply by using **Inner Clear** and **Senna Tea**. The concentrated soluble fiber in **Inner Clear** is the preferred “food” (known as a pre-biotic) for healthy bacteria in the intestine (known as probiotics). During a cleanse, **Inner Clear** can also help you feel “full” if you are modifying your diet.

To use: As a dietary supplement, take three capsules daily with a 16 oz. glass of water, preferably with an evening meal.

- Nourishes the “good” bacteria (probiotics) in the large intestine to maintain immune system strength
- Improves digestive health
- Maintains optimal gastrointestinal function



Probiotics

Probiotics introduces four new strains of healthy bacteria into your colon. (Each serving contains a guaranteed 5 billion live cells.) This influx of good bacteria drowns out the bad bacteria so you end up with a healthier intestinal environment that leads to improved digestion and immunity.

To use: Take one capsule daily with a meal.

- Replenishes the colon with healthy bacteria and reduces unhealthy bacteria
- Improves digestive health
- Boosts digestive function



Natural Defense

Each powerful ingredient in this unique blend strengthens a different aspect of the immune system to elevate your overall immune response. Arabinogalactan/*echinacea*, beta glucan and antioxidants work in your blood and cell walls to boost immune function.

To use: As a dietary supplement, take three capsules daily, preferably with food.

- Supports immune function
- Destroys free radicals



Senna Tea

Senna, a plant that has a laxative effect, has historically been used to relieve constipation and support normal bowel function. If this is your first cleanse, or if you prefer not to use any other cleansing agents, the powerful combination of **Senna Tea** and **Inner Clear** should give you a satisfying cleansing experience.

To use: Drink one cup daily. The best way to make a good cup of tea is by the infusion method. Place one tea bag in a cup and add no more than 6 oz. of boiling water. Let steep for 3 minutes; in the beginning you may wish to allow it to steep for less time until your body adjusts. Don't forget—hot water also has a laxative effect. Press the bag before removing to enhance the flavor. Add honey to sweeten. Do not consume more than one cup daily. Do not give to children.

- Is a natural laxative
- Increases evacuation of waste from the intestines



Cranberry Clear

Cranberry Clear fortifies your intestines and strengthens your immune system with a unique blend of powerful natural ingredients. The antioxidant-rich cranberry/blueberry blend binds to harmful bacteria in the kidney and bladder, enabling it then to be flushed out of the body. *ImmunoLin*, extracted from whey protein, also binds to harmful bacteria in the intestine and is a rich source of cysteine, an ingredient in glutathione, the strongest antioxidant produced by the body. Grapefruit seed extract, vitamin C and zinc possess antifungal properties.

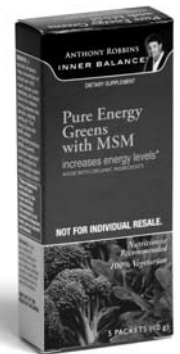
To use: As a dietary supplement, take two capsules daily.

- Supports urinary tract health and prevents urinary infections
- Prevents harmful intestinal bacterial from escaping into the bloodstream
- Strengthens the immune system



Pure Energy Greens with MSM

Pure Energy Greens with MSM is not part of the **Life Balance Pack**, but Anthony Robbins recommends that you take it with plenty of water during your cleanse. In fact, it is recommended that you take it regularly (even when you are not cleansing) to ensure that your body is well-hydrated and your blood alkalized.



Pure Energy Greens with MSM is a blend of nutritionally dense greens such as broccoli and spinach, which contain essential nutrients. The greens are mixed with methylsulfonylmethane (MSM), a naturally occurring molecule thought to have anti-inflammatory properties. It also gives you extra energy to carry you through your daily activities, whether you're cleansing or not.

To use: As a dietary supplement, take one teaspoon (2 g) in 16 oz. of water 3 times daily. When cleansing, take up to six times a day.

- Provides hydration
- Restores alkalinity to increase blood pH, improve body function and boost vitality



Frequently Asked Questions:

Why is cleansing important?

Your body is a remarkable machine. It's designed to take in what's good (nutrients) and filter out what's bad (toxins). Unfortunately, sometimes toxins build up inside your body. This can contribute to disease, faster aging of the cells, allergies, weight gain, and fatigue that keep you from feeling and performing at your peak. Fortunately, many people just like you have discovered how to use cleansing to help eliminate the toxins and chemicals that have built up in their cells, blood and vital organs.

How long should my cleanse last?

Most people cleanse for about a week or two. If you are continuing your usual daily activities while you cleanse, you may want to limit your cleanse to three or four days since you may need more energy to function properly at work or to take care of your family.

Remember: How you begin and end your cleanse is just as important as the cleanse itself. You don't want to choose a cheeseburger and fries as your first post-cleanser meal! Be smart, and reintroduce healthful foods slowly. This is also why it is recommended that you take each **Life Balance** product before and after your cleanse.

Most importantly, listen to your body. You know what is normal and what is not. If you start to feel ill or you intuitively know that something is not right, discontinue the cleanse, and consult a health care professional.

How do LIFE BALANCE products enhance the cleansing experience?

Cleansing helps purify, strengthen and invigorate your body so that you can function at your highest level. By adding **Life Balance** products you'll further enhance your physical and emotional well-being. Anthony Robbins created the **Life Balance Pack** of products to help you take the benefits of cleansing to the next level.

- **INNER CLEAR, SENNA TEA and CRANBERRY CLEAR: Flush fecal buildup from the intestines**

When old fecal matter is flushed from the intestine walls, the intestines are able to eliminate toxins and waste more quickly and efficiently so that vital nutrients from food can pass freely through the intestinal walls and into your blood cells.

- **PROBIOTICS: Re-colonizes the bacteria in your colon**

Cleansing the colon washes out many of the “bad” bacteria that cause digestive problems and impair the immune system, creating opportunities for the “good” bacteria to move in and support digestion and immunity.

- **NATURAL DEFENSE: Strengthens the immune system**

Your body works hard to fight off illness and keep you at optimal health. Cleansing removes many of the toxins and bacteria that can cause illness. **Natural Defense** then steps in to strengthen your immune system naturally.

What happens when my cleanse is over?

Once you've completed the cleanse, you'll most likely feel lighter, more “awake” and have more energy than you've had in a long time. Keep those feelings going!

When you return to your regular lifestyle, keep these tips in mind:

- **Continue eating low-acid foods.** Most likely, your stomach has shrunk from the decrease in food intake, and several of the digestive enzymes may have become dormant. Re-introduce foods slowly, starting with fresh, natural, low-acid choices such as fruits and vegetables and vegetable proteins. Start with several smaller meals per day, and gradually increase the size and variety of your meals until you are back to your usual eating pattern, keeping in mind that a large portion of your diet should consist of live, alkaline- and water-rich foods.

- **Keep hydrating.** Continue to drink the equivalent of about half your body weight in fluid ounces every day. In addition, keep using **Pure Energy Greens with MSM** to maintain hydration, alkalinity, and energy levels at their peak. Include plenty of fruits and vegetables, which contain water and will help keep your blood alkalized to achieve two goals at once!
- **Re-introduce exercise.** You know that regular physical exercise is one of the secrets to feeling truly, fully alive—and you probably missed those endorphins during your cleanse! It's easy to get them back, but after a cleanse, your energy levels and muscle mass may need time to rebuild. Work up to your usual level of exercise gradually, just as you would if you had been ill or injured. You may even feel so good after your cleanse that you're ready to step up your workouts to get faster, leaner and stronger!
- **Rest.** Peak performance is a balance of activity and rest. Cleansing gave you the opportunity to slow down and rest—inside and out. As you complete your cleanse, make it a point to get plenty of quality sleep, include restful and stress-reducing activities in your day-to-day life, and maintain that balance.

Many people view the post-cleanser period as the time to lose weight—and they're right! You've probably already decreased your body weight slightly, and you should feel at your best. If you need additional help losing weight, you may want to try the **Inner Balance Living Light Pack**.

How frequently should I cleanse?

With your physician's approval, you can cleanse up to two to three times a year, but ultimately you must decide what is best for you. Stay in tune with your body. After cleansing a couple of times, you'll know when you're ready to do it again. Use the products in the **Life Balance Pack** each time you cleanse to enhance the benefits. (Each pack has enough products for two complete cleanses if you use them as outlined in this booklet.) You'll notice the difference during and after the cleanse in your performance level during daily activities, your energy level, and your overall feeling of well-being.

As you incorporate the **Life Balance Pack** into your daily health regimen, you'll begin to experience a transformation in the way you feel, move and even in the way you think. You may find that you're thinking more clearly, ideas are coming to you faster and you're more determined than ever to reach your goals.

If you want to continue experiencing the positive, long-term effects of a cleanse and believe you could benefit from a totally supportive, totally immersive environment where others like you are seeking the same level of vibrant and extraordinary health, consider attending Anthony Robbins' acclaimed Life Mastery event. **For more information, call 800.898.8669 or internationally 001.858.535.9900, or visit TonyRobbins.com/MasteryUniversity today.**

TAKE CHARGE OF YOUR OWN HEALTH... IN JUST 5 MINUTES!

Discover how you can create and sustain the pure energy and vibrant personal health you deserve! Visit the all-new Inner Balance web site for Tony Robbins' latest health and fitness tools and strategies as well as exclusive savings on Inner Balance and other health-related products and services.

The Inner Balance Web site features the following:

- **Tony's Health Philosophy**
- **The Science Behind Inner Balance**
- **Online Health Assessment***
- **Health Center**
- **Special Offers**
- **Success Stories**

*With the new Inner Balance Online Health Assessment, you'll simply take a few minutes to answer some general questions about your health and lifestyle—general health, eating habits, weight loss and exercise—and you'll get immediate advice and product recommendations customized for your health goals.

Visit **TonyRobbins.com/InnerBalance**

and discover today how you can create a healthier, more vibrant you!

