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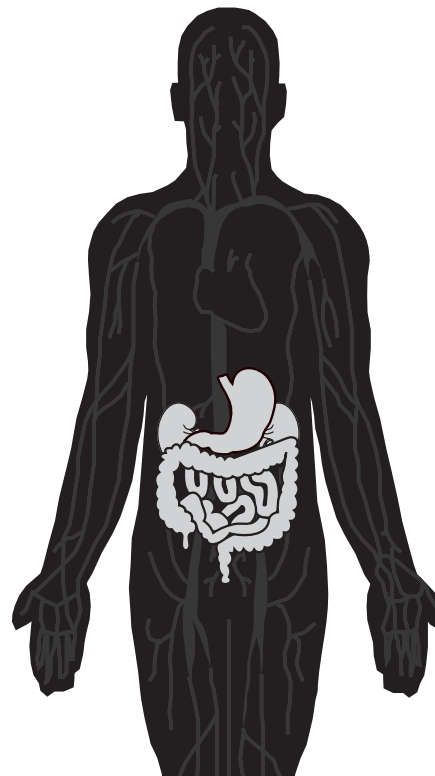
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Have you ever sprung out of bed in the morning with so much energy that you couldn't wait to get out and take on the world? Imagine how incredible your life would be if you could wake up feeling that way every day!



As Anthony Robbins has discovered in his own pursuit of fulfillment, health is not merely the absence of disease, but a vibrant state that unlocks consistent peak performance in the body. He believes in creating a base of vitality and energy where the body is performing at maximum capacity. When that happens, you experience excitement and an exuberant passion for living that doesn't exist without physical vitality.

To help you achieve that extraordinary quality of health, Anthony Robbins has teamed up with former Harvard Nutritionist Dr. Stacey J. Bell, D.Sc., to create Inner Balance®, a revolutionary line of health products that will help revitalize, restore, and rejuvenate the most crucial element in life: your physical well-being.



The **INNER BALANCE**® line of products was designed with you in mind – that is your entire body. Looking at yourself, here is how all the products fit into keeping you at your best. Each product is designed to provide nourishment and hydration throughout your cleanse.

- **Pure Energy Greens With MSM**
- **Inner Clear**
- **Probiotics**
- **Cranberry Clear**
- **Natural Defense**
- **Senna Tea**

Supported Areas:

Stomach, intestine and kidneys

The Life Balance Pack is a 30-day system created especially to help support your body during an internal cleanse.

Note: Products in this pack are not actual cleansing agents.

Congratulations! By choosing to incorporate the Life Balance Pack into your cleanse, you've taken an important step toward greater overall balance and well-being.

Get ready to experience a transformation in the way you feel, move and even in the way you think. You may find you're thinking more clearly, ideas are coming to you faster and you're more determined than ever to reach your goals.

Cleansing is part of the path to achieving optimal function, improved vitality and a greater sense of overall well-being. It's like you're getting rid of the baggage, all that extra "stuff" that's been slowing you down. The Life Balance Pack enhances cleansing by supporting, nourishing and rehydrating your body to maximize the benefits.

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 over time, like chemicals from processed foods, environmental toxins, and free oxygen radicals that can damage your cells. Any of these 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 does cleansing contribute to improved health and performance?

Cleansing helps purify, strengthen and invigorate your body so that you can function at your highest level. Here are just a few of the ways cleansing can enhance your physical and emotional well-being:

- **Flushes fecal build-up from the intestines.** When old fecal matter is flushed from the walls of the intestines, they can eliminate toxins and waste more quickly and efficiently and vital nutrients from food can pass freely through the intestinal walls to your cells.
- **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 that support digestion and immunity.
- **Alkalizes the blood. Most people have blood that is too acidic.** Cleansing can increase the pH of the blood, restoring it to a more alkaline state that creates a healthy internal environment.

- **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, so your immune system gets a rest and becomes stronger and more effective as a result.
- **“Jump-starts” weight loss.** It’s normal to lose weight during a cleanse since you are consuming fewer calories and losing water weight. If losing weight is one of your goals, cleansing can be a good first step to achieving that goal.

How does Life Balance Pack of products help enhance health and vitality?

Anthony Robbins created the Life Balance Pack of products to take the benefits of cleansing even further. As you purify your body during the cleansing process, the Life Balance Pack of products replenishes it with the nutrients, and other essential compounds that are vital to exceptional health. The products in this pack provide the pure nourishment and hydration your cells crave during a cleanse, strengthen your immune system, and invigorate and revitalize your body. Whether this is your first cleanse or you have cleansed many times before, you will find that the products in the Life Balance Pack enhance the benefits of cleansing and bring you even closer to the outstanding health and vitality that you deserve.

How is Life Balance different from other cleansing support products?

Life Balance combines ground-breaking science and Tony’s proven life strategies to promote exceptional health not just on a physical level, but on psychological and energetic levels as well.

- **Balance at the cellular level** is key to ensuring each product delivers the intended benefits. Regardless of how good an ingredient may be, providing too much or too little of it can disrupt the balance and render the product ineffective. To assure proper balance within the body, Anthony Robbins and former Harvard Nutritionist Dr. Stacey J. Bell, D.Sc., obtained proven, published clinical research for each active ingredient in each Life Balance product.
- **Quick absorption** ensures that the active compounds in the product begin working as soon as they enter the body.
- Of course, you want only the best for your body. Life Balance products are created solely from **fresh and natural ingredients from pure food sources**. Unlike cleansing support products that use artificial or low-quality ingredients, Life Balance products are completely free of artificial colors and flavors. In fact, many Life Balance products, such as the Pure Energy Greens with MSM and Senna Tea, contain only organic ingredients. In addition, most Life Balance products contain no dairy, yeast, hormone, peanut or gluten so you can achieve the exceptional health you deserve—naturally.

How should Life Balance be used to support a cleanse?

Life Balance products were carefully developed to support your comfort, well-being and success as your body is cleansed. Start taking all of the products on the same day that you begin the cleanse. You can even begin taking them a few (but no more than seven) days before you start cleansing.

The guidelines below tell you how to use the Life Balance Pack to support your cleanse. Each product plays an important role helping you achieve the best results from your cleanse and enhance your health, energy and spirit.

Pure Energy Greens With MSM

The Pure Energy Greens blend nutritionally-dense greens such as broccoli, kelp and spinach that contain essential nutrients. The greens are mixed with methylsulfonylmethane (MSM), a naturally occurring molecule thought to have anti-inflammatory properties.

To use: As a dietary supplement, take one teaspoon (2 g) in 16 oz. of water 2-3 times daily.

- Provides hydration.
- Provides alkalinity to increase blood pH, improve body function and boost vitality.
- Reduces symptoms associated with seasonal allergies.

Inner Clear

Inner Clear provides an essential element that is missing from many diets: fiber. The concentrated soluble fiber in Inner Clear is the preferred “food” (known as a pre-biotic) for healthy bacteria in the intestine. During a cleanse, Inner Clear can also help you feel “full” if you are fasting or restricting your diet.

To use: As a dietary supplement, take three vegetation 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 GI function.

Probiotics

Probiotics introduces one new strain of healthy bacteria into your colon. Each serving contains a guaranteed 2.1 billion live cells.

To use: Take one capsule daily with a meal.

- Replenish the colon with healthy bacteria and reduce unhealthy bacteria.
- Improve digestive health.
- Boost 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, cell walls, and fatty tissues to boost immune function.

To use: As a dietary supplement, take three vegetarian 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.

To use: 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. 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.

- 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 harmful bacteria in the kidney and bladder, enabling it then to be flushed out of the body. ImmunoLin, extracted from whey protein, also binds 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 discourages urinary infections.
- Prevents harmful intestinal bacterial from escaping into the bloodstream.
- Strengthens the immune system.

What is the best way to cleanse?

There is no “best” way —the “best” cleanse for you is the one that fits your lifestyle and your individual preferences. You’ll find some of the most commonly used cleansing methods summarized below. If you have questions, stop by your local health food store and talk to an employee—he or she should be able to recommend several options.

Regardless of how you choose to cleanse, use the Life Balance Pack to support your body and help ensure you get the most out of your cleanse. You put too much effort into being as healthy as possible to deny yourself the powerful replenishment and rejuvenation that Life Balance delivers!

And don’t stop using Life Balance just because your cleanse is over. These products are designed to keep rebuilding your intestinal health and strengthening your immunity and vitality long after you’ve stopped cleansing. Finish the pack and let your body keep reaping the benefits!

Cleansing Methods

Once you’ve rid your body of toxins and intestinal build-up, you can expect to feel renewed and revitalized. However, during the first few days of cleansing, most people experience less energy, especially if fasting is involved. If possible, plan your cleanse for a period when you have time to rest and take a break from your daily routines.

- Colonic irrigation, using purified or de-ionized water, with or without various salts (should be performed by a professional).
- Enemas using hot water, salt water, coffee or other cleansing agents.
- Herbal blends such as those found in health food stores.
- Lemon/maple syrup drink.

You may choose to accompany your cleanse with a complete fast, a restricted diet or no dietary changes at all. Here are some of your options.

- Water only (with or without salt). Note: This method should only be practiced for 1-2 days to prevent health risks.
- Water (with or without salt), fruit juices, no foods.
- Water (with or without salt), fruit juices and limited foods such as steamed vegetables.
- Water (with or without salt), fruit juices and limited foods such as steamed vegetables and vegetable proteins such as soy or lentils.
- Water (with or without salt), fruit juices and limited foods such as steamed vegetables, vegetable proteins such as soy or lentils, and small servings of meat or dairy.
- Regular diet, but with smaller portions or omitting one meal each day.
- Full regular diet.

You know your body better than anyone else, so choose the cleansing method and dietary plan that work best for you. Use the Life Balance Pack to get even greater benefits from your cleanse. And, be sure to include the following every day in your cleanse—they'll help ensure you get the nutrients your body needs and prevent the dehydration, weakness or light-headedness that can accompany a cleanse.

- Drink half your body weight in fluid ounces (e.g., if you weight 160 lbs., drink at least 80 oz. of fluid every day).
- Consume half the fluid as water and half as fruit juice. Fruit juice provides the potassium and other nutrients needed to keep your blood balanced and your organs and enzymes working properly. Good fruit juice choices include orange and apple. Cranberry has very little potassium.
- Include clear, salty broth or soup, or add as much salt as you can tolerate to all beverages that you consume.
- Take 50 grams of protein from an easily digested protein source (such as whey protein powder) to maintain lean muscle mass.
- Take a multivitamin.
- Take essential oils like omega-3s from fish oil, Udo's Oil, or both.

How long should my cleanse last?

Most people cleanse for about a week to ten days. If you are continuing your usual daily activities while you cleanse, you may want to keep it to three or four days since you'll need more energy.

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 fast and talk to a health care professional.

What should I expect 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. Here are a few you might experience:

Hunger. Obviously, if you're drastically reducing the amount of calories you consume, you're going to feel hungry. This is where the **Pure Energy Greens** and **Inner Clear** in the Life Balance Pack can make a real difference. The Pure Energy Greens nourish your body and keep your cells hydrated (dehydration can make you feel hungry when you are, in fact, thirsty). Inner Clear's soluble fiber will help you feel full. Be patient. Your hunger pains should start to decrease as your body adjusts to a lower food intake. If they do not, or you become shaky or light-headed, consult a medical professional.

Feeling tired, low energy and irritability. Food is your source of energy, so less food naturally means less energy. Cleansing is a time to rest and prepare your body for rejuvenation. Try to get as much sleep as you need. Take a break from exercise or high-energy activities. Use the **Pure Energy Greens with MSM** daily to get the nourishment and hydration your body needs and help keep your energy levels up. Also be sure to get enough protein, salt and potassium every day, along with all of the products in the Life Balance Pack to boost support to your system.

Constipation and decreased bowel movements. Especially if you are fasting or have drastically reduced your food intake, you may experience fewer bowel movements since there is less food moving through your intestines. You may even feel bloated or constipated. **Inner Clear** will help prevent constipation, help cleanse the intestines and prepare them to maximize the benefits of the good bacteria from the Life Balance **Probiotics**. You may also use the **Senna Tea** for a gentle laxative effect.

What about 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! Continue to use all of the Life Balance products daily as directed until you have finished the pack. These products are designed to keep supporting your renewed, invigorated body long after you've returned to a normal lifestyle. And as you do return to that lifestyle, keep these tips in mind:

- **Re-introduce foods slowly.** 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.
- **Keep hydrating.** In addition to the **Pure Energy Greens with MSM**, continue to drink at the equivalent of about half your body weight in fluid ounces every day. Include plenty of fruits and vegetables, which contain water and 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 and get faster, leaner or 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.

How frequently should I cleanse?

Most individuals find that every six months is about right, but ultimately you have to 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 nourish your body and enhance the effects. Plus, because Life Balance continues to deliver healthy, revitalizing benefits long after the cleanse, you may find that every six months is plenty to keep your body performing at its best.



For the Online Diagnostic visit:
www.tonyrobins.com/innerbalance



COMING SOON!

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