

Mars Venus 7 Day Cleanse Instructions

The Mars Venus 7 Day Cleanse consists of:

2 Shake days, 2 Cleanse days, 3 Shake days

DAY 1: SHAKE DAY

DAY 2: SHAKE DAY

DAY 3: CLEANSE DAY

DAY 4: CLEANSE DAY

DAY 5: SHAKE DAY

DAY 6: SHAKE DAY

DAY 7: SHAKE DAY

Shake Day:

1. Morning: 1 scoop of the Mars-Venus Super Cleanse with 8 oz. of purified water and 2 Super Minerals in the morning for breakfast. Go for a walk for a minimum of 20 minutes or do Bounce and Shake Exercises (or other easy exercise.) Then, drink a Mars or Venus Shake with 3 scoops of powder. Blend with purified water, some ice and one half apple.

2. Lunch: Have a salad with as many raw vegetables and avocado as you wish, along with some form of protein (i.e. beans and rice, nuts, chicken, fish, steak, etc.) Don't deprive yourself. For dressing, use olive oil and lemon or olive oil and apple cider vinegar. Avoid breads, pastas, dairy products and junk food. Eat as much as you want but don't stuff yourself.

3. Dinner: Take 2 Super Minerals with 8 ounces of purified water. Then, drink a shake with 3 scoops of Mars or Venus Shake, a minimum of 8 oz. of purified water and ice.

Try to go at least 4 hours between meals without any food or snacks. If you get hungry, drink more water and take an extra capsule of Super Minerals.

Cleanse Day:

Upon waking and every 3 hours after that, have 1 scoop of Super Lemon Cleanse with purified water and 1 Super Mineral. About 1½ hours after drinking each Super Cleanse, have a glass of purified water. If you are hungry, tired, or need more energy, take 1 additional Super Mineral with water. Avoid all solid foods.

A 1-month supply of the Mars Venus Wellness Solution will provide enough food for two 7-day cleanses or one 7-day cleanse and 2 weeks of the Wellness Program. You can do the 7-day cleanse back to back for maximum weight loss. Don't look at the scale until day 5 of the cleanse.

Important Notes:

- The standard Mars Venus Wellness Program consists of starting each day with 1 Super Lemon Cleanse and 2 Super Minerals. Then, after exercising for a minimum of 20 minutes, have a Mars or Venus Shake with ½ piece of fruit.
- Super Lemon Cleanse can be mixed in warm water for a warm drink.
- Maximum 5 Super Cleanses each day (in a minimum of 8 oz. of purified water).
- Maximum 6 Mars or Venus Minerals daily.
- We suggest that you drink 8-10 glasses of purified water daily.

Additions: *For more information on these additions please listen to the 7 Day Cleanse Conference Calls on our website, <http://www.marsvenus.com/cleanse.php>. John will explain these additions on the Conference Call, these are not mandatory to the cleanse, however they will assist you in achieving better results*

1 Teaspoon Black Strap Molasses (added to Shake), on Shake Day only

1-2 Tbsp. Organic Extra Virgin Coconut Oil (added to Shake), on Shake Day only

1-2 Teaspoon of Apple Cider Vinegar mixed with 8 oz. water on your Cleanse Days, drink in the morning and throughout the day between your lemon cleanse drink.