

Life Program

Don't live in fear of food! It's time to take your new diet and exercise disciplines and begin to blend them into the flow of life.

The Schedule

FRI	SAT	SUN
OFF	OFF	OFF

MON	TUES	WEDS	THURS
Clean	Burn	Burn	Burn



3 OFF days
1 Clean day
3 Burn days
per week



The Orenda 10-Day Detox Cleanse program is intended as a complete detoxification and weight loss program for adults over 18 years old and who are not pregnant or nursing. Adults with medical conditions should seek medical supervision. Work within the guidelines on the following pages to maintain a minimum of 800 calories per day, and do not perform more than 2 Clean days in a row.