

Possible 'Temporary' Cleansing Reactions of Calli or Fortune Delight:

Body Reaction	Possible Cause	What To Do
Dizziness Weakness Hunger Headache	This is usually due to a drop in the blood sugar level or from killing yeast in intestines. Your body is working hard to flush toxins back through it's systems to expel them.	Eat additional food, especially try putting NuPlus into cold Fortune Delight and adding SunnyDew. For headache, put Sunbreeze on temples and back of head where spine meets skull. Rest!
Nausea Intestinal Upset	Due to cleaning, poor digestion and heavy mucous or yeast - especially with Fortune Delight on empty stomach. Passes quickly.	Take some Evergreen or Assimilaid in the drink and temporarily weaken it. Drink additional water. Eat NuPlus or Vitashake.
Constipation Dehydration	Not drinking enough of the beverage and water.	Drink more! Slowly, start Vitalite bars for fiber (must drink Fortune Delight or water with bars).
Low Energy Irritability	The body is using the energy elsewhere to heal or rebuild. It is putting a priority on repairing.	Eat more NuPlus. Rest! Let your body do what it needs to do. It's working hard! It's house cleaning.
Bloating Weight Gain Water Retention Sense of Fullness	Poor digestion, toxins being dumped into stomach, or fluid build-up from toxins leaving tissues. Need water to dilute toxins for flushing. Intestines need to be cleansed.	Drink more water! The toxins are waiting to be flushed out! Add Evergreen (only in cold Fortune Delight). For slow bowels, eat a Vitalite bar, starting slowly with plenty of Fortune Delight. Be patient.