



Clean™

Burn™

Shape™



*A New You  
Starts Here*

# What's Your Photo?

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Take a moment and think ...

Have you ever had the experience where one day you look in the mirror - and you barely recognize the person looking back at you? Maybe it was in the morning right after your shower or one evening before heading out with your spouse; and even though you've looked at yourself 100 times, the reflection made you stop. It made you squint your eyes to see if you were seeing it right. Maybe it even made you gasp.

Suddenly, you realize that the person looking back at you is not the person you wanted to be. The extra weight has added unnecessary stress on your frame and years to your look. Perhaps you've been carrying the pounds around for so long that you've forgotten what it feels like to live without them - lighter, in body and spirit.

And in that moment you quietly thought to yourself: "How did I get here?"

Almost everyone has had that moment, or at least one similar, where they are looking at the reflection in the mirror and asking themselves, "Who is this?" and "How did I get here?" And while those are both scary questions - even more frightening is the answer to the question, "How do I get back?"

How do you get back to the best version of you? Where do you even start?

Find a photo where you are the best version of yourself. We all have one. For some, it will be smiling on their wedding day looking slim, healthy, and hopeful. For others, it will be in a uniform holding their college football helmet. Others might be standing outside a first home, or one taken during those first few weeks at a new career when the world was at their feet and anything was possible.

Find a photo and decide that this is where you are going. The great thing is - when you find that photo and set that goal - it isn't based on some airbrushed/photoshopped/unrealistic ideal you might find splattered on the pages of magazines.

It's you. Just you.

A You you've been before; a You you can be again.

For every person who has ever looked in the mirror and felt miles from the person they once were, we say the road back starts with a goal ... and that goal is a photo. A photo of you.

The You we know you can be.



# Clean™



Cleaning house has never tasted so good. If your system is dirty from decades (or even a weekend) of bad choices, it's time to tidy up.

Orenda Clean assists in nourishing the body with nutrients that help support the body's natural detoxifying process.\*

Helps reduce occasional bloating.\*

Supports detoxification and regularity.\*

# Burn™



You've got a treadmill, a trainer, and now a secret weapon. Burn is a "burn" you don't have to feel for it to work.

GCE - Green Coffee Extract

Helps maintain healthy glucose levels after meals.\*

Supports the body's ability to lose weight naturally.\*

Supports a healthy lean mass (muscle) to fat mass ratio.\*

# Shape™



Feeling hungry? Shape. Workout fiend? Shape.

On-the-Go? Shape. Sweet tooth? Shape.

Lose weight, particularly if you replace a meal with Shape every day.

Helps your digestion and regularity. Reduce and replace junk food cravings.

**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, cure or prevent any disease.**



Support for normal  
intestinal glucose  
absorption\*

Support for normal  
glucose liberation  
in the liver\*



Helps maintain  
a healthy  
glycemic effect\*

Fat burning system support\*



Organic Flax



Spirulina



Chia Seed



Blue Green Algae



Barley Grass



Wheat Grass



Spinach



Chlorella



Oat Grass



Quinoa Sprouts



Pea Fiber



Kamut Grass



# Step 1: The 10 Day

The Clean, Burn and Shape 10 Day Program will have you seeing and feeling results faster than you thought possible. You can be sure the first 10 days will be the most exciting and rewarding. Be sure to take your before picture, record your weight, and take your measurements before you begin (see instructions on p.11), because many people will see results quickly.

## The Schedule

SUN	MON	TUES	WEDS	THURS	FRI	SAT
	C	C	S	S	S	S
	day 1	day 2	day 3	day 4	day 5	day 6
S	S	C	C			
day 7	day 8	day 9	day 10			

4 x C = Clean Days, 6 x S = Shape Days.

## The Pack



1 Clean™

1 Burn™ (30 ct.)

1 Shape™

The Clean, Burn & Shape 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 page to maintain a minimum of 800 calories per day, and do not perform more than 2 clean days in a row.

# Program Guidelines

During the 10 Day program, be sure to drink half of your weight (lbs) in ounces of water per day, get up to 20 minutes of low-intensity exercise per day and avoid eating anything not specified on this page. Additionally, you can use up to 1 tablespoon of healthy oil (e.g. olive oil) daily for food prep.

## CLEAN DAYS

### Morning

- Take 1 Orenda Burn™ capsule
- Take 1 Scoop (serving) of Orenda Clean™ in 8 oz. water
- Enjoy 2-3 servings of high fiber Organic fruits and vegetables
- Mid-morning snack (1 fruit + 1 legume)

### Midday

- Take 1 Orenda Burn™ capsule
- Take 1 Scoop (serving) of Orenda Clean™ in 8 oz. water
- Enjoy 2-3 servings of high fiber Organic fruits and vegetables
- For those in need of additional protein or calories, incorporate 1 serving (1 cup) of legumes (peas, beans, soybeans)

### Evening

- Take 1 Orenda Burn™ capsule
- Take 1 Orenda Shape™ shake
- Enjoy 2-3 servings of high fiber Organic fruits and vegetables
- For those in need of additional protein or calories, incorporate 1 serving (1 cup) of legumes (peas, beans, soybeans)

## SHAPE DAYS

### Morning

- Take 1 Orenda Burn™ capsule
- Take 1 Scoop (serving) of Orenda Clean™ in 8 oz. water
- Enjoy 2-3 servings of high fiber Organic fruits and vegetables
- Mid-morning snack (1 fruit + 1 legume)

### Midday

- Take 1 Orenda Burn™ capsule
- Take 1 Orenda Shape™ shake
- Enjoy 2-3 servings of high fiber Organic fruits and vegetables
- For those in need of additional protein or calories, incorporate 1 serving (1 cup) of legumes (peas, beans, soybeans)

### Evening

- Take 1 Orenda Burn™ capsule
- Take 1 Orenda Shape™ shake
- Enjoy 2-3 servings of high fiber Organic fruits and vegetables
- For those in need of additional protein or calories, incorporate 1 serving (1 cup) of legumes (peas, beans, soybeans)

# Step 2: The 30 Day

The Clean, Burn and Shape 30 Day Program is an adaptable program designed to meet both your health goals and your lifestyle. Participants follow a specific diet and exercise regimen during their "Burn" days, mix in 4 "Clean" days, and get 2 days "OFF".

## The Schedule (suggested)

SUN	MON	TUES	WEDS	THURS	FRI	SAT
B	C	B	B	B	B	B
day 1	day 2	day 3	day 4	day 5	day 6	day 7
OFF	C	B	B	B	B	B
day 8	day 9	day 10	day 11	day 12	day 13	day 14
B	C	B	B	B	B	B
day 15	day 16	day 17	day 18	day 19	day 20	day 21
OFF	C	B	B	B	B	B
day 22	day 23	day 24	day 25	day 26	day 27	day 28
B	B	24 x B = Burn Days, 2 x OFF = Day Off, 4 x C = Clean Days.				
day 29	day 30					

## The Pack



1 Clean™

1 Burn™ (90 ct.)

2 Shape™

The Clean, Burn & Shape 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 page to maintain a minimum of 800 calories per day, and do not perform more than 2 clean days in a row.

# Program Guidelines

During the 30 Day cycle, be sure to drink at least half your weight (lbs) in ounces of water per day, get at least 20 minutes of exercise 5 days a week, and avoid eating anything not specified on this page. Additionally, you can continue to use up to 1 tablespoon of healthy oil (e.g. olive oil) daily for food prep. Stuck on a plateau? Add Clean™ every night and increase your exercise.

## CLEAN DAYS

### Morning

- Take 1 Orenda Burn™ capsule
- Take 2 Scoops (servings) of Orenda Clean™ in 16 oz. water
- Enjoy 2-3 servings of high fiber Organic fruits and vegetables
- Mid-morning snack (1 fruit + 1 legume)

### Midday

- Take 1 Orenda Burn™ capsule
- Take 2 Scoops (servings) of Orenda Clean™ in 16 oz. water
- Enjoy 2-3 servings of high fiber Organic fruits & vegetables
- For those in need of additional protein or calories, incorporate 1 serving (1 cup) of legumes (peas, beans, soybeans)

### Evening

- Take 1 Orenda Burn™ capsule
- Take 1 Orenda Shape™ shake
- Enjoy 2-3 servings of high fiber Organic fruits & vegetables
- For those in need of additional protein or calories, incorporate 1 serving (1 cup) of legumes (peas, beans, soybeans)

## BURN DAYS

### Morning

- Take 1 Orenda Burn™ capsule
- Enjoy 2-3 servings of high fiber Organic fruits and vegetables
- Mid-morning snack (1 fruit + 1 legume or protein)

### Midday

- Take 1 Orenda Burn™ capsule
- Take 1 Orenda Shape™ shake
- Enjoy 2-3 servings of high fiber Organic fruits & vegetables
- For those in need of additional protein or calories, incorporate 1 serving (1 cup) of legumes (peas, beans, soybeans)

### Evening

- Take 1 Orenda Burn™ capsule
- Enjoy 2-3 servings of high fiber Organic fruits & vegetables
- For those in need of additional protein or calories, incorporate 1 serving (1 cup) of legumes (peas, beans, soybeans)

Enjoy a 6 - 8 oz. lean protein (chicken breast, fish, turkey, buffalo, eggs, egg whites, etc.) throughout your day.

What's an OFF DAY? It's on the next page

# Step 3: Life

Don't live in fear of food! When you reach your goal weight, it is time to take your new diet and exercise disciplines and begin to blend them into the flow of life. Tell the new You to stick around!

## The Schedule

SUN	MON	TUES	WEDS	THURS	FRI	SAT
OFF	C	B	B	B	OFF	OFF

3 Days Off, 1 Clean Day, 3 Burn Days per week

## The Pack



1 Clean™

1 Burn™ (30 ct.)

1 Shape™

## OFF DAYS

### Morning

- Take 1 Orenda Burn™ capsule
- Enjoy 2-3 servings of high fiber Organic fruits and vegetables
- Mid-morning snack (1 fruit + 1 legume or protein)

### Midday

- Take 1 Orenda Burn™ capsule
- Enjoy 2-3 servings of high fiber Organic fruits & vegetables
- For those in need of additional protein or calories, incorporate 1 serving (1 cup) of legumes (peas, beans, soybeans)

### Evening

- Take 1 Orenda Burn™ capsule
- You know that meal you can't stop thinking about? Go for it! Keep it reasonable though, you worked hard to get this far.

# Take Your “Before” & “After”

These pictures can be great motivators and reminders of your journey. Since you'd like to know where you need work, don't be shy – show some skin. A swimsuit or a tank top with short shorts will help you tell the entire story of your transformation. When taking your pictures, follow these simple guidelines:

- Use the same simple and plain background for ALL photos so the only things we are comparing are your results.
- Wear the SAME clothing for all of your photos.
- Take these pictures:
  - Front Shots: 1. hands on your hips 2. with biceps flexed
  - Side Shots: 3. hands at sides
  - Back Shots: 4. hands on your hips 5. with biceps flexed
- Don't “push it out” in one picture and “suck it in” in another, or tussle your hair in one picture and make it up in another picture, or go plain in one picture and do your makeup in another, or look as pale as a ghost in one picture and have a fresh spray tan in another ... you get the idea. The only variable you want your picture to represent is your weight loss results.
- Repeat these pictures after you complete the 10 day, after your first 30 day, after your second 30 day, and when you complete your 100th day.

## Track your Progress

Measurements	WEIGHT	NECK	CHEST	WAIST	HIPS
DAY 1					
DAY 11					
DAY 41					
DAY 71					
DAY 101					

# This is my Photo

What was hot in 1994?

Michael Jordan.

Pearl Jam.

Birkenstocks.

And Lue Haggarty.



A stunning blonde with an amazing shape and show-stopping smile, Lue was a sight to be seen and was on top of the world. She fell in love, ran a marathon, had two beautiful children, and then things ... changed.

She got too busy to take care of herself - too much takeout, eating the rest of the kids' food when she wasn't hungry, finishing off the last piece of pizza when she should have walked away. It all added up. No longer on top of the world, she was content to just be one in the crowd. Not anymore. Lue's trainer introduced her to Clean, Burn & Shape and she decided to give the 10 Day a try.

That's all it took, 10 days. In 10 days she discovered what had been holding her back for decades. Since starting the program, Lue has lost:

... 36 pounds and counting.

... 14.75 inches.

... and enough to go from a size 14/16 to a 6.



Now, her kids are happy Mommy has enough energy to play. Her husband calls her gorgeous (and other things that aren't appropriate to share).

What started with just ten. simple. days ... has turned into a new life. Now it's 2014 – and while no one cares about Jordan, Pearl Jam or Birkenstocks ...

Lue is hotter than ever!

\* The Clean, Burn, Shape program requires diet and exercise. Your results will vary.

# This was our Moment

For everyone, there comes a moment when something's gotta change and all you can do is hope it's worth it.

For Cyn D Fiscus, that moment happened at an appointment with her doctor who said Cyn D was overweight; it was serious and she was very concerned.

Cyn D and her husband Tim decided to do something about it. Together. One month after that doctor appointment they both started the Clean, Burn & Shape program.



Their results?

Cyn D has lost 40 pounds. She finds herself lingering in front of the mirror in dressing rooms, still in shock that the beautiful woman looking back at her is her.

Meanwhile, after losing 50 lbs, Tim went to his closet, digging through piles of clothing he had "outgrown." In one day of closet-shopping, he gained 14 pairs of pants that used to be too small.

But the most meaningful result of all came from their young nephew, whom they adore... "Oh wow!" he exclaimed when he saw them. "Now you can live until you're 100 at least!" That simple wish stole their hearts and fuels their fight.



For everyone, there comes a moment. Maybe it's in a fitting room, or your own closet now filled with possibility.

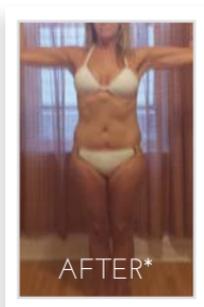
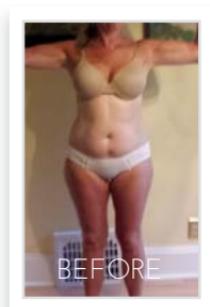
Maybe it's the look in your doctor's eyes as she reads your blood work and smiles.

Or maybe it's simply the face of a child - so happy that you might be on this earth for 100 years or more...

And in that moment, you know it's worth it.

The Clean, Burn & Shape program requires diet and exercise. Your results will vary.

# Clean Burn Shape



**Tiffany J.**

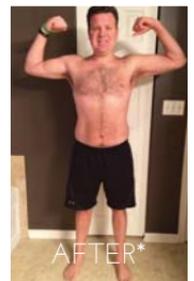
Lost 23 pounds

Dropped 19.5 inches

**Matt B.**

Lost 20 pounds

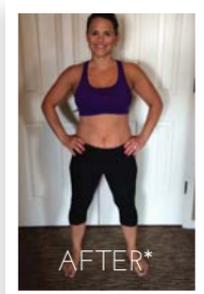
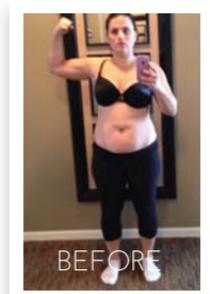
Dropped 18.75 inches



**Stacey R.**

Lost 25 pounds

Size 10/12 to 4



## A New You Starts Here

\* The Clean, Burn & Shape program requires diet and exercise. Your results will vary.

# Clean Burn Shape CHALLENGE

## 7 REASONS to start the CHALLENGE NOW



### 30 DAY MONEY BACK GUARANTEE

You won't need it, but juuuuuuuust in case ...



### LOSE 10 LBS - EVERYONE IS A WINNER!

You win a "Lost 10" t-shirt.



### A CHANCE TO WIN \$1,000

Be one of our best 10lbs losers & win \$1000 cash.



### LOSE 20 LBS - FITBIT FORCE

You win a Fitbit Force.



### LOSE 35 LBS - LULULEMON OUTFIT UPGRADE

We send you to LULULEMON for a \$250 outfit upgrade.



### TAHITI

Be our best CBS success story and win a 5 night vacation to Tahiti.



### A NEW YOU!!!

Nothing tastes as good as skinny feels.

[CleanBurnShape.com/challenge/join](http://CleanBurnShape.com/challenge/join)

# Tell a Friend

When you bring sexy back with your sexy backside, people are going to start asking questions. Go ahead. Tell them your Clean, Burn & Shape secret. It's the nice thing to do. You'll like the warm, fuzzy feeling you get from helping a friend lose weight. We'll like the warm fuzzy feeling we get from sending you a referral bonus check. Feeling great is contagious. Motivate a whole army of people to become skinnier versions of themselves and you can turn your weight loss success into a lucrative career.

YOUR ID GOES HERE

[cleanburnshape.com/partner/](http://cleanburnshape.com/partner/)

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