

Sanivan-Orenda Cleanse/Diet Program

Enjoying 3 healthy organic plant based meals, every day, for 10 days

We offer a 10 day Cleanse/Diet program that actually works on creating the body you desire from the inside out. Using organic plant base diet, exercise, and treatments – we have created the ultimate way to lost weight and keep it off. Using the Orenda protocol, within 10 days we have seen people lost between 2 to 7 ½ lbs., and keep it off after the program is months behind you. We are proud to present and create a new life style in your life for you to follow and stay healthy. For more information, visit www.cleanburnshape.com/partner/93741



Clean™
Burn™
Shape™



*A New You
Starts Here*

Clean Burn Shape

10-Day Shopping List

Use this suggested shopping list to get off to a quick start. Spices are OK, but watch the sugar content in combination spices (i.e. garlic pepper) If you are grilling or stir-frying your veggies, only 1 T (tablespoon) of healthy oil (i.e. extra virgin olive oil) daily is allowed.

Vegetables:

unlimited, unless otherwise noted

- Asparagus
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Garlic
- Green Beans
- Kale
- Lettuce (all varieties)
- Mushrooms
- Onion
- Peppers (all varieties)
- Snap Beans
- Spinach Greens
- Tomatoes
- Zucchini



Fruits:

- Apples
- Avocados (2 slices)
- Bing Cherries (3/4 Cup)
- Blackberries (1/2 Cup)
- Blueberries (1/2 cup)
- Grapefruit (1/2 Cup)
- Raspberries (1/2 Cup)
- Strawberries (1/2 Cup)
- Oranges
- Okra
- Peaches
- Pears



Legumes:

- Beans (black, northern, red, garbanzo, etc.)
- Peas
- Lentils
- Peanut Butter (natural, no sugar, 1 tbsp)
- Peanuts (1/4 Cup)

Additional Items:

- Almond Milk (unsweetened)
- Apple cider vinegar
- Balsamic vinegar (low sugar)
- Coffee or Tea (no additives)
- Lemon
- Oil (1 tbsp) / Vinegar
- Stevia drops/ packets

Avoid:

- All Soft Drinks (Diet Included)
- Artificial sweeteners
- Bananas
- Dairy
- Potatoes & Sweet Potatoes
- Rice, Pasta, Oatmeal and Grains

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 30 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 serving of Orenda Clean™ in 8 oz. water
- Enjoy 1-2 servings of high fiber Organic fruits and vegetables
- Mid-morning snack (one fruit or vegetable)

Midday

- Take 1 Orenda Burn™ capsule
- Take 1 serving of Orenda Clean™ in 8 oz. water
- Enjoy 2-3 servings of high fiber Organic fruits and vegetables

Evening

- Take 1 Orenda Burn™ capsule
- Take 1 Orenda Shape™ shake
- Enjoy 2-3 servings of high fiber Organic fruits and vegetables

Incorporate 1-2 servings (1 cup each of legumes (beans, peas, soybeans) throughout your day.

SHAPE DAYS

Morning

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

Midday

- Take 1 Orenda Burn™ capsule
- Take 1 Orenda Shape™ shake
- Enjoy 2-3 servings of high fiber Organic fruits and vegetables

Evening

- Take 1 Orenda Burn™ capsule
- Take 1 Orenda Shape™ shake
- Enjoy 2-3 servings of high fiber Organic fruits and vegetables

Incorporate 1-2 servings (1 cup each of legumes (beans, peas, soybeans) throughout your day.

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.*
- **Now with Irvignia**

Support for normal
intestinal glucose
absorption*



Support for normal
glucose liberation
in the liver*



Helps maintain
a healthy
glycemic effect*

Fat burning system support*



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.



Organic Flax



Spirulina



Chia Seed



Blue Green Algae



Barley Grass



Wheat Grass



Spinach



Chlorella



Oat Grass



Quinoa Sprouts



Pea Fiber



Kamut Grass



A new outlook on Life:

I am part of Sanivan, the Ivan Rivas part. For the most part, my diet is amazing, eating organic meals, exercising, doing all kinds of projects around the house, entertaining our quest, and giving treatment. I keep myself pretty busy, organized, and always trying to have fun. So, Saniye (my wife) one day decides to do new type of fast, “the Orenda 10 day Cleanse Diet program” at bequest of a dear friend Cheryl. Since I wanted to encourage her progress, I decided to join her and do the cleanse too for 10 days.

To my surprise, it was pretty easy. I was eating three meals a day, taking a few supplements, and a smoothie to boot. I was very content with Saniye’s delicious meals. I gave Saniye treatments every day, and we exercised together, a really fun program I figured. At the end of 10 days, I had lost 7 ½ lbs. I was very surprised, I never lost weight before; and here in 10 days, I lost 7 ½ lbs. Saniye was very jealous of me; she only lost 4 lbs., but lost some inches and that was exiting to her.

Since, Saniye saw the progress I had gone thru, she wanted to extend the Orenda program another 10 days. So, again I joined in just to keep her company. I had no desire to lose weight; my only purpose was to enjoy Saniye’s company with the meals.

At the end of the second 10 day program, I had lost 7 ½ lbs. again. I was concern that I lost too much weight. 15 lbs. in 20 days; yikes – for a guy, not a welcome idea. I figured once I went back on my normal diet that I would gain weight again, to my surprise my weight did not change. Granted, I continued to exercise and keep busy like normal; however, I felt different. I felt as though all the cells in my body where alive. If I exercised, I felt the muscles grow, and heal; as though I was young again. I felt stronger, and I was doing more and not getting tired.

So, 5 months later, my weight has fluctuated 5 lbs., up and down. I am still at the last weight that the Orenda program brought me to, 150 lbs. I feel amazing, healthy, and vibrant. I do more physically, and I get tired less.

I am a believer in the product and especially in the 10 day cleanse diet, having done it, and experience the results. I highly recommend it to everybody that wants to feel the sensation of being young again; physically and mentally!!

Spa Owner – what a difference a diet makes

Hi, my name is Saniye Gungor; I am an owner and operator of Sanivan Holistic Retreat and Spa, along with my husband Ivan Rivas.

For the last 15 years we are here in upstate New York running our boutique spa and offering our guest programs that utilize organic juices and herbs in fasting/detox, as well as raw food diet. When clients/guests arrive and stay for 3 to 7 or more days, I join in with them in a same diet to make it easy for everyone including myself (I don't have to cook or eat separate meals). Almost everyone ends up losing a pound or two a day and feeling renewed and rejuvenated from the experience!

I on the other hand stay at the same weight at which I started, and when I start eating again, I end up gaining weight slowly, but surely. So, I began to accept the fact that being 10 to 15 pounds overweight was normal for me at my age....!

A new friend hearing my story suggested I should try something different and introduced me to "Orenda Clean, Burn, Shape" Program. So, I decided to give it a try and my husband Ivan Rivas joined me to support me on my process, so we could enjoy same meals together. I totally liked eating delicious lightly cooked, plant based meals and taking 3 different supplements a day. I thought to myself "this is too easy, I'm probably not going to lose any weight", but to my surprise I not only ended up losing 4 pounds in 10 days, but also inches from my chest, waist, hip, and legs! Needless to say I was thrilled!!!!

Since, my husband and I are both very happy with the Orenda Health Program we will be offering it to our guests/clients to benefit them on their journey to finding health and happiness.

We thank Orenda for this opportunity and are very grateful to Cheryl Stenzel and Dr. Shanhong Lu for their help and support. Also, we are looking forward to sharing with others, and supporting them in finding their health, wellbeing and happiness!

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!

*Results vary. Clients on the Clean, Burn and Shape Program can expect to lose 2.5–5.4 lbs during the first 10 days and 1.3–3.3 lbs per week for the remaining 90 days of the program.

This was my Moment

I used to be a runner.

There was something about getting outside; just me and the pavement, and the steady rhythm of moving forward—physically, mentally—I didn't just love it, I craved it. Even as the miles passed, I'd have a smile on my face.

Overtime, I started running fewer and fewer miles. I can't remember which came first, the extra pounds or the added pain in my knees after a few miles of asphalt, but in either case, my running shoes spent more and more time in the back of my closet.



Then, in the summer of 2015, I stepped on the scale and the reality of the number really hit me. I had been ignoring my progressive weight gain for so long, that I was now over 212 pounds, an all-time high for me. As I stepped back and evaluated my health, I realized it wasn't just my weight that was a problem. I had no energy and I felt sluggish all the time. During the night I struggled for air and snored loudly which led to poor sleep. My blood pressure had always been on the high side (even when I was thin and running) and now, fighting against this extra weight, it was skyrocketing. I was depressed. I was miserable. I was ready for a change.

Not long after my wake up call, my wife suggested we both try the Clean Burn Shape plan. As a health care professional, she had done the research and thought it might be a great way for both of us to lose weight and get healthy, together. Having a plan that gave me guidelines on what and how much to eat without feeling like I was sacrificing was invaluable.

I lost 36 pounds and nearly 20 total inches off my body in just five months! But one of the very best things is that I can run again, pain free. So if you see me running down the street, with a smile on my face ... you'll know why.

*Results vary. Clients on the Clean, Burn and Shape Program can expect to lose 2.5–5.4 lbs during the first 10 days and 1.3–3.3 lbs per week for the remaining 90 days of the program.

Clean Burn Shape



Tiffany J.

Lost 23 pounds

Dropped 19½ inches

Matt B.

Lost 42 pounds

Dropped 18¾ inches



Christi M.

Lost 42 pounds

Dropped 22½ inches



A New You Starts Here

* Results vary. Clients on the Clean, Burn and Shape Program can expect to lose 2.5–5.4 lbs during the first 10 days and 1.3–3.3 lbs per week for the remaining 90 days of the program.