


www.ResetYourBody.com
1 Day RESET Routine

Join my Cleanse Support Group on Facebook now! Ask questions & interact. Don't do it alone!
<https://www.facebook.com/groups/CleanseSupportGroup/>

NOTE: These are your marching orders. FOLLOW TO THE 'T' PLEASE!

Purpose:

You've been eating like crap lately. You had a big party weekend. You just got sick. Your belly is distended (poking out) and that's not cute. You want something to kick start you back into clean eating...Welcome to the 1 Day RESET!

Overview:

- Do for 1 day or as many days as you feel the need
- DRINK LOTS OF WATER (1/2 your body weight in oz daily!)

Can Eat/Drink: Any type of vegetable or fruit, nuts, yogurt, oats, beans, honey, water, coconut water, juices (**AS MUCH OF THESE AS YOU LIKE!**)

DON'T EAT/DRINK: Meat, breads, pastas, soda, alcohol, dairy, potatoes, processed food (carbs slow down your pipes too much!)

Ideas:

Eat at least **50%** of your veggies raw (don't cook it). More fiber, more alive. RAW
Steam the veggies

Keep apples and carrots and nuts with you at all times

Buy big fruit platters (don't worry about the natural sugars in fruits)

Buy pineapple & watermelon & grapes and melons and cut up and store for the week

Vegetarian dishes at restaurants

Things to expect:

- Flatter stomach - lots of impacted food will loosen and go away
- Lot of peeing (washes out fat and toxins)



DAY OF

*** 1st Salt Flush – 1st thing in the morning mix 1 tablespoon of sea salt with 1 quart of luke warm water...Drink as quickly as possible. **Don't leave home for an hour...trust me ;-)** **if the salt flush doesn't work increase the salt by 1 teaspoon each time until it does



BREAKFAST (**after salt flush)

- 1) Ginger root tea (great herb to settle digestion and to pep you up! – instructions below)
- 2) RESET Soup (fill your body with powerful natural anti-biotic and anti-viral foods that taste great! - instructions below)
- 3) Eat as many fruits & veggies as you like (eg. apples, bananas, lemons, strawberries, grapes, watermelon, pineapple...)
- 4) DRINK LOTS OF WATER or HERBAL TEA THROUGHOUT THE DAY – Wash out the toxins! (1/2 body weight in ozs)



LUNCH

- 1) Large salad (stick with a lighter dressing eg. Italian, vinaigrette, oil and vinegar – no creamy white dressings!...)
- 2) Snack on carrots and apples and plums, almonds...
- 3) DRINK LOTS OF WATER(1/2 body weight in ozs)

NOTE: Most fast food places have \$1 side salads that you can get in the drive through if you need a fast meal.

You can get a tasty salad at Olive Garden - pricey but yummy!



DINNER

- 1) Any type of vegetable meal (eat as much as you want – remember no carbs!)
- 2) RESET Soup (instructions below)
- 3) DRINK LOTS OF WATER(1/2 body weight in ozs)

NOTE: If you can find a veggie juice bar enjoy! Wheat grass is an acquired taste but try it out. Otherwise any type of veggie juice mix is perfect



1 hour BEFORE BED

2nd Salt Flush (instructions above)

**Skip the 2nd salt flush if you're RESETING for more than 1 day

AFTER

IMPORTANT! You'll want to replace any good, beneficial bacteria lost as a side effect of the salt flushes. Keeps you from getting stomach aches and diarrhea, etc. Add one or any or all of these to your diet for the next week.

Yogurt (with live cultures listed on the label)
Kefir
Sour cream
Sauerkraut
Pickles
Probiotic supplements (any health store or online)

Recipes

Ginger Root Tea

Ingredients

- fresh ginger root
- honey and or Agave Nectar
- water

Use 1 inch of ginger root for each serving of tea.

Cut the root into small slices

Low boil in water for 10 minutes

Add honey to taste

ENJOY!

Reuse the same root adding 1 inch for each new serving for up to 3 days.

RESET Soup

STEP #1

1/4 organic red onion (major anti-viral/bacterial)

4 cloves of organic garlic (major anti-viral/bacterial)

(organic is 4 times more potent than non organic. Better medicinal qualities)

STEP #2

Chop the onion and mince the garlic

STEP #3

Add to can of soup (a healthy soup brand or just use chicken broth)

Season to taste and add crushed red pepper (loosens mucus)

Bring to a boil then turn off and cover and sit for a minute...then EAT UP!

(the soup takes away the strong taste of the onions and garlic)