

MINDFUL EATING RESET



The Gut Replenishing Guide

5 Day Reset

Congratulations for committing to your overall health, caring for your body and nourishing it! This 5 day interactive gut reset will give you the tools and knowledge needed to permanently re-energize your life.

Medical Disclaimer:

The information provided in this reset program is for educational and informational purposes only. These techniques and self-help tools are to be used at your own risk based on your judgment. It is not intended to diagnose, treat, or cure any medical condition nor dispense medical advice. If you decide to follow this plan, you should seek the advice and counsel of a licensed health professional. It is important to obtain proper medical advice before you make any decisions about nutrition, diet, supplements, or other health-related issues that are discussed in this informational guide. Anyone who takes insulin or meds that lower blood sugar levels, anyone with hypertension, cancer, or a cardiovascular, neurodegenerative, or autoimmune disease **MUST** get their doctor's approval before they start.

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Why a Gut Reset/Detox is recommended and needed?

Traditional diets can cause a toxic overload in our bodies that may contribute to weight gain and a sluggish feeling. Yes, our bodies do work to detox on a daily basis and do this through four primary organs: the lungs, kidneys, skin and liver. The challenge comes when our bodies get exposed to more toxins than it can process out. More simply put, people often have difficulty losing weight because their bodies are full of toxins. The more toxins you take in or get exposed to every day, the more toxins you store as fat cells in the body. Toxins stored in fat cells are difficult to get rid of through standard dieting alone.

You must first detoxify the body. When the body is overloaded with toxins, the body transfers its energy away from burning calories and uses that energy to work harder to detoxify the body. In other words, the body does not have the energy to burn calories. However, when the body is efficiently detoxifying and getting rid of toxins, the energy can be used to burn fat. Detoxing doesn't mean you need to skip meals or drink your veggies. Instead, it's about making modifications to your daily diet and lifestyle that are attainable and not overwhelming. In fact, taking small steps can help relieve stress, calm your mind, boost your immunity, and reduce inflammation in ways that a fad diet simply can't.

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Gut Imbalances

Have you ever felt gassy or bloated after eating certain foods? Well, more than likely that's your gut telling you that something is off. 74% of our population is living with digestive issues and often deal with GI discomfort for years, without being diagnosed. Because the gut is connected to nearly every system and organ in the body, your daily choices and habits have a significant impact on it –from stress and poor sleep to inactivity and lack of nutrients. All these things (and more!) can contribute to gut imbalances.

The following symptoms indicate the presence of an Unhealthy Gut:

Bloating, stomach cramps, excessive gas, digestion problems, constipation, indigestion, low energy, fatigue, brain fog, depression, food intolerance, excess weight around your midsection, chronic pain, weak immune system, allergies, acne, eczema, headaches and bad breath

What to do to relieve symptoms:

- Hydrate often
- Eat/drink fermented foods
- Increase fiber-rich foods
- Remove excess sugar from your diet
- Move as much as you can

The recipes and information in this reset will help you incorporate these practices into your lifestyle.

Making the Organic Alkaline Choice

What Does The Organic Standard Mean?

No use of synthetic pesticides, herbicides, fungicides, insecticides or bio-engineered genes (GMO's). All of the chemicals listed above are linked to cancer and many health problems, like gut dysbiosis and autoimmune diseases.

Genetically Modified Organism (GMO) Say “no” to GMO

- Causes genetic defects within the human body
- Alters the immune system, leaving you defenseless
- Does not integrate in the body, causing a toxic effect
- Gastrointestinal disorders/ Gut dysbiosis
- Creates unnatural behaviors in people and animals



Consumption of organic foods may reduce exposure to pesticide and antibiotic-resistant bacteria.



What is Considered Alkaline?

Natural foods are alkaline with a pH of 7 or higher. This approach to eating recognizes that the purpose of eating is to provide electricity to the body. Living food has a radiant, measurable force field that increases your magnetism as it heightens your vibration. You should feel the results in your mind, body, and spirit.

To learn more about where to shop for non GMO products, check out: www.nongmoshoppingguide.com

BREAKFAST

LUNCH

DINNER

MON

Cooked Kamut Flakes w/
Coconut Milk & Berries

Mixed Green Salad w/
Mango & Avocado

Pesto Zucchini Noodles w/
Chickpeas & "Parm"

TUE

Breakfast Protein Smoothie

Herbed Sautéed Cabbage w/
Brown Jasmine Rice

Fresh Seasonal Salad w/
Green Power Juice

WED

Breakfast Berry Blast
Smoothie

Sautéed Sweet Potato in
Coconut oil w/ kale

Quinoa Avocado Wrap

THU

Seasonal Fruit Medley w/
Breakfast Tea

Veggie Stirfry w/ Cauliflower
Fried Rice

Alkaline Soup w/ Kelp
Noodles

FRI

Fresh Orange Sweet Potato
Blast Juice

Garlic Roasted Cauliflower &
Sweet Acorn Squash

Stuffed Bell Peppers w/
Quinoa & Black Beans



MEAL PLAN AT A GLANCE

Supplements

To experience the best results during this program, I recommend taking the following supplements:

Probiotic

B12

Fish oil Omega 3-6-9

Vitamin C

Zinc

Magnesium

Seamoss

Moringa

Maca

Ashwagandha

Vitamin D3



Supplements (cont.)

Quality companies to purchase supplements: (no affiliation)

- www.rebelhealthtribe.com/rebel-shop for probiotic and prebiotic supplements
- Amazon.com for probiotic and vitamins
- www.vitacost.com for vitamins and supplements
- www.holisticheights.com for seamoss and other minerals/ supplements

Rituals

Do the cleanse right: Manage your reset well, and your healthy reboot will help you to feel lighter, energized, and more vital than ever!

- Take two capsules of Organic Apple Cider Vinegar with The Mother (AVC) first thing in the morning before consuming food. You may mix it with a glass of water or use lime or grapefruit as a morning tonic. I suggest taking it at least 30 minutes before consuming food.
- Drink tea: mint & matcha green tea through out the day and ginger & chamomile in the evening.
- Resting your digestive system for at least 10 hours at night into the morning. For example, if you eat breakfast at 7:00 am, try not to eat anything after 9:00 PM. This means your body won't have to do the hard work of digestion, and will have time for rest and repair.
- Drink at least 8 glasses of water daily.
- Use a tongue scraper to remove bacteria and toxins from your tongue.
- Switch to a non-fluoride toothpaste.

Machinery/Tools Needed

Note: No worries if you do not have all of the tools listed, we will improvise.

- Juicer (preferably masticating)
- Blender (high-speed blender)
- Grater
- Vegetable Spiralizer
- Vegetable peeler

What To Expect

What to expect during your reset program. Detox symptoms are a natural reaction (almost like a feeling of withdrawal) when switching from a "Standard American Diet" (SAD) which consist of mostly processed meat, starch and preservatives.

Typical symptoms during the first few days include:

- Dizziness/ feeling weak
- Brain fog/ light or average intensity headaches
- Irritability
- Poor focus and concentration
- Stomach pain/ Cramping/ "hunger" pain
- Sugar cravings
- Nausea

However, by the end of your reset you should experience the following:

- The significant reduction of abdominal fat and lower levels of risk factors for various illnesses
- Glowing skin, which many describe as "younger looking"
- Stronger mental focus
- Renewed energy
- Ability to resist bingeing and less or no sugar cravings
- Better digestion and gut health
- Reduced inflammation throughout the body

