



# RESET + THRIVE

A 10-Day Fall Nourish and Cleanse Customized for Your Body & Soul

Your Name:

Date:

## *Pre-Cleanse Guidebook*

You've signed up for the Cleanse early, you are excited to get started, and maybe a little nervous too. 😊 I get it, you are ready to get going! So, here are some things you can do now to get prepared:

1. Answer the Herb Questions (NEW & Experienced + Herb Support only)
2. Get connected!
3. Acknowledge Where You Are
4. Prepare Your Environment
5. Prepare Your Mind: Reflection & Intention
6. Try some new recipes!

### *1. Answer the Herb Questions*

**NOTE:** This is only for those who registered as NEW Cleansers or Experienced + Herb Support.

You'll find the Herb Questions located on your Pre-Cleanse Portal web page where you downloaded this guidebook: <http://www.fallnourishcleanse.com/pre-cleanse-portal/>

If you are a NEW cleanser or signed up for Herb Support, please go to the Herb Questions tab located on the link above and answer the questions then hit the 'Submit' button. Sally will determine and order the appropriate herbs for those who live locally to pick up at the first meeting, and she will let distance participants know which herbs to order. Order links for Distance Participants are located on the Distance Participants tab in the Pre-Cleanse Portal.

### *2. Get Connected!*

In your Pre-Cleanse Portal, <http://www.fallnourishcleanse.com/pre-cleanse-portal/>, you will see a tab with instructions to join the Private Facebook Group for the Reset+Thrive Cleanse. Be sure to Join the Group so you can connect with fellow cleansers and introduce yourself!

### 3. Acknowledge Your Current State

Taking stock of where you are now, can help you get clear on where you are, and where you want to be.

1) *My experience of my body is/has recently been:*

2) *My experience of my mind and emotional state is/has recently been:*

3) *My experience of my energy is/has recently been:*

Now it is time to take your measurements. Gasp! WHAAAT?? you say? ☺ Now before you throw this paper at me, please read on. The focus of this cleanse is not weight loss, but rather to support health and healing, and encourage lasting change that helps you shift your diet and lifestyle towards more healthy living. Having said that, many participants do lose weight, and no matter what, it can be nice to have a baseline so you can keep track of how you are doing in your journey of healthy living. You might not see any difference in this two week period, but perhaps 6 months down the road, you will want to look back and see where you were and where you are. I know taking measurements can be a challenging thing to do and can bring up all sorts of body stuff. But keep in mind, the most important component of this is to allow it to be an opportunity to see where you are, and ***love yourself as you are***. **That is what really matters**. If you do see any change in your measurements, it is some information for you. Can you love yourself as you are, and also be open to the potential for change?

#### Measurements:

1. Chest
2. Waist:
3. Hips:
4. Thigh circumference:

## 4. Prepare Your Environment

A great way to get a head start on the Prep Week, is to cleanse your kitchen! Below are some of the areas to focus on first. It can feel SO good to have your kitchen and pantry in good shape and filled with lots of fresh energy as you prepare to fill your body with fresh energy and light and healthy foods. Have fun with it and if you don't have time, just do your produce drawer and keep it simple.

### 1. Clean out your fridge!

### 2. Clean out your pantry

### 3. Clean up your kitchen

Use this checklist below to eliminate unhealthy foods from your pantry and kitchen. You can toss it, donate it, or pack it up and put it somewhere that is hard to access. Most of the items below I suggest you totally remove from your diet, so best to get them out of your life completely.

- All sugars and anything containing sugar
- All juice, sports drinks and sodas
- Anything containing artificial sweeteners
- All items containing food coloring or ingredients you can't pronounce
- Non-organic food items
- Wheat products and foods containing gluten (bread, pasta, snacks, baked goods, etc.)
- Packaged, processed foods (can, box, package with 6 or more ingredients)
- Any refined vegetable oils, non-organic oils, olive oil in clear glass, etc.
- Alcohol
- Caffeine

## Notes:

### *5. Prepare Your Mind: Reflection & Intention*

The questions below can help you get clear on why you are doing the cleanse, explore what has held you back from reaching your healthy living goals, and what your intention is for this process. I highly encourage you to take time to ponder these questions and write down your answers. Writing them down is important and can help support you in having a successful cleanse experience!

*1) What drew me to doing this cleanse? What do I hope this will make possible for me?*

*2) What are the toxic things in my life? (physical, mental and emotional toxins)*

*3) What toxic things do I want to release?*

- 4) *What are the top three things that have held me back from creating the health I desire to experience? (i.e. food addiction, sugar addition, emotional eating, lack of discipline, overwhelm, fear of failure, fear of success, ???)*
- 5) *What beliefs do I have that might be holding me back? (i.e. “I can never be healthy”, “These are problems of aging and there isn’t anything that can be done about it”, “Genetics hold me back”, “I’ve tried before and always fail”, “Being healthy is boring!” What are your beliefs that hold you back?*
- 6) *What positive experiences have I had in the past from implementing self-care practices and eating well?*

7) *What do I want to cultivate now?*

8) *What is one manageable change I would like this cleanse to help me make to live more healthfully?*

9) *What is my intention for this cleanse experience?*

## ***6. Try Some New Recipes!***

Great job! Now it is time to print out your **Pre-Cleanse Recipes Packet** and try some new healthy recipes. The Pre-Cleanse recipes are located in your Pre-Cleanse Portal under the Guidebook & Recipes tab: <http://www.fallnourishcleanse.com/pre-cleanse-portal/>. These recipes will give you ideas for healthy meals and provide an opportunity to try some new foods. Have fun and enjoy! Post your favorites on facebook and let us know how it goes!