



Welcome to your 3-day Nourishing Reset

This short sweet program focuses on nutrient density and hydration. It naturally assists the work of your colon and kidneys. This is different from a deeper cleanse or detox which usually targets the liver farther upstream in the digestive process. If you are thinking about a cleanse/detox, this is a perfect first step to get everything moving well before unloading stored toxins from your liver. Please check with your physician if you have any medical issues or health concerns. Most participants do not need to change anything during this program. Exceptions might be if you are more than 50 pounds overweight, pregnant, have strong negative symptoms, blood sugar imbalance, are extremely active or have any other reason for needing more than 1500 calories per day for the next 3 days. You will be getting over 60 fruits, vegetables, herbs, nuts and seeds in the next 3 days! You will find a listing of all possible ingredients being used in this program attached in case you have any sensitivities.

Pick-up and Logistics

Morning Programs: Pick-up is any time after 7:30 am each day. As an example, if we start on a Monday, pick up each morning on Monday, Tuesday and Wednesday. If we start on a Friday, pick up on Friday, Saturday and Sunday morning.

Evening Programs: Pick-up is between 5:00 and 9:00pm the evening BEFORE the first day. As an example, if we start on a Monday, pick up each evening Sunday, Monday and Tuesday. If we start on a Friday, pick up on Thursday, Friday and Saturday evening.

At times, I will make all three days of jars and have a single pick-up. This method is much more convenient but isn't as fresh and you must be careful to maintain proper refrigeration and consume within three days since this program is all fresh and not pasteurized.

Delivery is available for an additional charge.

The pick-address is:
TWBoord
823 Tumbleweed Lane
Fallbrook, CA 92028

Ring the call button on the gate pad if the gate is closed.
Drive down to the garages.

There will be a wine tote with your name on it in the outside refrigerator.

There is a mandatory \$40 deposit for the jars and lids.

A check or cash in an envelope marked with your name that first day is easiest. You will get this entire deposit back when all jars are returned. There is a place to put your deposit envelope attached to the refrigerator. Please make sure your deposit has your name on it. I totally understand breakage and would never charge for that but some people just don't return the jars. This impacts my next program. My cost for replacing a set of program jars, all 18 jars and lids is \$39.73.

EACH DAY PLEASE RETURN ALL JARS RINSED/WASHED with the LIDS OFF.

You don't need to fuss with the stickers unless you want to, they are more easily removed when dry. I really appreciate your help with this.

General Daily Guideline

You will receive 6 pint-sized jars in a wine tote each day. **Refrigerate as soon as possible.** You can enjoy everything either chilled, room temperature or warmed. Most people find they like the soups warmed and everything else chilled. You can bring them to room temperature just before consuming or heat them on the stove at low heat. Never boil to preserve the nutritional value. The contents will keep in the refrigerator for 2-3 days.

All jars are labeled with a name and which meal it is meant for. You can sip on them in order slowly throughout the day or consume as meals. Experiment to see what makes you feel best. The most common consumption schedule ~

- Breakfast/AM: cold pressed green juice & Hearty Smoothie
- Lunch: Raw Soup & nut milk
- Dinner/PM: Soup and nut milk or lemonade

Consume plenty of water during the program to help keep all the fiber moving through your system. Do not get plugged up!!! If you begin to slow down in the bowels, it is imperative a packet of tea is included in each tote to help with constipation.

Things to avoid during this program:

- SOLID FOOD (other than the bit you get in the soups)
- STARCH
- ANIMAL FOOD, DAIRY AND EGGS
- COOKED FOOD- INCLUDING PASTEURIZED JUICES

IT IS COMPLETELY NORMAL TO BE/ FEEL: HUNGRY, HAVE CRAVINGS, BE TIRED, SAD, MAD, IRRITABLE, FEEL CLEAN, DELIGHTFUL, ENERGETIC, HAPPY, GRATEFUL, JOYFUL, OR NOTHING AT ALL! BE EASY ON YOURSELF, STAY AWARE AND HAVE PATIENCE...THIS IS A JOURNEY. STICK WITH IT, REMAIN CURIOUS AND MINDFUL TO WHATEVER COMES UP.

The most common symptoms are headache from caffeine withdrawal. Many people find that extra magnesium in supplement form help with this. If you must, it is ok to have one espresso shot or a small cup (4oz) of brewed coffee black with a bit of coconut oil/butter (optional). Only 1 a day so you may want to have a little only when needed in case you need more later. Make it last!

This program can be very powerful. I encourage you to do it for a purpose: your personal health, a mini retreat, to declutter and simplify, for a friend or loved one who is struggling, your family, a job change, etc. Breakthroughs are very common. Before your start, I encourage you to spend a few moments to set your intentions for this time. You are consuming pure nutrition and giving yourself the gift of time by not having to think about your own food for three days.

Let me know if there is anything specific that I can pray for you specifically about I would be happy to do that.

Please do not hesitate to contact me with comments, questions or any concerns at 760-321-3550 (phone/text) or kim@twboord.com or

Nourishing Wishes ~ Kim

List of possible ingredients

Fruits:

Apple
Pineapple
Mango
Lime
Banana
Papaya
Strawberry
Blueberry
Raspberry
Avocado
Pear
Lemon

Veggies:

Cucumber
Celery
Kale
Chard
Corn
Tomato
Onion
Bell Pepper
Lettuces
Carrot
Yam
Cauliflower
Red Potato
Leek
Asparagus
Butternut Squash
Zucchini
Broccoli

Herbs & Spices:

Ginger
Garlic
Cayenne
Mint
Cilantro
Parsley
Curry
Jalapeño
Basil
Amino Acids (Braggs)
Tamari
Cumin
Paprika
Coriander

Legumes, Nuts & Seeds:

Coconut
Almond
Hemp
Chia
Flax seed & oil
Cashew
Brazil Nut
Walnut
Sesame
Lentil
Quinoa
Black Beans
Red Beans
White Beans

Sweeteners & Other:

Dates
Honey
Bee Pollen
Spirulina
Raisin
Soy lecithin
Cinnamon
Vanilla
Maple Syrup
Nutmeg
Cacao Powder
Clove
Turmeric
Olive oil
Vegetable Broth
Miso paste
Nutritional Yeast
Apple Cider Vinegar
Rice Wine
Chili Power
Chipotle
Sea Salt
Pepper

