



**RECHARGE & ENERGIZE YOUR
BODY!**
**10-DAY BODY RESET DETOX PROGRAM
GUIDE**

A.B.S.MINDBODY

Welcome to the 10-Day Body Reset Detox!



Congratulations on making the commitment to invest in your health. Wherever it is that you are starting from today, I promise you that in 10 days from now, when you follow the plan outlined in the 10-Day Body Reset Detox, you are going to feel transformed.

As a Certified Health Coach who works with busy, people that want to make healthy changes in their life, I'm on a mission to help you with your weight loss journey!

In as little as three days you should start to experience the positive benefits of the 10-Day Body Reset Detox:

- Increased energy
- Reduction of cravings
- More stable moods
- Better bowel movements
- Rejuvenating sleep
- Clearer thinking
- Increased motivation to be active

Here's the thing... the 10-Day Body Reset Detox only works if you follow the plan.

You can do anything for just 10 days, right?

Everything you need is included in this 10-Day Body Reset Detox.

If you have any questions or need additional support, please reach out to me at andrea@absmindbody.com

I can't wait to hear about your success!



Xx,
Andrea
A.B.S.MindBody

Medical Disclaimer

All information contained within this 10-Day Body Reset Detox is for informational purposes only. It is not intended to diagnose, treat, cure, or prevent health problems – nor is it intended to replace the advice of a qualified medical practitioner, health practitioner, or fitness professional. No action should be taken solely on the contents of this 10-Day Body Reset Detox. Always consult your physician or qualified health professional on any matters regarding your health or on any opinions expressed in this program.

The information provided within this 10-Day Body Reset Detox is believed to be accurate based on the best judgment of the authors, but the reader is responsible for consulting with his or her own health professional on any matters raised within. We do not assume liability for the information contained within this 10-Day Body Reset Detox, be it direct, indirect, consequential, special, exemplary, or other damages.

It is advisable to consult your physician before changing your diet, starting an exercise program, or taking supplements of any kind.

10-Day Body Reset Detox Guide

Here's how the 10-Day Body Reset Detox works:

1. Use the **Kitchen Clean Out** cheat sheet to remove processed and tempting foods.
2. Follow the **3-Day Liquid Cleanse Meal Plan** for the first three days of the 10-Day Body Reset Detox.
3. Choose the **Vegan or Omnivore 7-Day Detox Meal Plan** to follow for the remaining seven days of the 10-Day Body Reset Detox.
4. Enjoy snacks from the **10-Day Body Reset Detox Snacks** in between meals when you feel hungry.

Would you like more personalized support during or after the 10-Day Body Reset Detox? I support clients who suffer from some or all of the following symptoms: [Contact me to chat about personalized services: andrea@absmindbody.com

- Gas
- Bloating
- Headaches
- Joint pain
- Constipation/diarrhea
- Blood sugar swings/cravings
- Inability to lose weight
- Poor sleep
- Moodiness
- Fatigue/low motivation

What is Detoxification?

Detoxification is about resting, cleansing, and nourishing the body from the inside out. By removing and eliminating toxins and then feeding your body with healthy nutrients, detoxifying can help protect you from disease and renew your ability to maintain optimum health.

Give your liver some love!

- Your liver is your number one detoxifying organ. It has over 500 functions!
- It produces bile (which helps us excrete toxins), regulates carbohydrate metabolism, assists in hormone breakdown, and detoxifies **EVERYTHING!**

There are 2 phases of liver detoxification:

Phase **ONE**: Toxins become water soluble or 'weak' to allow for elimination through our kidneys.

Phase **TWO**: Elimination of toxins.

Steps to maintaining good liver health:

- Ensure proper digestion and elimination.
- Avoid environmental toxins/stressors.
- Increase water and fiber intake.
- Avoid excessive alcohol, unhealthy saturated fats (fried food), and refined sugar.
- Ensure a healthy, clean diet and appropriate supplementation.

Where to Start?

Eliminate the “bad guys!”

In order to detoxify effectively, we need to eliminate the foods that are “clogging” up our system. Remember, we detoxify every day! Every minute of every day our body is dealing with foreign invaders—from the air we breathe to the food we eat, from what we drink to the chemicals we come in contact with.

If we don’t eliminate the foods that cause the most stress on our system, how can we begin to eliminate toxic buildup and create a space for our cells to thrive?

Here’s what needs to go on the 10-Day Body Reset Detox:

- GLUTEN – pasta, bread, cereal, baked goods made with wheat, rye, spelt, kamut, or barley
- DAIRY – factory-farmed dairy products including milk, cheese, yogurt, and cream (only include organic grass-fed dairy products if tolerated)
- PROCESSED SUGAR – all processed sugars
- PROCESSED FOODS – canned/boxed foods
- ALCOHOL
- CAFFEINE – coffee, black tea
- FOODS THAT CONTAIN UNHEALTHY FATS – anything deep fried, anything with trans fat, anything with hydrogenated fats
- RED MEAT – unless it’s grass-fed beef/hormone and antibiotic free

10-Day Body Reset Detox Kitchen Clean Out



In order to set yourself up for success, you will need to surround yourself with healthy choices. This guide will help you toss out foods that aren’t health promoting and give you suggestions on how to replace them with healthier options.

Vegetables and Fruit

Toss Out: over processed, low-nutrient-content fruits and vegetables (think canned mixed vegetables and canned fruit, fruit juices, and fruit cocktails)

Choose: fresh, local, or organic produce whenever possible; if buying all organic is not in your budget, look at the EWG Shopper's Guide to Pesticides to learn about the Dirty Dozen <https://www.ewg.org/foodnews/> and buy organic for the most sprayed crops.

- ♦ Fresh vegetables: onion, garlic, yam, potato, carrot, beet, radish, squash, rutabaga, leafy greens, kale, arugula, Swiss chard, spinach, watercress, tomato, cabbage, lettuce, celery, broccoli, and others in season. Eat a rainbow!
- ♦ Sprouts and microgreens: sunflower sprouts, buckwheat sprouts, alfalfa sprouts, pea shoots, etc.
- ♦ Frozen vegetables: kale, spinach, rapini, peas, corn, etc.
- ♦ Tomato sauce and paste (in glass jars or in cans that are BPA free with no sugar in the ingredients)
- ♦ Fresh fruit in season, as well as some nutrition-packed tropical fruit like papaya, pineapple, mango, banana
- ♦ Frozen berries and other mixed fruits
- ♦ Lemons and limes
- ♦ Dried fruit: figs, dates, apricots, apples, currants, raisins, goji berries, coconut, etc. – buy unsulphured and organic if possible

Whole Grain Products

Toss Out: all products that contain gluten (white flour, whole wheat, spelt, kamut, rye, barley)

Choose: a variety of the whole grain, gluten-free products below

- ♦ Gluten-free flours: brown rice, teff, quinoa, buckwheat (no relation to wheat), oat, chickpea
- ♦ Brown rice: long-grain, short-grain, basmati, jasmine, wild, etc.
- ♦ Grains in whole form: quinoa, millet, steel cut oats, buckwheat, teff, amaranth
- ♦ Gluten-free hot cereals for porridge: oats, quinoa, brown rice, teff
- ♦ Whole grain, gluten-free pastas: brown rice, buckwheat, quinoa, etc.
- ♦ Whole grain, gluten-free crackers – avoid trans fats and chemical preservatives
- ♦ Breads: look for whole grain, minimally processed, or sprouted breads made from the gluten-free grains mentioned above. NOTE: if it says “enriched,” it’s not whole grain

Beans and Bean Products

Toss Out: low-quality canned beans that contain table salt and preservatives and BPA in the can lining.

Choose: dried peas and beans, whenever possible, and cook from scratch, but for convenience use organic frozen or BPA-free canned beans and peas

- ♦ Try some of these: green and yellow split peas, kidney beans, black beans, chickpeas, red and green lentils, navy beans, mung beans, adzuki beans, white beans.
- ♦ When choosing canned beans, Eden Organic beans are an excellent choice; they contain sea salt, not table salt, and have no BPA in the tin’s lining. Go to www.edenfoods.com for over 900 recipe ideas!
- ♦ When using soy products, always choose organic (almost all nonorganic soy is genetically modified). Organic and fermented or sprouted soy products are even better (sprouted – tofu, fermented – tempeh and miso).

Meat, Fish, and Eggs

Toss Out: factory-farmed meats, meats raised with antibiotics and hormones, grain-fed meats, lunch meats preserved with nitrates, meat products with additional processed ingredients, farmed fish and seafood, factory farmed eggs

Choose: naturally raised and/or organic meats (grass fed, antibiotic/hormone free), meat products that are 100% meat with no added ingredients (spices are okay), lunch meats preserved without nitrates, wild-caught fish and seafood

Nuts, Seeds, Fats, and Oils

Toss Out: conventional nut butters made with hydrogenated oils and sugar, roasted nuts and seeds (some are okay; just make sure they are dry roasted or roasted in a high quality oil such as coconut oil), highly refined oils such as canola, sunflower, safflower, cottonseed, and peanut, butter made from factory-farmed dairy

Choose: nut and seed butters made without added sugar or hydrogenated fats (they should just have one ingredient on the label – i.e almond butter should just contain almonds), raw nuts and seeds, high quality oils listed below

- ◆ Nuts: raw almonds, cashews, walnuts, pecans, pine nuts, Brazil nuts, organic peanuts, etc.
- ◆ Nut butters: almond, hazelnut, cashew, etc.
- ◆ Seeds: sunflower, pumpkin, hemp, sesame, hemp, flax, and chia (look for sprouted versions)
- ◆ Tahini (sesame paste)
- ◆ Extra virgin olive oil (good for low-heat cooking)
- ◆ Coconut oil (good for cooking/baking)
- ◆ Hemp seed oil (do not cook with this)
- ◆ Flax oil (do not cook with this)
- ◆ Organic grass fed butter and ghee (good for cooking/baking)
- ◆ Other cold-pressed oils - walnut, sesame, avocado, grape seed

Dairy

Toss Out: dairy products produced from factory-farmed dairy

Choose: organic, grass-fed dairy products

Note: dairy may not be appropriate for everyone.

- ♦ Milk: organic grass-fed cow, goat, sheep; Look for unhomogenized milks
- ♦ Cheese: organic, raw if possible
- ♦ Yogurt and kefir: organic and unsweetened
- ♦ Butter and ghee: organic, grass fed
- ♦ Eggs: organic or farm fresh

Herbs, Spices, Seasonings, Condiments, and Miscellaneous

Toss Out: highly processed condiments and seasonings that contain white sugar, preservatives, table salt, and low quality oils, spices and seasonings that contain MSG

Choose: minimally processed condiments and seasonings with better quality ingredients, more fresh and dried herbs and spices, vinegars for flavor

Herbs and Spices:

- ♦ Fresh herbs: parsley, basil, thyme, oregano, tarragon, coriander, sage, etc.
- ♦ Dried herbs and spices (make sure you buy non-irradiated - Frontier is a good brand): allspice, basil, cayenne, celery seed, chili powder, cinnamon, cloves, coriander, cumin, curry, dill, ginger, mustard powder, nutmeg, oregano, paprika, parsley, rosemary, sage, tarragon, thyme, turmeric, etc.

Seasonings and Condiments

- ♦ Tamari or Braggs liquid seasoning
- ♦ Ketchup made with natural sweeteners
- ♦ Mustard made with apple cider vinegar and sea salt
- ♦ Bottled salad dressings made with high quality oils and natural sweeteners
- ♦ Sauerkraut that is raw/unpasteurized
- ♦ Mayonnaise made with high quality oils and without white sugar
- ♦ Vinegars: balsamic, apple cider, rice, red wine
- ♦ Red pepper flakes, chipotle peppers
- ♦ Celtic sea salt, Himalayan salt, Herbamare
- ♦ Dulse flakes, kelp, dulse shakers
- ♦ Nutritional yeast (gives a cheesy flavor without the dairy)

Miscellaneous

- ♦ Arrowroot powder (use instead of cornstarch as a thickening agent)
- ♦ Pure vanilla extract (Frontier Organic is a good brand)
- ♦ Aluminum-free baking powder

Sweeteners

Toss Out: white sugar and anything that contains it, anything that contains high fructose corn syrup, artificial sweeteners (aspartame, Splenda, Nutrasweet, Equal, etc.) and anything that contains them

Choose: natural sweeteners in limited amounts

- ♦ Coconut sugar
- ♦ Maple syrup
- ♦ Molasses
- ♦ Raw honey
- ♦ Sucanat
- ♦ Brown rice syrup
- ♦ Stevia (will not affect blood sugar)
- ♦ Monk Fruit (low impact on blood sugar)
- ♦ Xylitol (low impact on blood sugar)

Beverages

Toss Out: dairy substitutes that are sweetened or contain a lot of processed ingredients and preservatives, pop (containing either sugar or artificial sweeteners), sports drinks, energy drinks, juice, water that has been treated with chlorine, coffee, and regular tea (only for the 10-day detox)

Choose: dairy substitutes that are unsweetened and have minimal ingredients, spring water

- ♦ Alternative unsweetened milks as dairy substitutes: almond, hemp, coconut, cashew
- ♦ Perrier water
- ♦ Fruit-infused water
- ♦ Soda water (plain or with a splash of juice)
- ♦ Kombucha
- ♦ Spring water or carbon-filtered water
- ♦ Herbal tea
- ♦ Green tea
- ♦ Coffee and regular tea in limited amounts ONLY after the completion of the 10-day detox

3-Day Body Reset Detox Liquid Cleanse Guidelines



Here's how it works:

- Consume warm water at room temperature, with as much lemon as you can tolerate, every morning before consuming anything else.
- Enjoy three “liquid” meals a day according to the meal plan
- Consume 3 liters of water a day (feel free to flavor with fresh fruit or veggies and drink in between meals).
- Enjoy herbal teas as desired.
- Take your suggested supplements. If you are taking prescribed medications, make sure to consult your pharmacist or medical doctor.
- Refer to the snack chart if you need to eat something extra between meals.
- Make an effort to get seven hours of sleep per night.

10-Day Body Reset Detox 7-Day Meal Plan Guidelines (after the 3-Day Liquid Cleanse)



- Choose to follow either the vegan or omnivore meal plan (or combine meals between the two) for the seven days after the 3-Day Liquid Cleanse.
- Choose a snack from the snack list if hungry between meals.
- You can always have leftovers from the night before.
- Enjoy herbal teas as desired.
- Continue to avoid all foods we have eliminated.
- Consume warm water at room temperature, with as much lemon as you can tolerate, every morning before consuming anything else - optional.
- Continue to drink 3 liters of water a day (feel free to flavor with fresh fruit or veggies and drink in between meals).
- Make an effort to get seven hours of sleep per night.
- Take your suggested supplements. If you are taking prescribed medications, make sure to consult your pharmacist or medical doctor.
- Walk for at least 30 minutes per day.

10-Day Body Reset Detox Supplements



The follow supplements are suggestions. If you are taking any prescription medications, you should discuss adding in supplements with your pharmacist and/or medical doctor prior to taking any.

Refer to the **10-Day Body Reset Detox Supplement Guide** for more information.

Recommended Supplements:

- Greens Powder (1 serving as recommended on label)
- Probiotic (50 billion+) (use as directed on label)
- Vitamin D (use as directed on label)
- Omega 3 Fish Oil (EPA/DHA) (use as directed on label)
- Vitamin B Complex (use as recommended on label)
- Digestive Enzyme (1 with every meal)

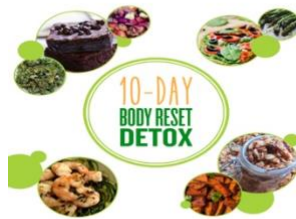
10-Day Body Reset Detox Tips For Success



- Be gentle with yourself. Your body isn't used to eating this way so it's important to shop, prep, and plan ahead of time so you aren't rushing during meal time.
- Let family and friends know that you are treating yourself to a 10-Day Body Reset Detox and will be taking it easy for the next 10 days.
- Include 30 minutes of walking daily during the last seven days of the 10-Day Body Reset Detox. Afterwards, continue with your regular exercise routine. Incorporating regular exercise that makes you break a sweat (after your 10-Day Detox) will help eliminate toxins on an ongoing basis. Sweating helps to release toxins and improve the lymphatic system.
- Experiencing light-headedness, headaches, or fatigue during your 3-Day Liquid Cleanse is normal as your body is releasing toxins.
- Suggestions for evening activity – journal writing or meditation (to help increase melatonin production). Notice how you are feeling both physically and emotionally.
- Always carry snacks on you just in case. Feeling hunger is ok. Avoid feeling extreme or uncomfortable hunger.
- Enjoy a nightly Epsom salt bath. Place 2 cups of Epsom salts in hot water. Immerse as much of your body as you can. Relax for 20 to 30 minutes.

When you get out, do not towel dry. Wrap yourself in a big towel and lay down for 30 minutes. This will allow your body to further detoxify through sweating.

Superfoods for Detoxification



Many detox programs are focused strictly on supplements. As much as they are important for supporting detoxification, the one secret you will learn during this program is that you can have a life-changing transformation by detoxing naturally with whole foods.

I encourage you to experiment with new, healthy foods you may not have tried before. You may find some ingredients in the recipes that are new to you, or you may have heard about some of the superfoods below and been curious about their health benefits.

COCONUT OIL – Coconut oil is saturated fat, but it's a medium-chain fatty acid which the body digests not as fat but as pure energy. Coconut oil will speed up your metabolism and improve your adrenal and thyroid health. It also contains lauric acid, which is antibacterial, antiviral, and antifungal. Coconut oil is a terrific choice for frying as it supports high heat.

RAW APPLE CIDER VINEGAR – Raw apple cider vinegar improves digestion, restores your body's natural pH, and decreases inflammation. Consuming raw apple cider vinegar will increase your energy and improve liver function. It contains potassium, pectin, malic acid, and calcium. As it's not pasteurized, raw apple cider vinegar contains raw enzymes and gut-friendly bacteria that are good for your body.

RAW CACAO – Raw cacao is high in antioxidants and magnesium, loaded with fiber, and a great source of natural iron. It also releases endorphins, enhances mental alertness and supports blood vessel health.

CHIA SEEDS – Chia seeds are loaded with omega-3 fatty acids, manganese, calcium, and phosphorus. Just one ounce of chia seeds contains 11 grams of fiber, so they are wonderful for relieving constipation and improving heart health.

HEMP SEEDS – Hemp seeds are high in protein, and they are a great source of omega fatty acids.

SEA VEGETABLES – As a natural way to support the adrenals and the thyroid, sea vegetables are wonderful. They are rich in minerals and trace elements including calcium, magnesium, iron, potassium, iodine, manganese, and chromium. Some examples of sea vegetables are dulse, kelp, nori, and spirulina.

GINGER: relieves motion sickness, nausea, and morning sickness, stimulates circulation, soothing for colds and flus, relieves head and muscle aches, anti-inflammatory, fights infections

TURMERIC: anti-inflammatory, promotes liver function, supports cardiac health, alleviates nausea, soothes digestive complaints

CHIA: supports healthy gut function, antioxidant, supports tissue growth and repair, anti-inflammatory, supports heart health, lowers cholesterol

PARSLEY: relieves bloating and gas, stimulates digestive function, promotes thyroid, bladder and kidney health, anti-parasitic, antioxidant, alkalizing

MINT: relieves bloating and gas, soothes and relaxes digestive system, relieves pain, reduces nausea, clears nasal and chest congestion, energizing

CINNAMON: supports digestion, eases nausea, stimulates circulation, antiviral, antifungal, balances blood sugar

LEMON: boosts immune function, fights colds and flus, antioxidant, antibacterial, promotes healthy tissue, supports liver detoxification and gallbladder

HEMP SEEDS: boost immune function, support digestive health, natural appetite suppressant, good for the skin

SESAME SEEDS & TAHINI: anti-inflammatory and antioxidants

SHIITAKE MUSHROOMS: fights infectious disease, boosts the immune system, promotes brain function, and serves as a source of B vitamins

CAULIFLOWER: good source of fiber which helps to bind to toxins. It contains antioxidants that support Phase 1 liver detoxification along with sulfur-containing nutrients important for Phase 2 detox activities. The glucosinolates in cauliflower also activate detoxification enzymes.

SQUASH AND SWEET POTATO: All types of squash and root vegetables help support detox by adding fiber along with key vitamins and minerals like vitamin C, vitamin A and potassium.

ROSEMARY: used in ancient times to purify the air and for its antiseptic properties. It is a well-established antioxidant and has been shown to prevent mutations in your DNA (particularly in the liver and the bronchial cells).

DARK LEAFY GREENS: Like kale, collards and spinach have a bitter and astringent taste which stimulates the action of scraping excess toxins and moving

them along to be eliminated. Greens are also rich in chlorophyll which oxygenates and alkalizes your blood.

AVOCADO: Full of monounsaturated fat which helps support weight loss as well as tons of fiber which helps to bind to toxins and facilitate elimination

BROCCOLI: Contains the dynamic trio of nutrients glucoraphanin, gluconasturtiin and glucobrassicin which neutralize and eliminate unwanted contaminants, leaving your body lighter

BUCKWHEAT: a relative of the rhubarb plant (crazy right!) and in many traditional medicine practices buckwheat is used therapeutically to promote detoxification, reduce inflammation, and reduce fevers

CILANTRO: one of the best herbs for detoxifying and can help reduce the buildup of heavy metals like mercury and lead in the body

CUMIN SEEDS: speed up metabolism, suppress appetite, prevent bloating, and beneficial for the liver.

10-Day Body Reset Detox Snacks



It's common to get hungry between meals during the 3-day liquid cleanse. Feel free to make another smoothie to drink between meals or choose from the following:

- 10 almonds
- 5 macadamia nuts
- 1 small apple with 1 tablespoon of unsweetened almond butter, cashew butter, or hemp seed butter
- 2 to 3 celery sticks with 2 tablespoons of organic hummus

NOTE: Do not have the same snack twice in one day. We want variety.

Congratulations! You are now ready to enjoy the 10-Day Body Reset Detox. Make sure to go over your meal plans and recipes in the Meal Plans & Recipes Guide.

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