

DAY 1 | 7-Day Detox Wellness Challenge

I'm looking forward to kicking off our 7-Day Detox Challenge with you! To help you feel prepared:

Day 1 — Detox Foundations

Welcome to Day 1 of your 7-Day Detox Wellness Challenge!

Today is about getting grounded, understanding the purpose of the challenge, and preparing your body and mindset for the week ahead.

Today's Focus: Watch Your Day 1 Detox Foundations Video

During today's session, we'll discuss:

- What a healthy “detox” really means
- Inflammation and why it matters
- How your body's natural detoxification systems work
- The optional detox support drink
- What to expect during the next 7 days

Your Day 1 Action Steps

- Watch the **Day 1: Detox Foundations** video
- Review your **Safety First Guide**
- Have your **Detox Journal** available
- Begin paying attention to your hydration, energy, digestion, cravings, and how you feel
- If you'd like to use the optional detox support drink, review the preparation instructions included in your program materials

Remember

You don't have to do everything perfectly. This week is about **awareness, not perfection**. Take it one day at a time and pay attention to what your body is telling you.

Journal Prompt

At the end of today, complete your **Day 1 Reflection** in your Detox Journal.

With encouragement,

Dr. Sabrina Russ

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DAY 2 | 7-Day Detox Wellness Challenge

Hi Detox Family 🤍,

Great job showing up and committing to **your health journey**. Whether you joined live last night or are catching up today, I want you to know this:

👉 **You are NOT behind. You are right where you need to be.**

Welcome to Day 2 of the Detox Challenge!

Today's focus is simple and intentional — one elimination and one supportive wellness habit to help your body reset.

🚫 Food / Item to Eliminate Today: Caffeine

Today, please avoid all sources of caffeine, including:

- Coffee (regular and decaf)
- Soda and colas
- Caffeinated teas and energy drinks

👉 *If this feels challenging, do your best and keep moving forward. Progress matters more than perfection.*

🌱 Wellness Tip to Focus On Today: Awareness & Hydration

Today's Wellness Focus: Becoming more aware of how your body responds while staying well hydrated.

How to practice this today:

- Drink water consistently throughout the day (don't wait until you're thirsty)
- Notice changes in your energy, mood, or cravings without judgment
- Pause before meals and beverages to check in with how you're feeling

Use this day to simply observe, not criticize. Awareness is the first step to lasting change.

💚 Gentle Reminder

Your body is adjusting — listen to it.

If symptoms like headache or fatigue show up, hydrate, rest, and stay curious rather than critical.

Be sure to use your Detox Journal to track how you feel and any wins you notice today — even small ones count.

I'm proud of you for showing up — one choice at a time.

Here are a few important tips to help you get the most out of **Day 2** and the rest of the challenge:

📧 **Please Bookmark This Email Address**

To make sure you don't miss important updates or links, **add and bookmark:**

info@keepwellnesssimple.com

Some emails may land in Promotions or Spam if this step isn't done, and I don't want you missing anything that supports your success.

Use Your Detox Journal

Your **Detox Journal is one of your most powerful tools** during this challenge.

Use it to:

- Track how you're feeling
- Reflect on wins (big or small)
- Stay mindful and intentional

 I've re-attached the Detox Journal here so you have easy access.

Remember:

Progress > Perfection. Consistency > Pressure.

I'm proud of you for showing up for yourself. Let's keep the momentum going into Day 2!

"Reply to this email with one win from today—big or small."

With encouragement,

Dr. Russ

DAY 3 | 7-Day Detox Wellness Challenge

Hi Detox Family 🤍,

Great job continuing to show up and commit to your health journey. Whether you joined live or are catching up today, I want you to remember this:

👉 **You are NOT behind. You are right where you need to be.**

Welcome to **Day 3 of the Detox Challenge!**

Each day of this detox **builds on the day before**, helping your body gently reset, reduce inflammation, and become more aware of what it truly needs.

Today, we'll continue what we started yesterday and add **one new elimination** along with a supportive wellness focus.

🚫 **Food / Item to Eliminate Today: Dairy**

Today, please avoid **all sources of dairy**, including:

- Milk (cow's milk and dairy-based creamers)
- Cheese
- Yogurt
- Ice cream and other dairy-based products

👉 **Important:**

You are now eliminating **both caffeine AND dairy** as we continue to build momentum.

Why dairy is removed during detox:

Dairy can promote **mucus formation and inflammation**, especially in the gut and sinuses. For many people, it can also:

- Contribute to bloating and digestive discomfort
- Trigger inflammatory responses
- Slow down the body's natural detox and healing processes

Removing dairy allows your digestive system to rest and reduces inflammatory load so your body can detox more efficiently.

If this feels challenging, do your best and keep moving forward.

👉 **Progress matters more than perfection.**

🌱 **Wellness Tip to Focus On Today: Awareness & Hydration**

Today's focus:

Becoming more aware of how your body responds while staying well hydrated.

How to practice this today:

- Drink water consistently throughout the day
- Notice how your body feels without caffeine and dairy

- Pay attention to energy, digestion, cravings, and mood
- Pause and ask: *“What does my body need right now?”*

Hydration supports digestion, detox pathways, and energy — especially as your body adjusts.

Reminder:

This detox is not about restriction — it’s about **information, awareness, and restoration**. Every choice you make today is supporting your health.

I’m proud of you for staying committed. Keep going — your body is doing important work.

With support,

Dr. Russ

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DAY 4 | 7-Day Detox Wellness Challenge

Hi Detox Family ,

Welcome to **Day 4 of the Detox Challenge** — and let me just say this first:

Every day you've completed matters.

What you did on Day 1 supports Day 2. Day 2 supports Day 3. And today builds on all of it.

You are creating momentum, even if it doesn't always feel dramatic.

Food / Item to Eliminate Today: Sugar

Today's focus is eliminating **added and refined sugars**, which play a major role in inflammation and can slow down the detox process.

Please avoid:

- Sugary snacks and desserts
- Candy, pastries, and baked goods
- Sweetened beverages (soda, sweet tea, juices, flavored drinks)
- Hidden sugars in processed foods and sauces

Why this matters:

Sugar fuels inflammation, disrupts blood sugar balance, and can interfere with the body's natural detox pathways. Reducing sugar allows your body to focus on healing, not firefighting.

 *If today feels tough, remember: this is temporary — and your body is responding.*

Wellness Tip to Focus On Today: Sleep Hygiene

Today's Wellness Focus: Supporting your body through quality rest.

Sleep is when detox, repair, and hormone regulation truly happen. Tonight, your goal is not “perfect sleep,” but **intentional rest**.

How to support your sleep tonight:

- Power down screens at least 30–60 minutes before bed
- Create a calming wind-down routine (stretching, journaling, prayer, deep breathing)
- Keep your bedroom cool, dark, and quiet
- Aim for a consistent bedtime, even if sleep feels lighter than usual

Rest is not a reward — it's part of the healing process.

Gentle Encouragement

Sugar cravings, fatigue, or restlessness can show up today. This doesn't mean something is wrong — it means your body is recalibrating.

Be patient. Be kind to yourself.

One day builds on the next, and you are doing the work.

Use your **Detox Journal** to note:

- Cravings or mood shifts
- Energy levels
- Sleep quality
- Any small wins (they count more than you think)



Pre-Recorded Zoom Session Day 4

On Day 4, we'll talk about:

- Sugar, inflammation, and detox
- How sleep impacts healing and hormones
- Practical ways to stay consistent without pressure

I'm proud of you for staying the course. Keep going — you're not starting over, you're building forward.

With encouragement,

Dr. Sabrina Russ

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DAY 5 | 7-Day Detox Wellness Challenge

Hi Detox Family 🤍,

Welcome to **Day 5 of the Detox Challenge**.

As we move forward, remember this: **each day builds on the next**. What you've already done is creating a foundation your body can use.

Today is about **lowering stress, nourishing the body, and removing another common trigger** that can slow healing.

🚫 Food / Item to Eliminate Today: Gluten

Today, please avoid foods made with **wheat or gluten**, including:

- Bread, rolls, bagels, and wraps
- Pasta and noodles
- Crackers, cookies, and baked goods
- Processed foods with wheat listed on the label

Why this matters:

Gluten is a common sensitivity trigger that can increase inflammation, disrupt digestion, and contribute to fatigue, bloating, or brain fog. Taking a break gives your gut and immune system a chance to reset.

👉 *This is not forever — it's about awareness, not restriction.*

🌱 Practical Wellness Focus: Stress Management

Today's Wellness Focus: Reducing stress so your body can heal more effectively.

Stress doesn't just affect the mind — it impacts digestion, hormones, sleep, and inflammation.

Simple ways to support stress today:

- Take 3–5 slow, deep breaths before meals
- Step outside or move gently for 5–10 minutes
- Limit multitasking — do one thing at a time
- Give yourself permission to slow down

Less stress = better digestion, better sleep, better results.

💧 Health Tip: Organic Bone Broth

Bone broth is a powerful, simple support during detox.

Benefits of bone broth:

- Supports gut lining and digestion
- Provides minerals and amino acids for healing
- Can help with cravings and fatigue
- Easy on the stomach during detox

How to use it today:

- Sip 1 cup between meals
- Use it as a base for soups or vegetables
- Choose **organic, low-sodium**, or homemade when possible

Think of bone broth as **gentle nourishment**, not a meal replacement.

Encouragement

If your body feels different today — that's information, not failure.

Awareness is the goal. Curiosity over criticism.

Use your **Detox Journal** to note:

- Stress levels
- Digestion changes
- Energy or mood shifts
- Any small wins

You're not behind. You're building momentum — one intentional day at a time.

With encouragement,

Dr. Sabrina Russ

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DAY 6 | 7-Day Detox Wellness Challenge

Hi Detox Family ,

Day 6 Detox Focus: Eliminating Corn plus focusing on Movement & Momentum

Welcome to **Day 6 of the Detox Challenge**.

By now, you've already proven something important:

You can do hard things — one intentional day at a time.

Today is about **building strength**, not just physically, but mentally and emotionally. Every choice you make today is reinforcing the foundation you've been laying all week.

How This Detox Works (Please Read)

Each day of this detox **builds on the previous day**.

That means you should **continue eliminating foods from earlier days, plus** today's focus.

We are layering changes gradually to support your body without overwhelm.

Visual Checklist: Foods Eliminated So Far

Use this checklist to stay on track — no guessing needed:

- ☐ **Day 1 & Day 2:** Caffeine
- ☐ **Day 3:** Dairy
- ☐ **Day 4:** Sugar
- ☐ **Day 5:** Gluten / Wheat
- ☐ **Day 6:** Corn

 If you've been following along, you're doing exactly what you need to do.

Food / Item to Eliminate Today: Corn

Today, please avoid foods that contain **corn or corn-based ingredients**, including:

- Corn (fresh, canned, popcorn)
- Corn chips, tortilla chips, and corn tortillas
- Corn cereal and corn-based snacks
- Corn syrup, high-fructose corn syrup
- Corn starch and corn oil (often hidden in processed foods)

Why this matters:

Corn is a common food sensitivity and is often highly processed. It can contribute to inflammation, digestive discomfort, bloating, and blood sugar spikes. Eliminating corn helps reduce hidden triggers and allows your body to continue calming inflammation.

 *This is about awareness, not perfection — do your best and keep going.*

Wellness Tip to Focus On Today: Exercise & Movement

Today's Wellness Focus: Moving your body in ways that support circulation, energy, and stress relief.

Movement helps:

- Improve digestion
- Lower stress hormones
- Support detox pathways
- Boost mood and motivation

Easy ways to move today:

Indoor options:

- Gentle stretching or yoga
- Marching in place or light strength exercises
- Walking inside your home for 5–10 minutes at a time

Outdoor options (if weather allows):

- A short walk around your neighborhood
- Light jogging or cycling
- Stretching or breathing outdoors

👉 The goal is **movement, not intensity**. Even 5–10 minutes counts.

💚 **Encouragement for Today**

You don't have to do everything perfectly to make progress.

Consistency matters more than intensity.

Each day builds on the last — and today you're building strength.

Use your **Detox Journal** to note:

- How movement affects your energy or mood
- Any digestive changes
- How your body feels before and after activity

Small steps still move you forward.

With encouragement,

Dr. Sabrina Russ

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Day 7 Detox: You Did It - Let's Talk Next Steps

Hi Detox Family ,

Welcome to Day 7 of the Detox Challenge - and before anything else, I want to say this:

I'm proud of you.

Showing up for yourself consistently, even imperfectly, is powerful. This week wasn't about being "perfect" - it was about becoming more aware, more intentional, and more connected to your body.

What Today Is About

Today is a reflection and reset day.

There are no new foods to eliminate today. Instead, today is about:

- Continuing all eliminations from previous days
- Noticing how your body feels now compared to Day 1
- Preparing to move forward with clarity and confidence

Quick Review: Foods Eliminated This Week

You've been layering changes intentionally:

-  Caffeine
-  Dairy
-  Sugar
-  Gluten / Wheat
-  Corn

Each step helped reduce inflammation and give your body space to reset.

Wellness Focus for Day 7: Reflection & Gentle Care

Today's focus is listening.

Ways to support yourself today:

- Eat simply and mindfully
- Stay hydrated
- Move gently if it feels good
- Prioritize rest and sleep
- Spend a few quiet minutes reflecting or journaling

Your body has been doing important work.

Journal Prompt (Optional but Powerful)

In your Detox Journal, consider writing:

- What changes have you noticed this week?
- What felt easier than expected?
- What surprised you?
- What foods or habits do you feel best without?

There are no right or wrong answers - just information.

What's Next?

Reintroduction is coming, and it will be slow, intentional, and guided.

I'll be sharing:

- When to start reintroducing foods
- How to do it safely
- What to watch for
- How to use what you've learned going forward

 Remember: detox is not the finish line - **awareness is the win.**

Final Encouragement

You didn't just complete a detox. You practiced listening to your body.

That skill will serve you far beyond this week.

Thank you for trusting me to walk this journey with you.

With gratitude,

Dr. Sabrina Russ

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