

Keep Wellness Simple™ Presents

Reset, reconnect, rebuild

7 Day Detox Wellness Challenge

*Led by Dr. Sabrina Russ,
Pharmacist & Board-Certified Health & Wellness Coach*



- Welcome

- no extremes, no perfection

- Clarify this is pharmacist-led, evidence-informed

- Emphasize: *supporting* the body, not forcing it



Class 1

- I. *How the program will work*
 - I. *We will meet Sun, Wed, Sat*
 - II. *You will get an email each day:*
 - What foods to eliminate and focus areas-each day builds*
 - III. *How to use the Journal*



Class 1

Journaling Walkthrough (5–7 min)

Energy scale (1–5)

Digestion/body cues

One action commitment

Short answers are fine

“This journal is for insight, not perfection.”



Class 1

- This is not:
 - Juice-only Fast
 - Starving
 - Medication replacement
- This *is*:
 - Hydration
 - Digestion support



Class 1

What Detox Really Means

Liver, kidneys, gut detox daily
We reduce *interference* (inflammatory inputs)

Detox Drink – The Why

Hydration + habit replacement
Gentle digestive support
Consistency > perfection
Not magic, but supportive

Pharmacist framing

“Think of this as a daily support tool, not a cure.”



Class 1

Food Reset Overview

- Temporary elimination
- Common inflammatory foods removed briefly
- Emphasize what TO eat:
 - Protein
 - Vegetables
 - Whole foods
- Hunger is a signal — don't ignore it



Class 1

First 48 Hours – What's Normal

Possible headaches, fatigue,
cravings

These are adjustment signals

Stay hydrated!!!



Class 1

I. Inflammation

II. Cranberry Detox Drink

I. Health Benefits

III. Bone Broth

I. Health Benefits



I lost 47 pounds!!!!

Before 2023

After 2026



What is Inflammation?

- ***8 out of 10 diseases come from Inflammation.***
- ***Inflammation is the root cause of chronic diseases.***
- ***Stress, Environmental, Genetics, Pesticides, & Certain Foods.***



What is the Anti-Inflammatory Diet?

- The process of *Eliminating Certain “Food Sensitivities”* that cause *Inflammation* in the body.
- **8 Food Sensitivities** that cause inflammation:

Corn

Eggs

Shellfish

Soy

Tomatoes

Peanuts

Dairy

Gluten Grains



Cranberry Detox

Health Benefits:

- **Organic Cranberry Juice**-Detoxes the Liver, Kidney
- **Brands:** Knudson or Lakewood
- **Lemon**-Immune System, Liver
- **Organic Apple Cider Vinegar** –
 - Balances PH
 - Eliminates Waste
 - Fortifies the good bacteria in gut
 - Provides Potassium



Next Steps

- Invite 1 simple commitment:
- Drink your cranberry drink with each meal
- One food shift-No Caffeine
- Journal honestly-Understand results-building habits
- Check your emails daily
- **Next Class Wed 1/21 @830pm**

“The goal isn’t to be perfect — it’s to be aware.”





Questions



Welcome Back!!!
Day 4

What went Well?
What were some challenges?



***Welcome Back!!!
Day 4***

***So far we have
eliminated:
Caffeine, Dairy,
Sugar...***



Welcome Back!!!

Day 4

Why We Eliminated Caffeine & Dairy

They can increase inflammation and stress the body, slowing detox and healing.

They may disrupt sleep, digestion, and

hormone balance, affecting energy and mood.

Removing them helps you better notice

how your body truly feels and responds.



Welcome Back!!!

Day 4

Sugar, Inflammation, and Detox

- Sugar can cause inflammation, which means swelling and stress inside the body.
- Too much sugar makes it harder for the body to detox and heal.
- Reducing sugar helps the body focus on repair instead of fighting inflammation.



Welcome Back!!!

Day 4

Why is Sleep So Important?

- Your body heals while you sleep.
 - Sleep helps balance your hormones.
 - Good sleep supports energy and mood.
 - Rest is part of your detox work.



Welcome Back!!!

Day 4

Practical Tips to have better sleep?

1. Turn off Smart Devices at least 30min before going to bed.
2. Develop a routine so that your body can relax before going to sleep: journaling, deep breathing, meditation.
3. Go to bed at the same time each night if you can.
4. Keep bedroom dark and quiet.



Welcome Back!!!

Day 4

Staying Consistent Without Pressure

- You do not have to be perfect to make progress.
- Each day builds on the one before it.
- Small, steady steps lead to lasting change.





Welcome Back!!! Day 4

Questions???



Bone Broth

Health Benefits:

- **Collagen (Glutamine)**
 - **Balances hormones**
 - **Strengthens hair, skin, & nails)**
 - **Boosts Immune System**
 - **High in Protein**

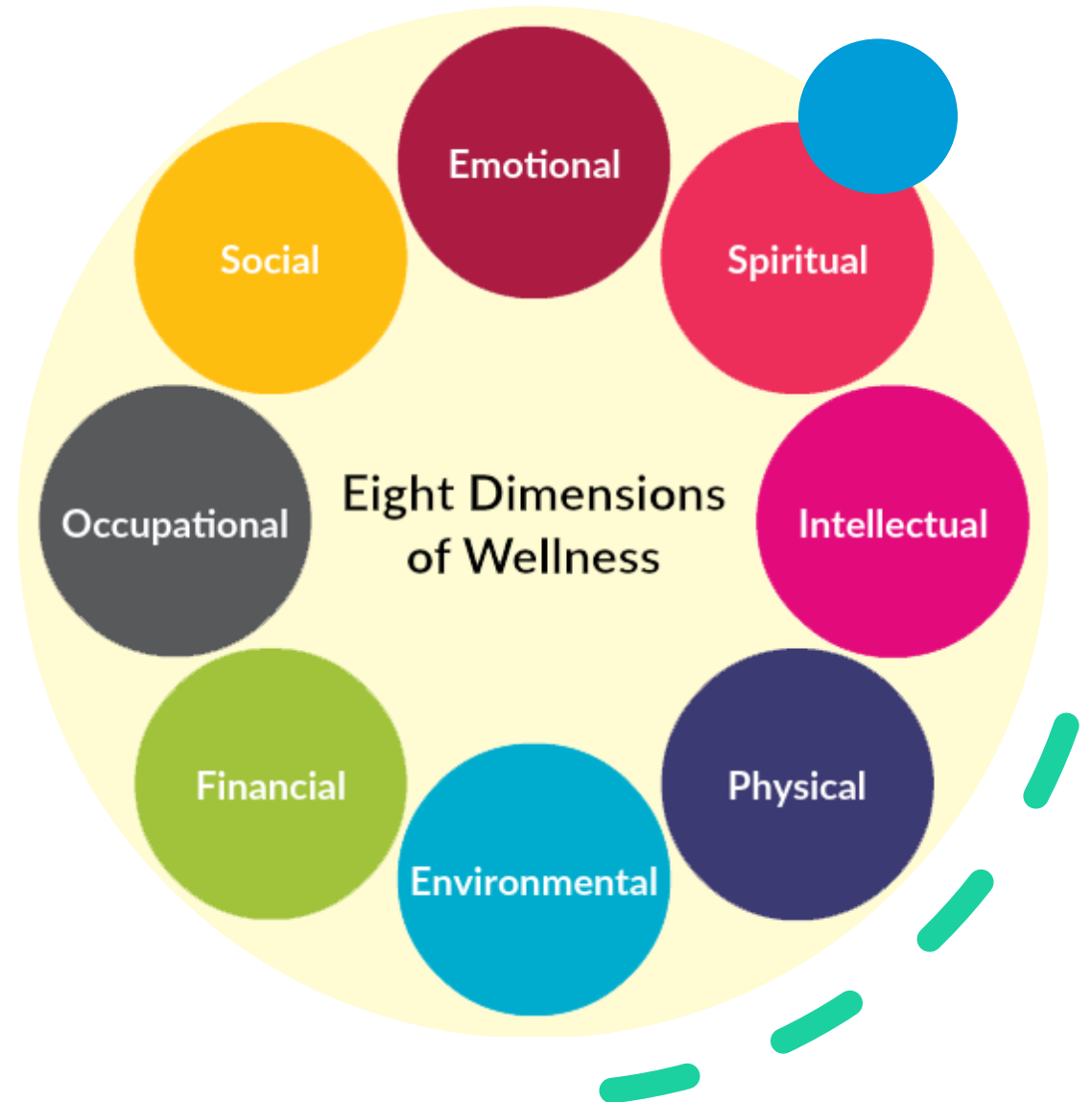


Congratulations!!!!
You Made it!
Day 7

1. What went well?

2. What day was the most challenging?

3. What food item was the most challenging?



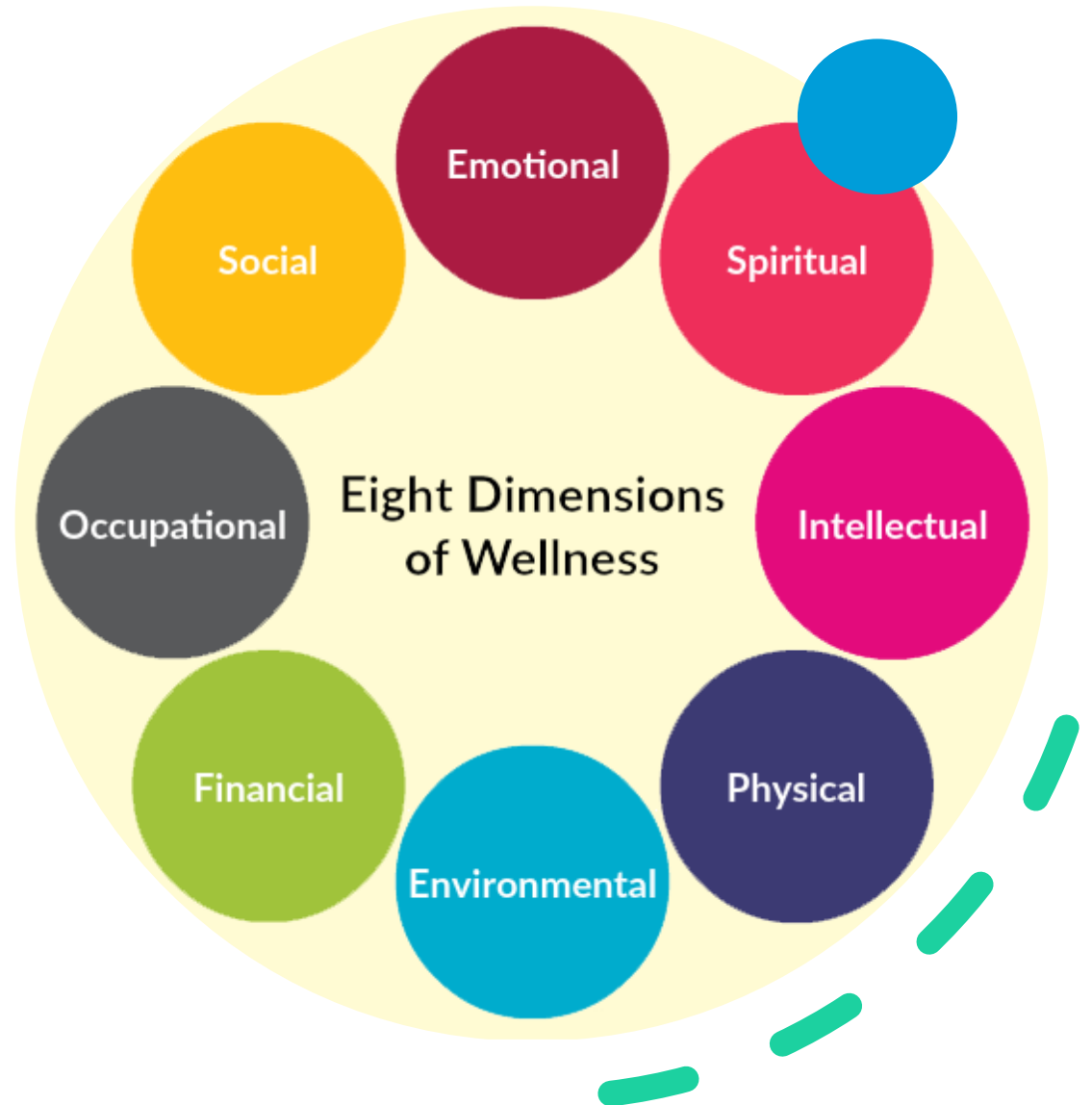
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You Made it!

Day 7

- **Day 7: Reintroducing Foods**

***How to move forward with
confidence and awareness***

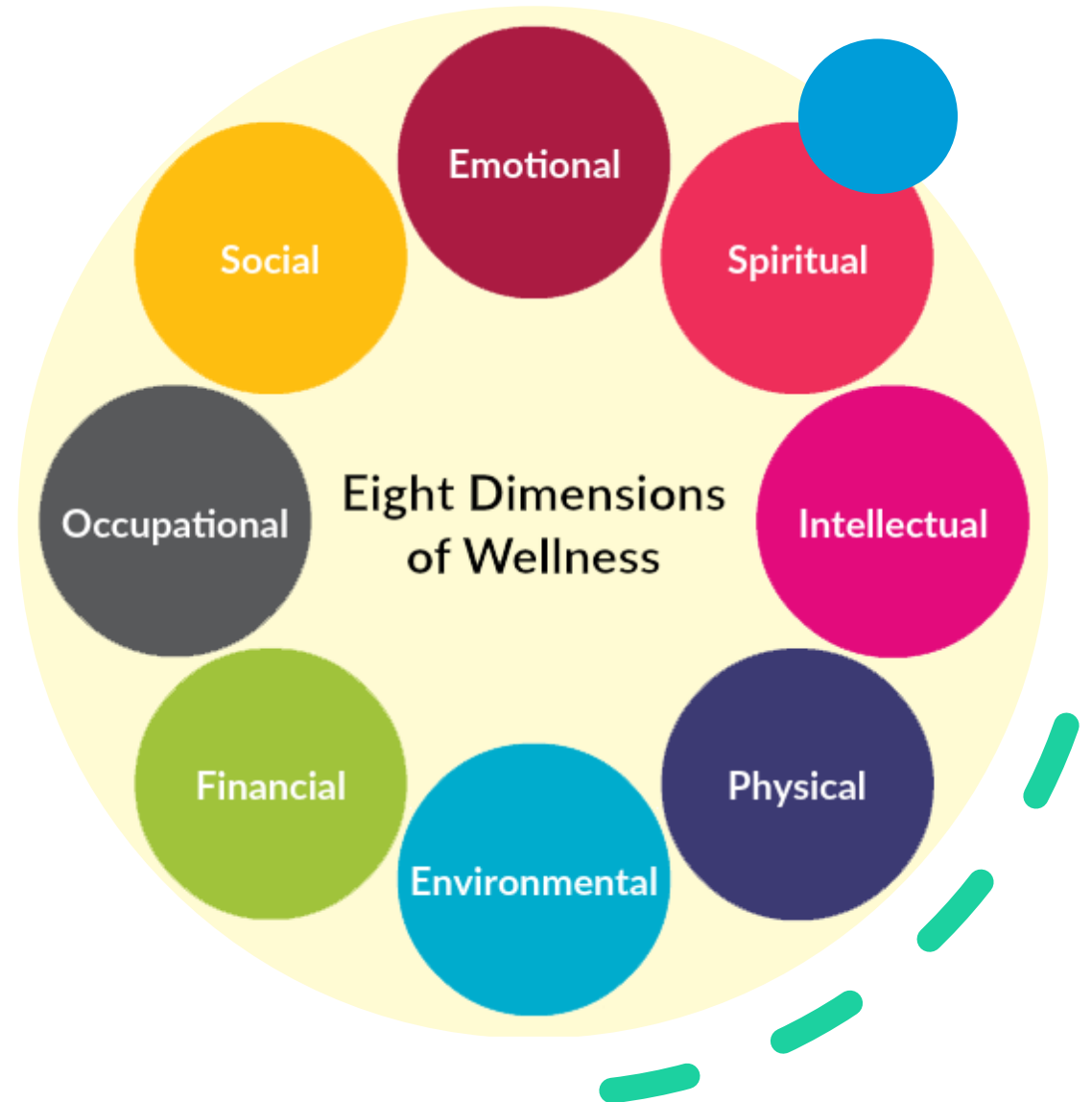


Congratulations!!!!

You Made it!

Day 7

- **Day 7 is a reflection and reset day.**
- **There are no new foods to eliminate today.**
- **The goal is to prepare for reintroduction**

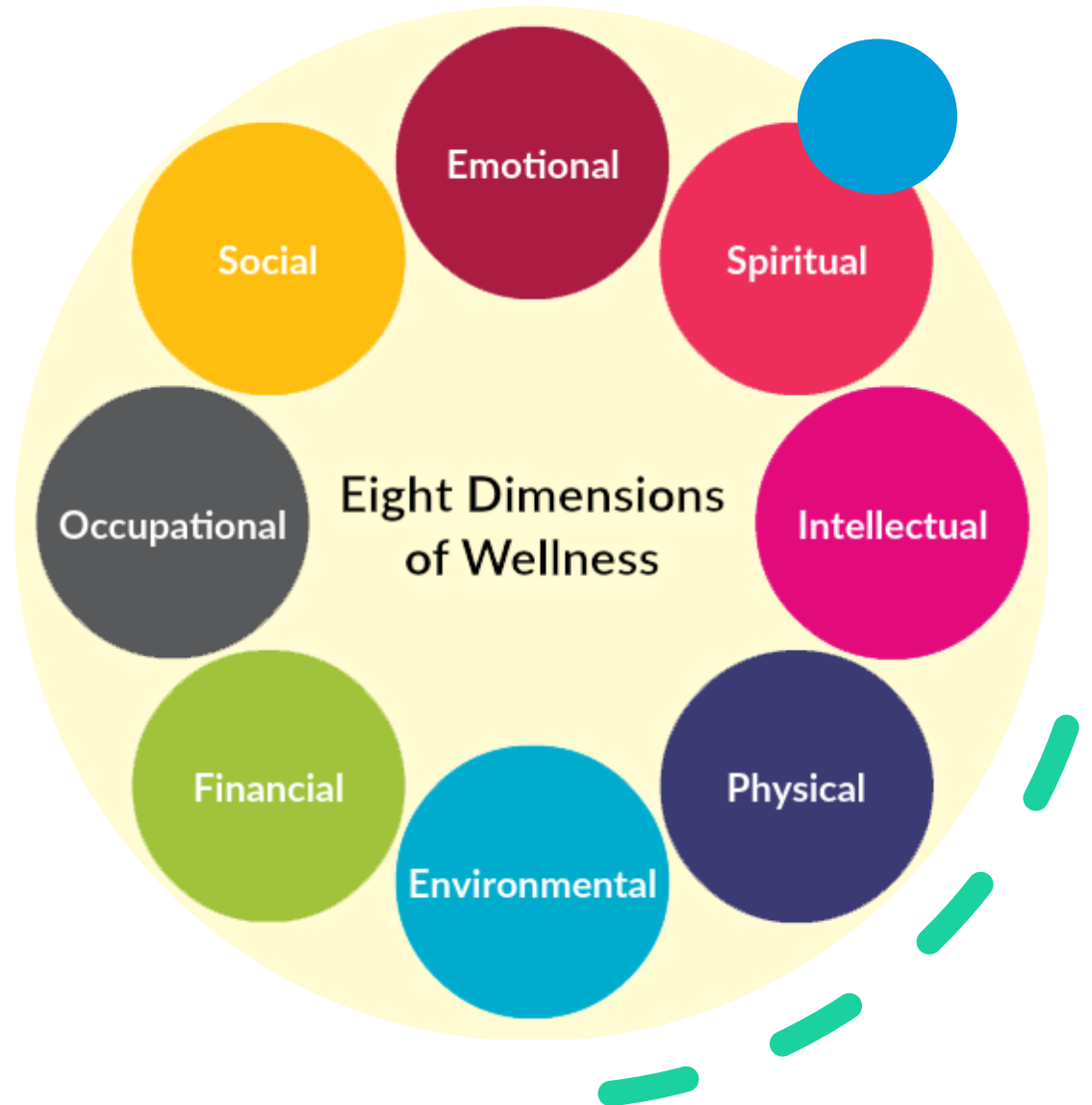


Congratulations!!!!

You Made it!

Day 7

- **Reintroduce one food at a time.**
- **Eat it once or twice in one day.**
- **Wait 24–48 hours before adding another food**

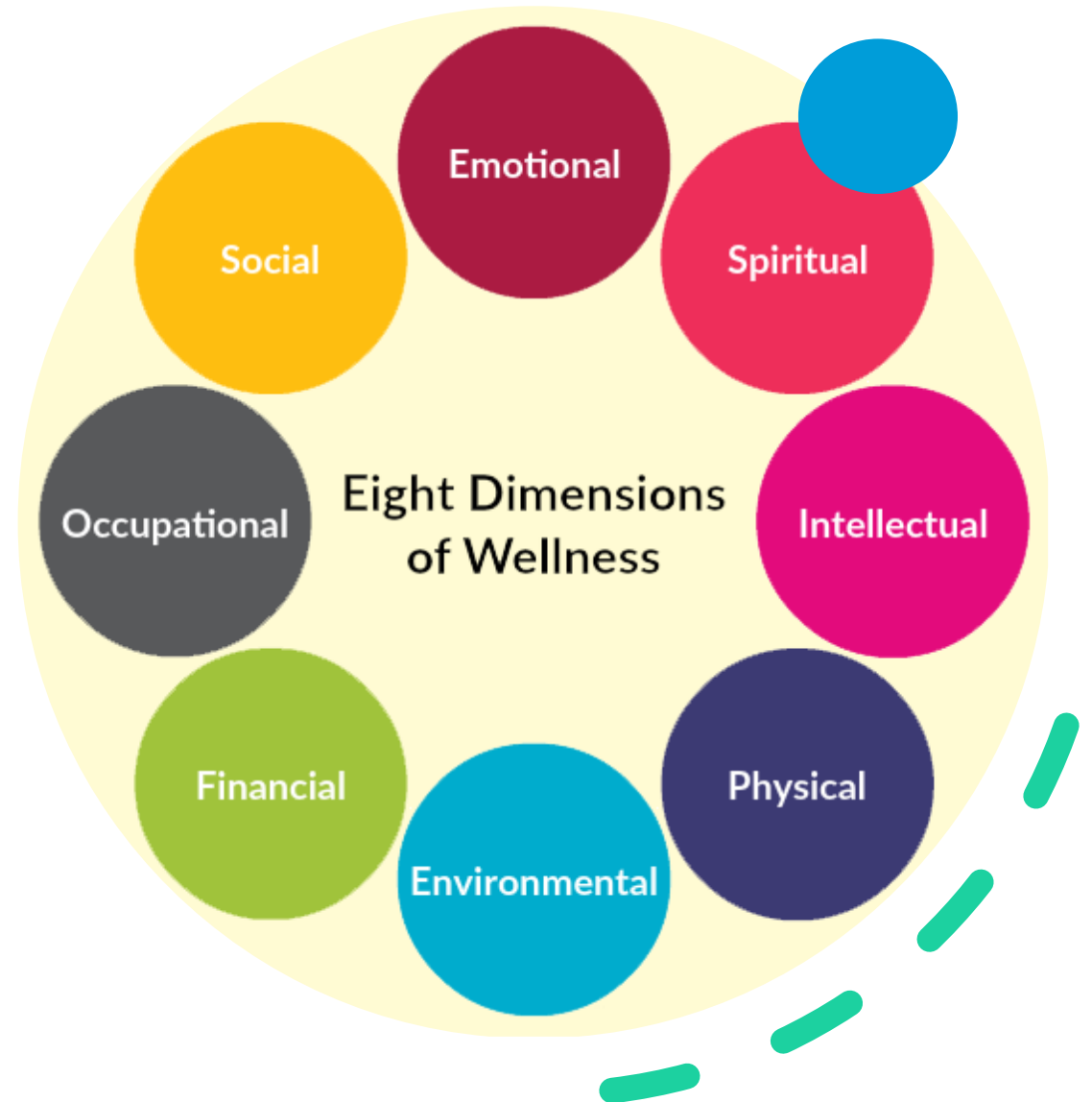


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Day 7

- **Why Reintroduce Slowly?**
- **It helps you clearly see how your body responds.**
 - **It prevents confusion and overwhelm.**
 - **Awareness guides better food choices**



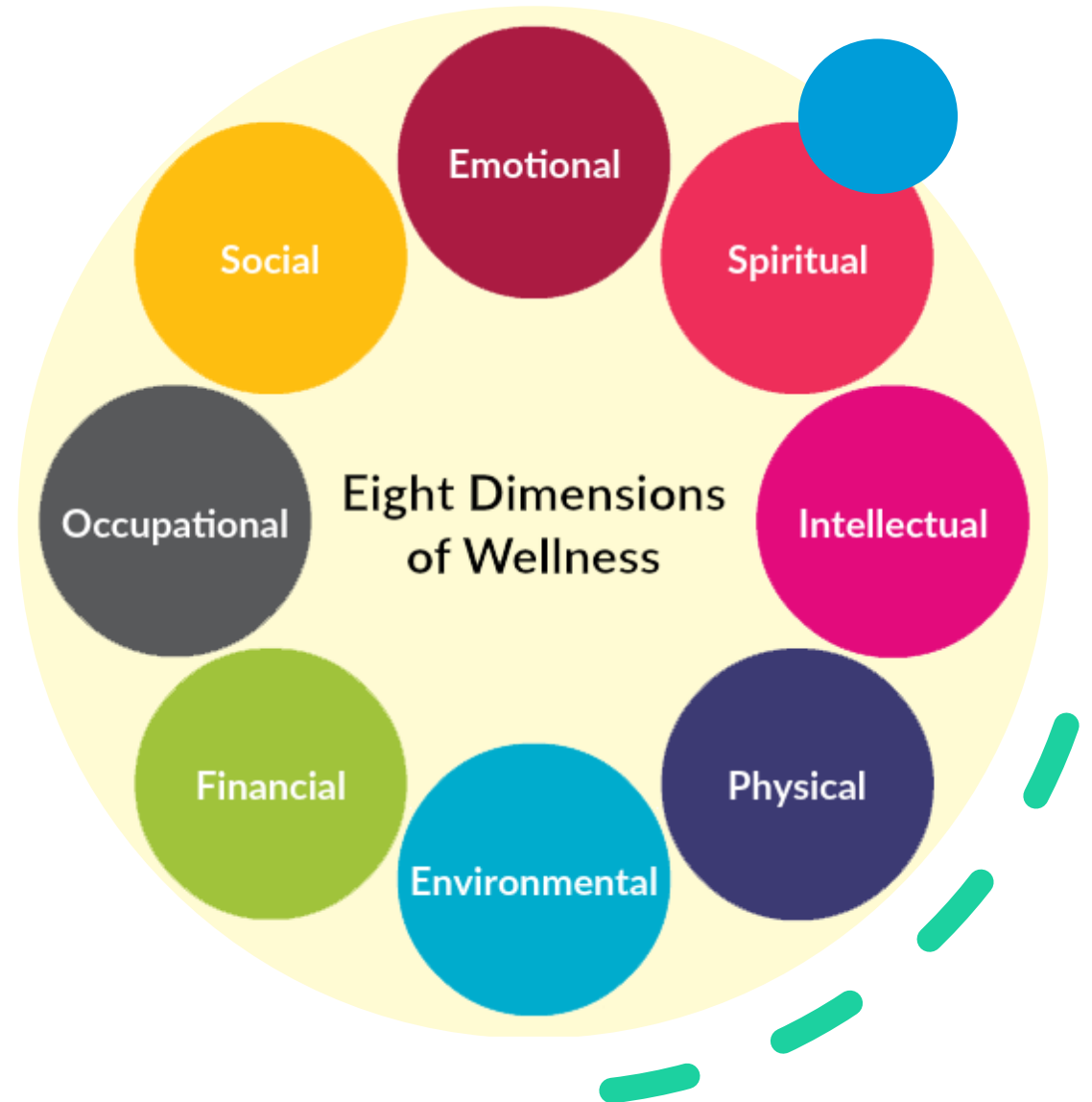
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You Made it!

Day 7

- **Suggested Reintroduction Order**

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



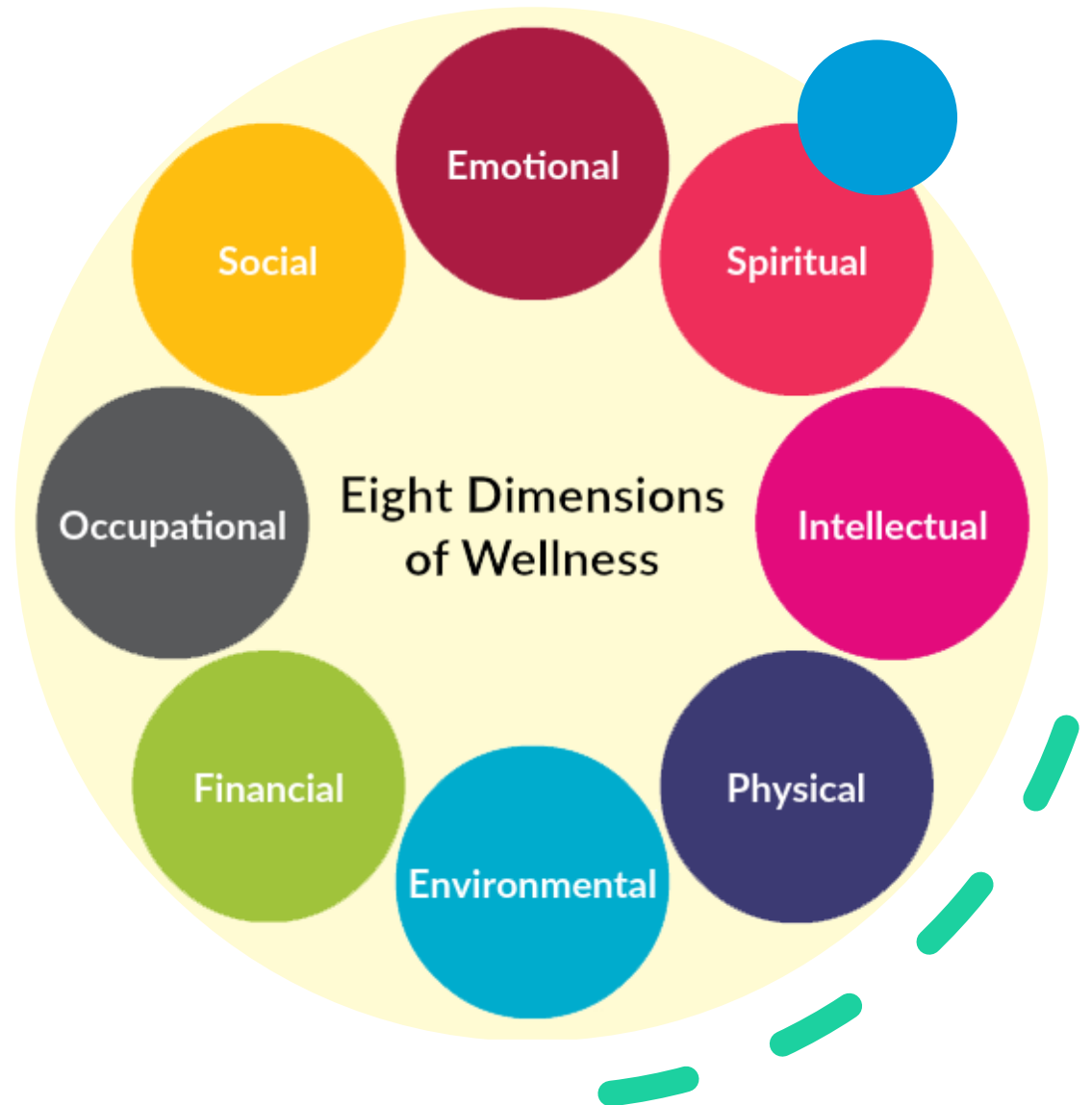
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Day 7

• What to Watch For?

- Fatigue or low energy.
- Headaches or brain fog.
- Joint pain, skin changes, or sleep issues.



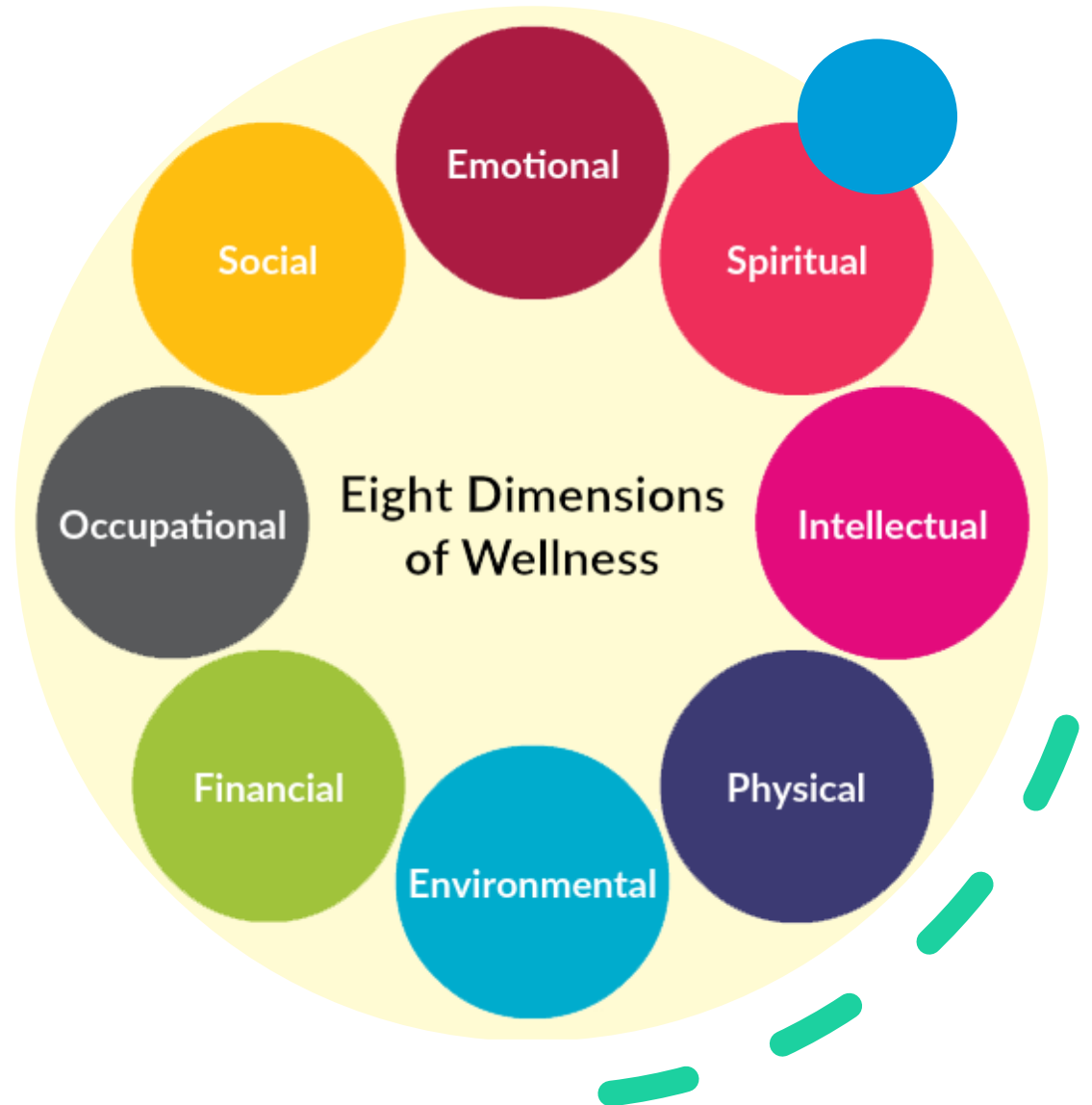
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Day 7

- **If Symptoms Appear:**

- Return to detox-friendly foods.
- Give your body time before trying again.



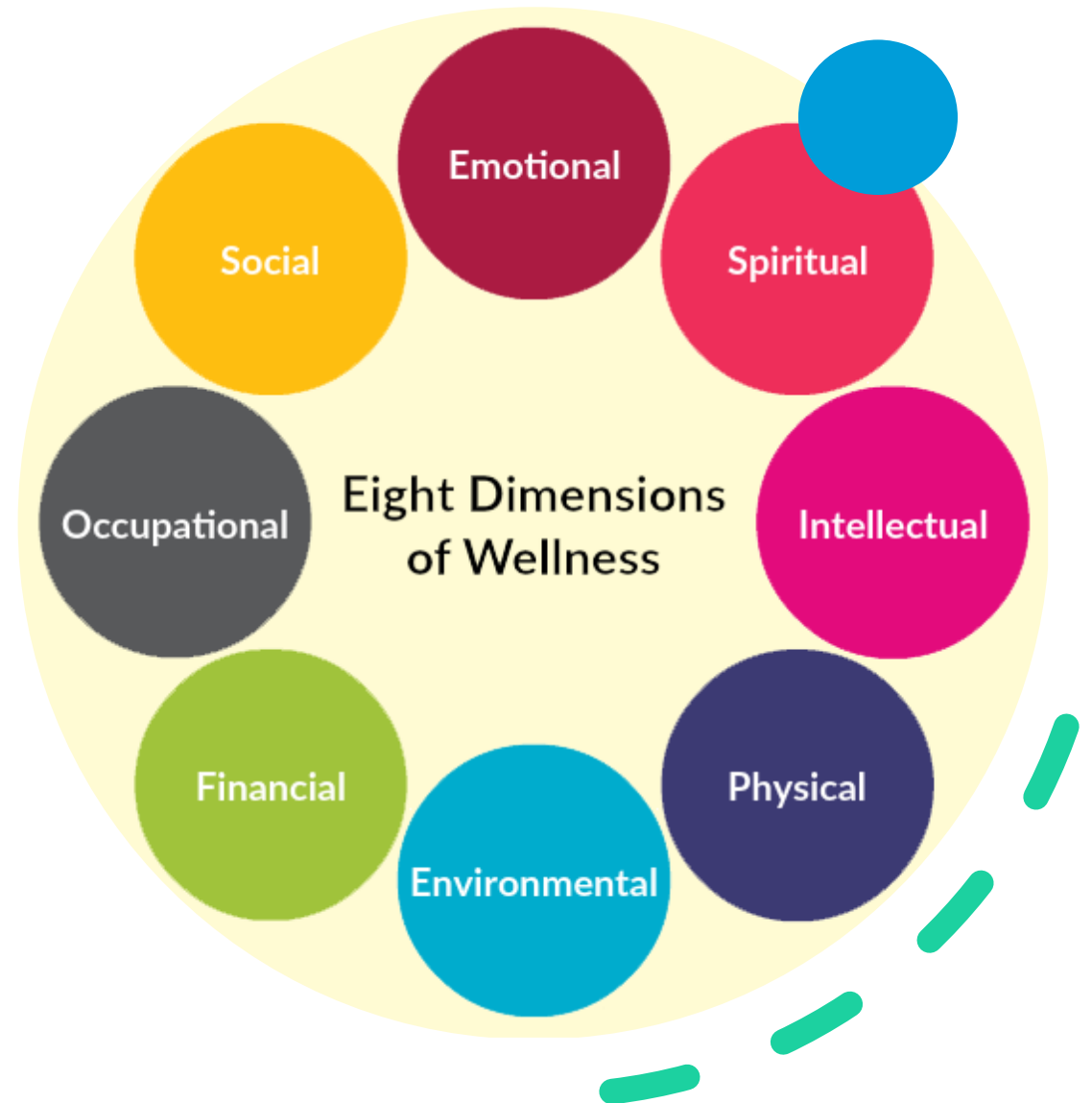
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Day 7

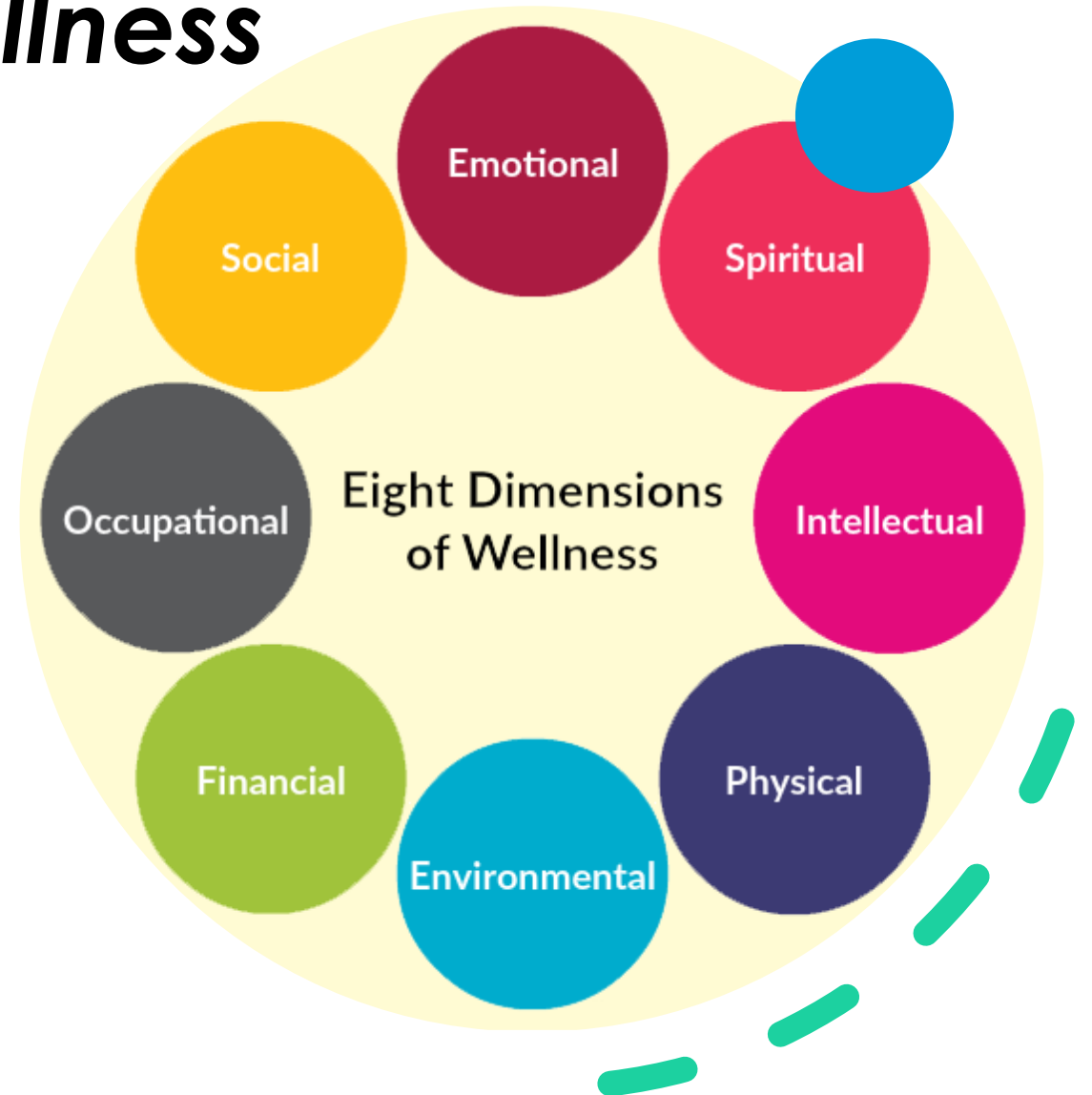
Final Encouragement:

- **This is not about perfection.**
- **Your body is giving you information.**
- **Awareness is the real win.**



What's Next? Your Wellness Journey Continues

- A short feedback questionnaire will be sent to you — your input matters.
 - Use what you've learned to make informed food and lifestyle choices.
 - Continue building habits that feel sustainable and supportive.
 - This detox is not the finish line — it's a foundation.



Stay Connected & Continue the Journey

Keep Wellness Simple™ Wellness Bootcamp (On-Demand): Self-paced, guided wellness support.

Website:

www.keepwellnesssimple.com

-Email:

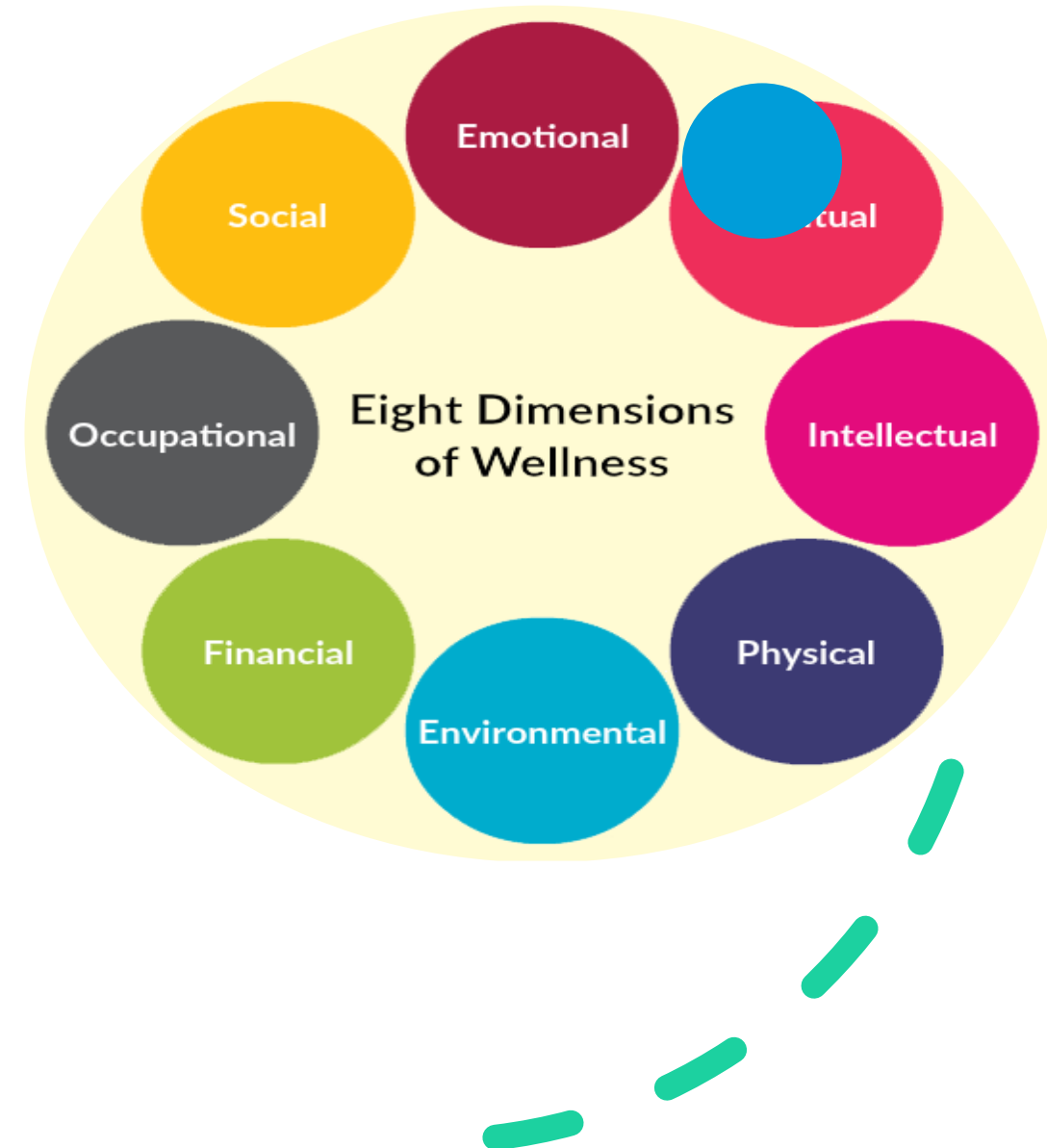
info@keepwellnesssimple.com

-Instagram: [instagram.com/dr.bri8](https://www.instagram.com/dr.bri8)

facebook.com/KeepWellnessSimple

YouTube: Keep Wellness Simple

TikTok: @KeepWellnessSimple





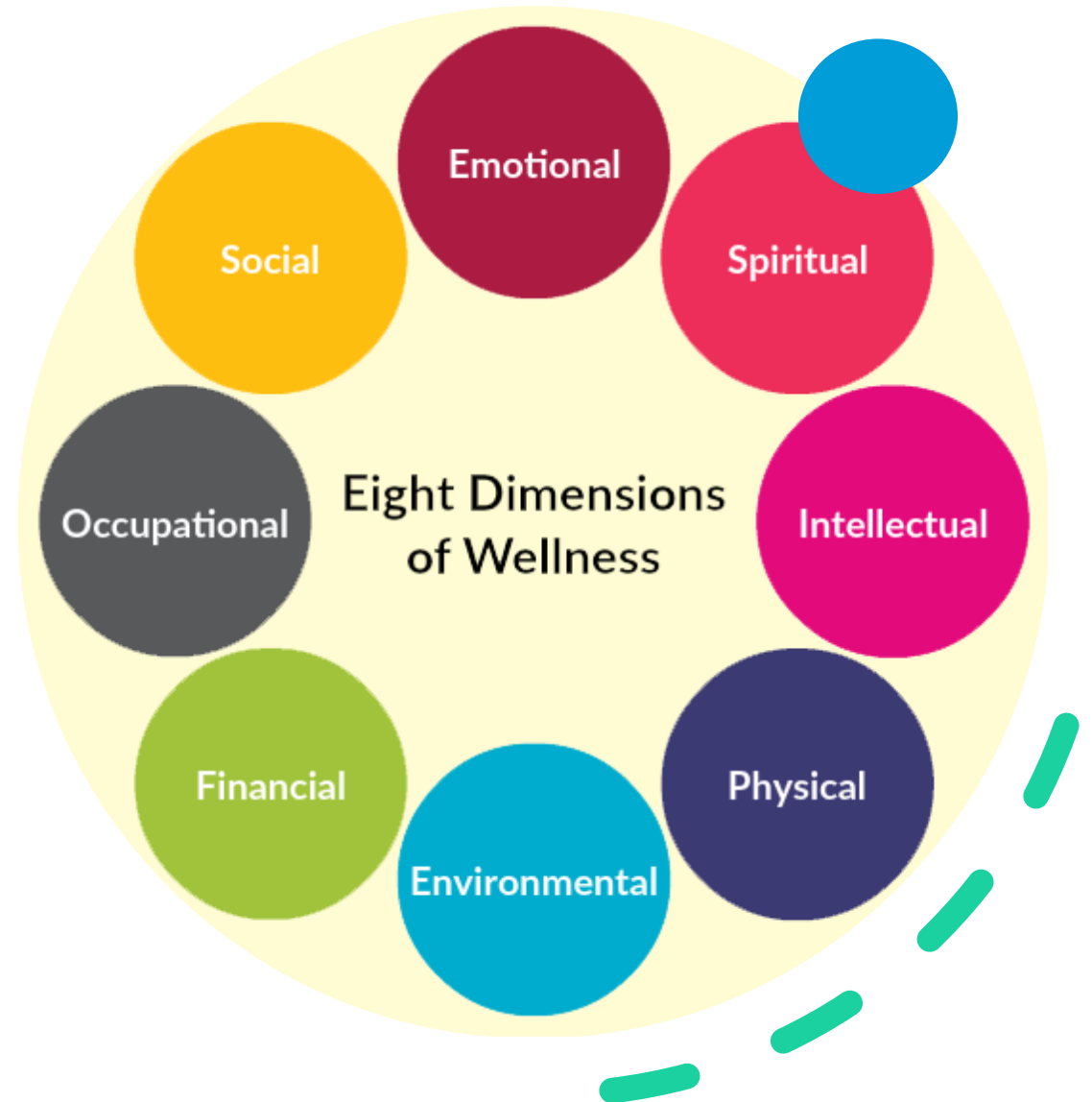
Questions???



Class 2

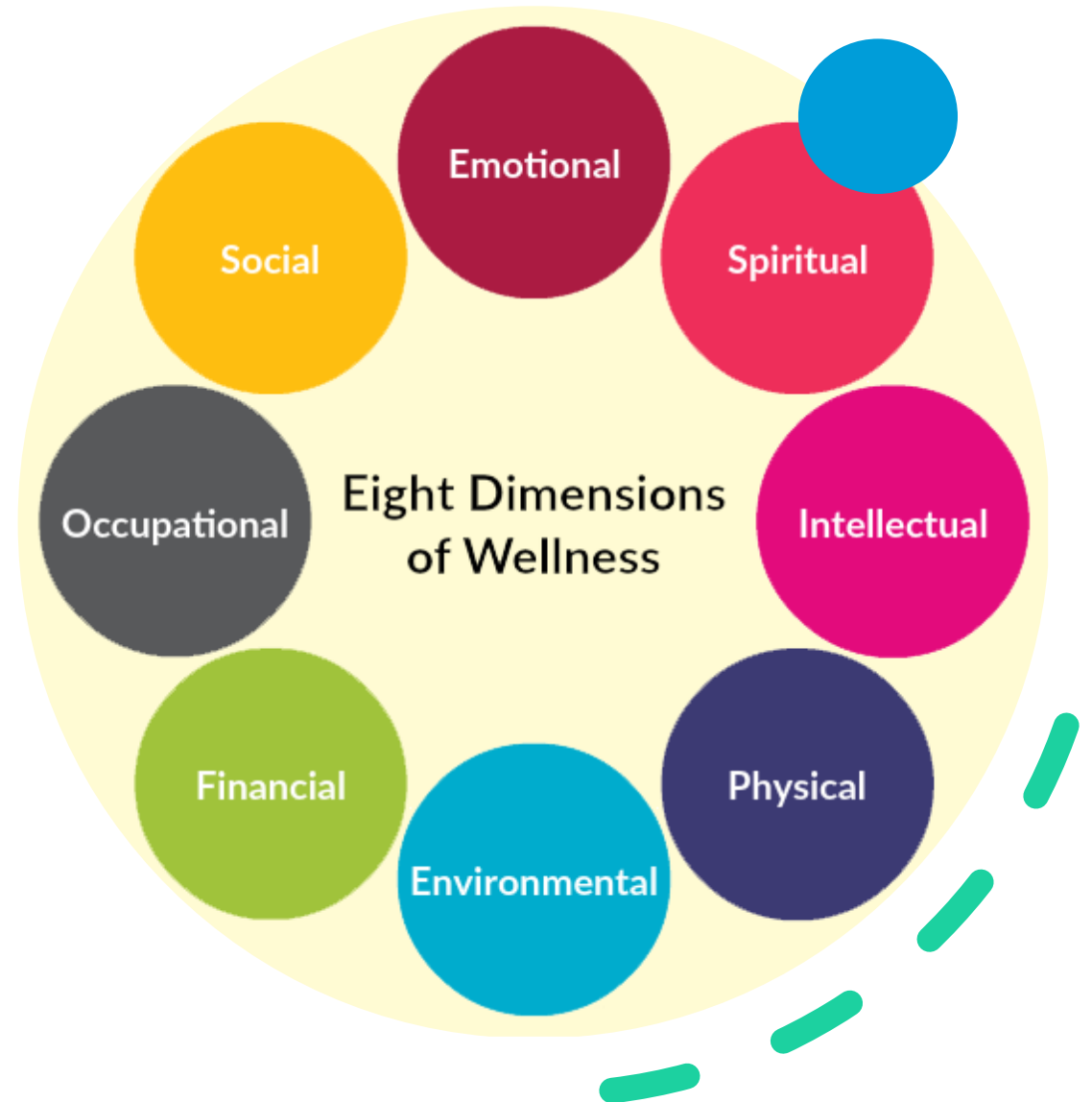
Let's Go Shopping!!!

- **What went well? What went wrong?**
- **Review Class 1 /Questions**
- **Review Week 2 – Elimination Protocol**
- **Eat the Rainbow-What does this mean? Eating Seasonal Vegetables**



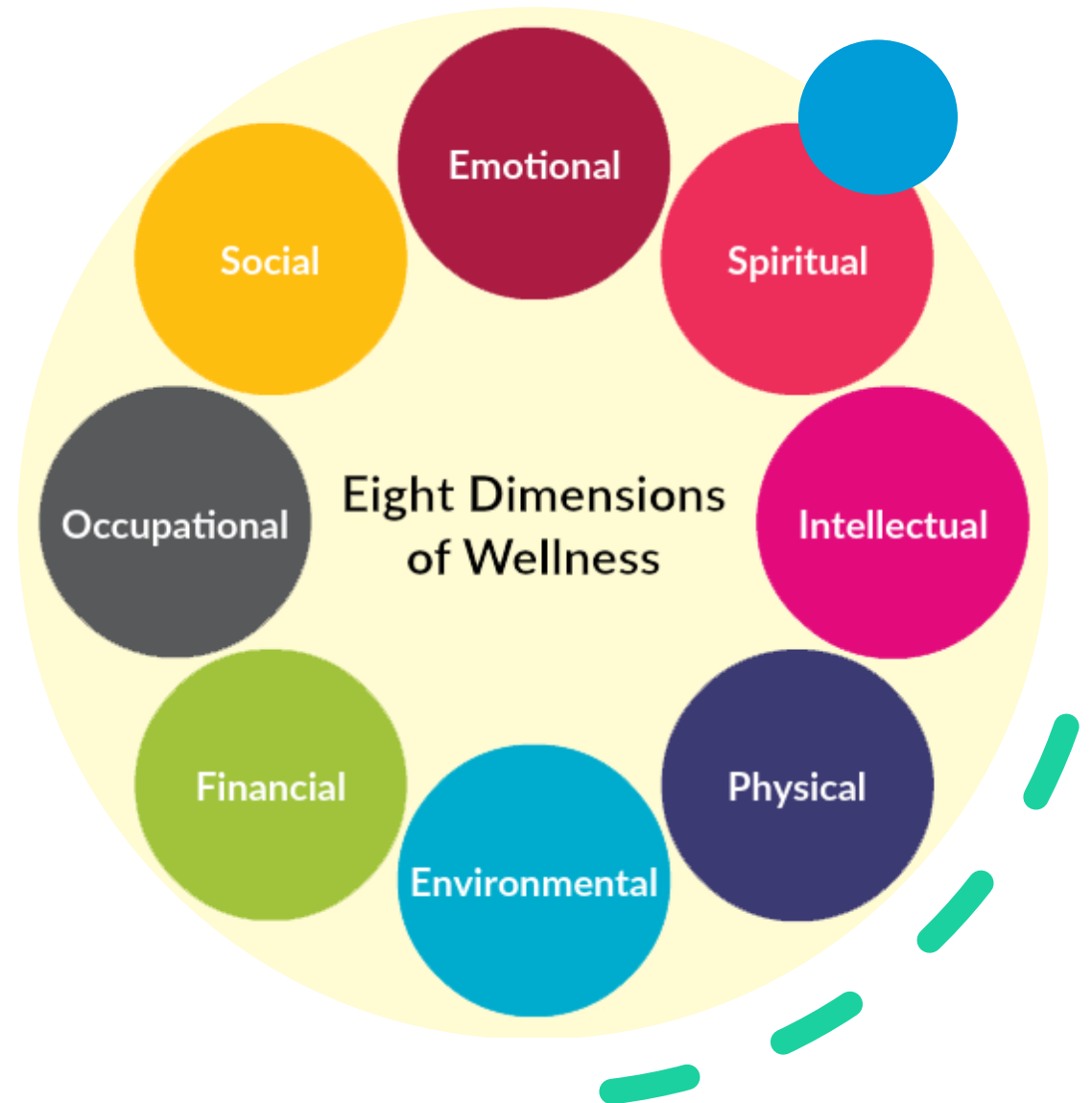
Review Week 2 – Elimination Protocol

- ***Good Fats***
 - ***Olive Oil***
 - ***Avacado***
 - ***Nuts***
 - ***Flaxseed***
- ***Natural Sugars you
can eat***



Eat the Rainbow-What does this mean?

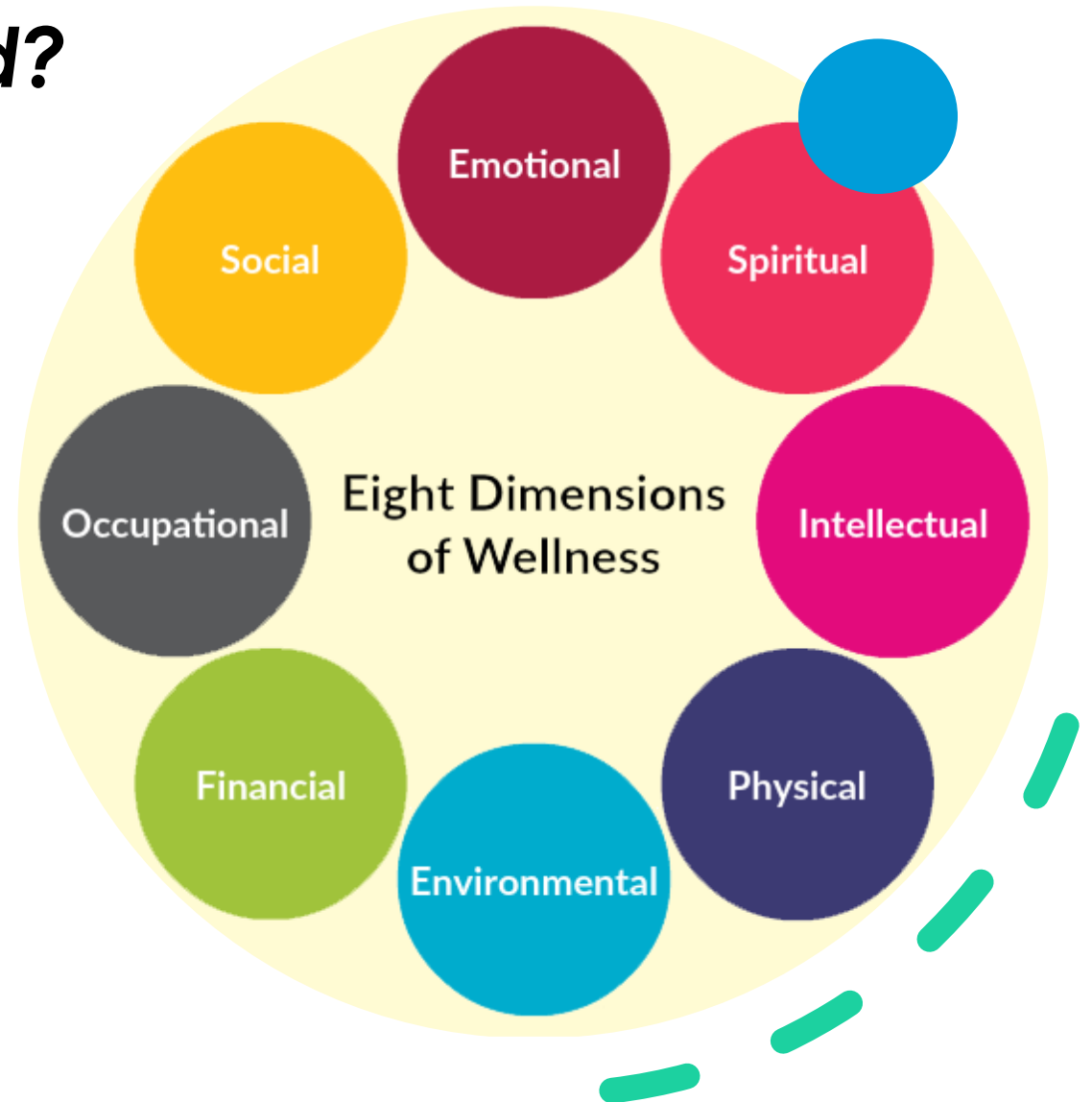
- ***Benefits***
- ***Put into Practice***
- ***Meaning of the Colors***
 - ***Red, Orange, Yellow, Green, Blue/Purple***



Class 3: What's in Your Food?

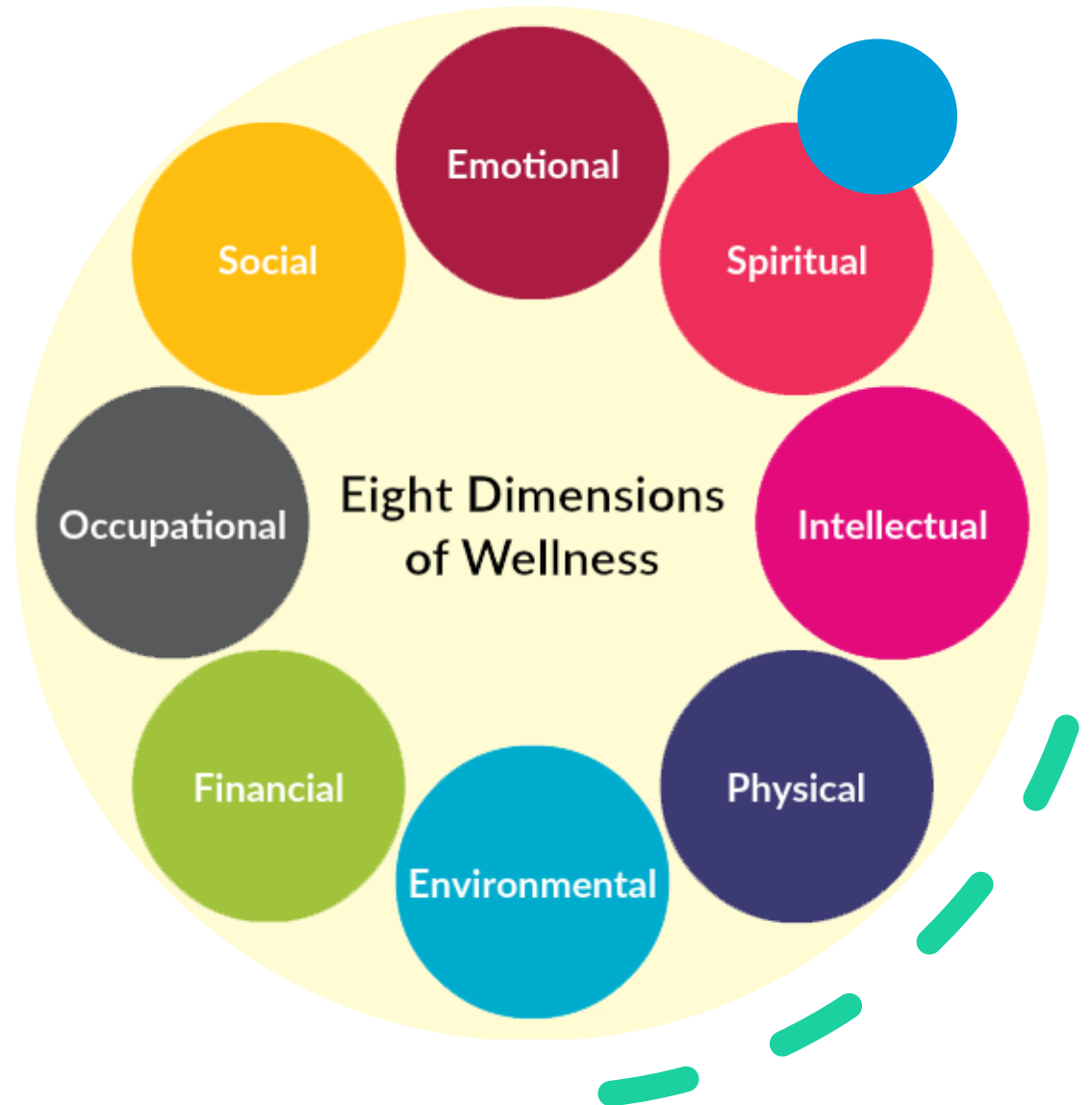
Food Additives ***Examples:***

- ***High Fructose Corn Syrup***
- ***Monosodium Glutamate-Accent***
- ***Trans Fats-***
cakes, cookies, crackers, potato chips, French fries, margarine



Goal Setting

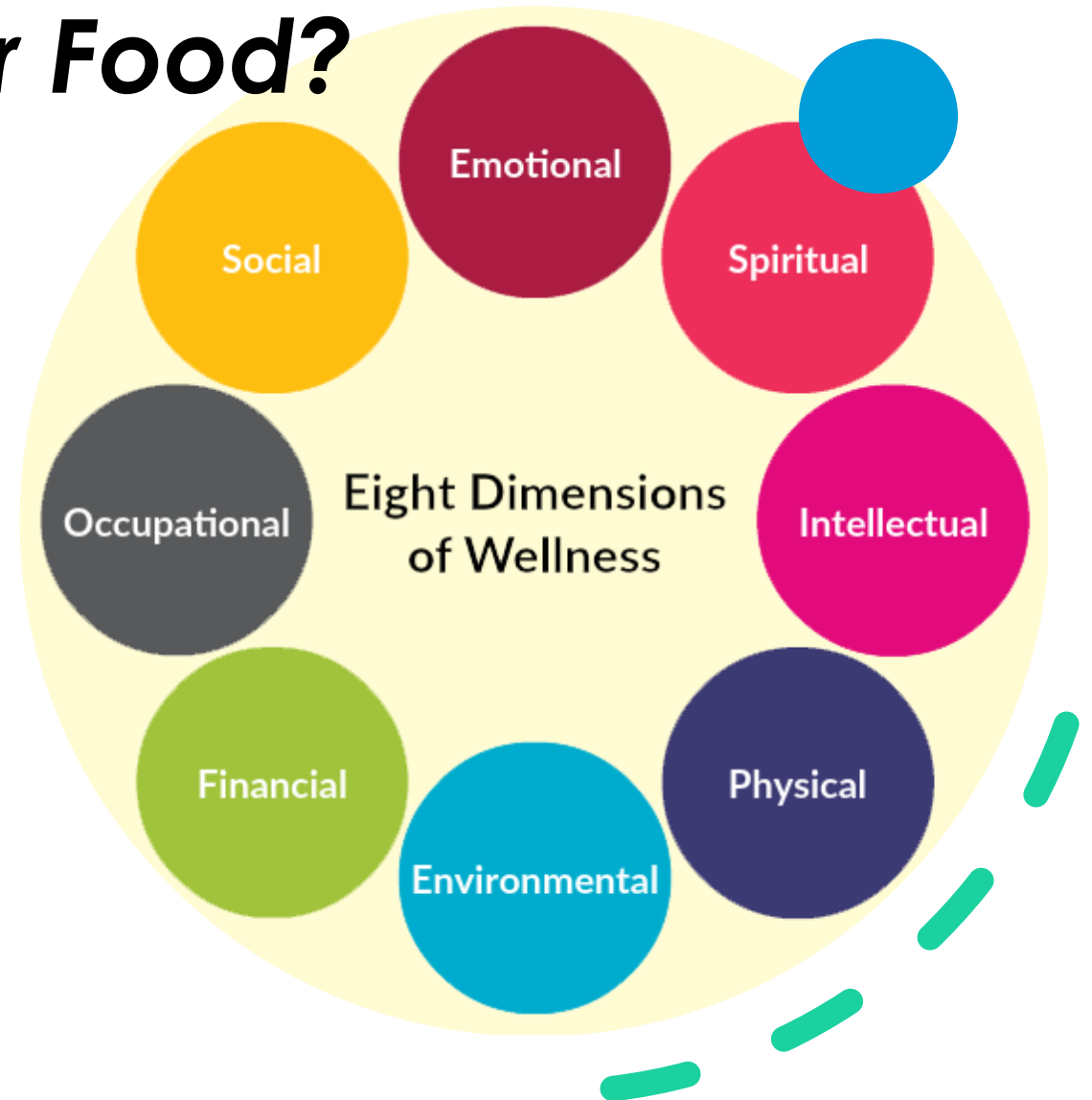
- ***Review Week 3:
Elimination
Protocol***
- ***Choose 1 Thing
to work on this
week***



Class 4: What's in Your Food?

What went well?

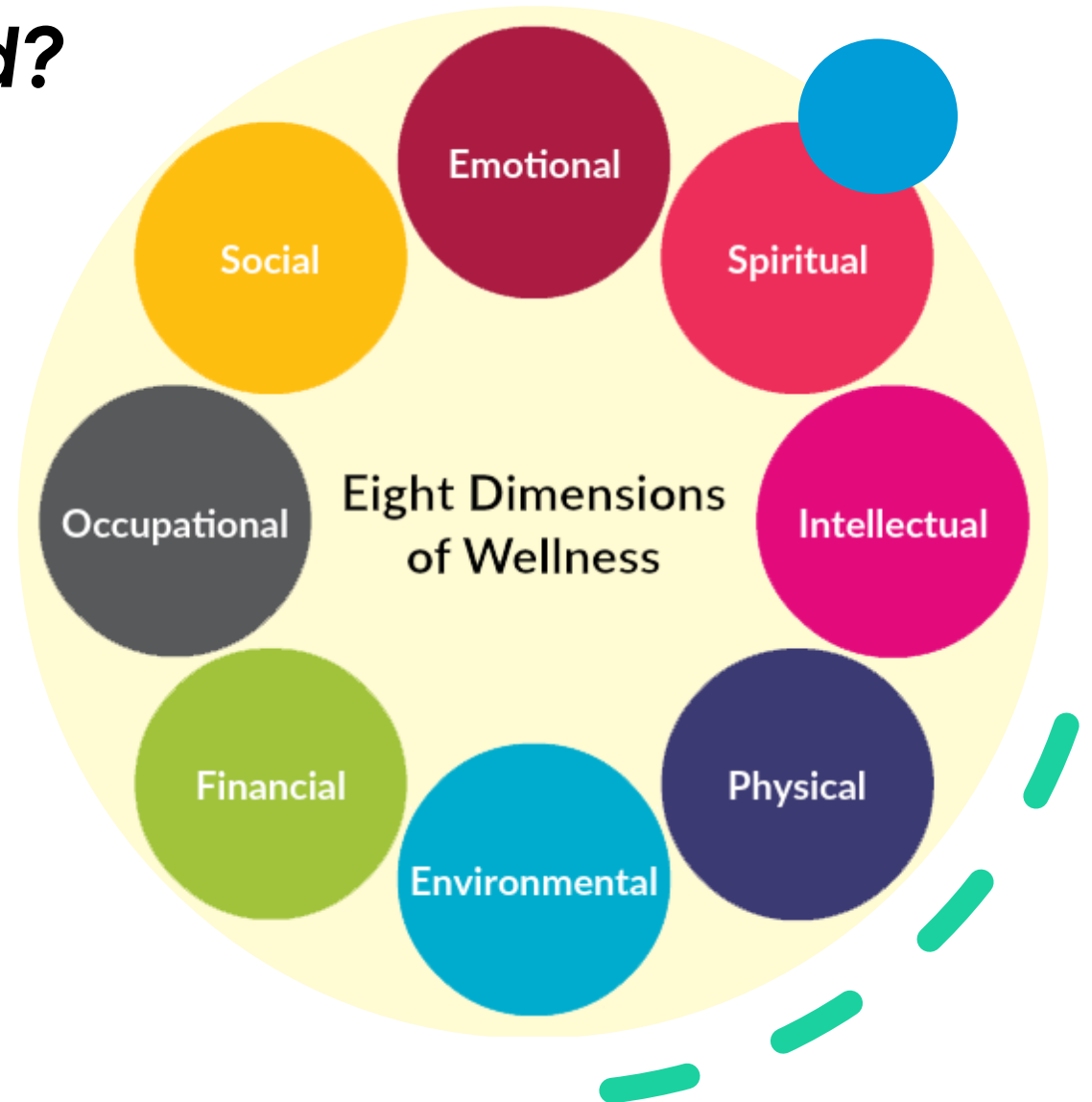
***What were the
Challenges?***



Class 4: What's in Your Food?

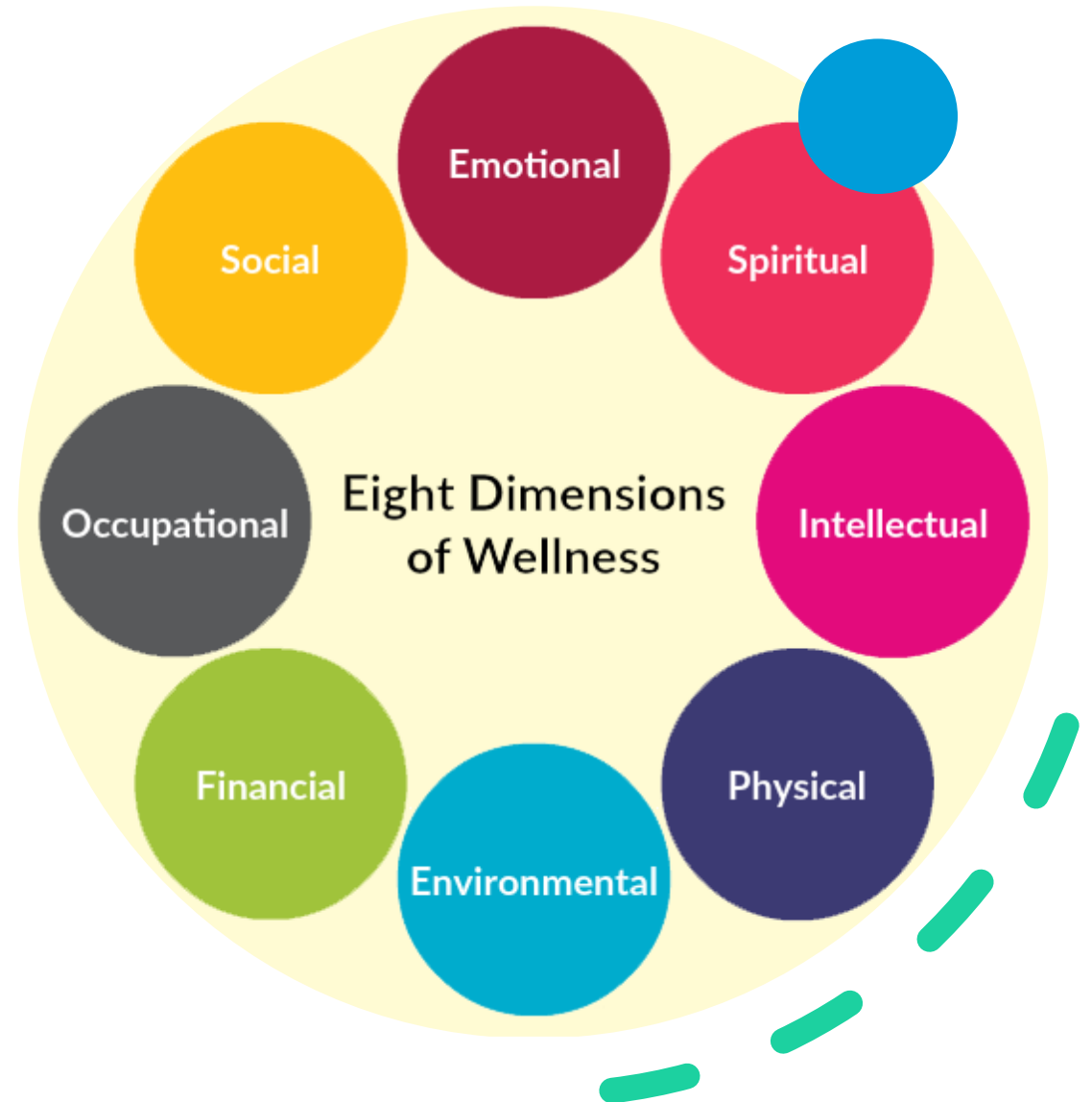
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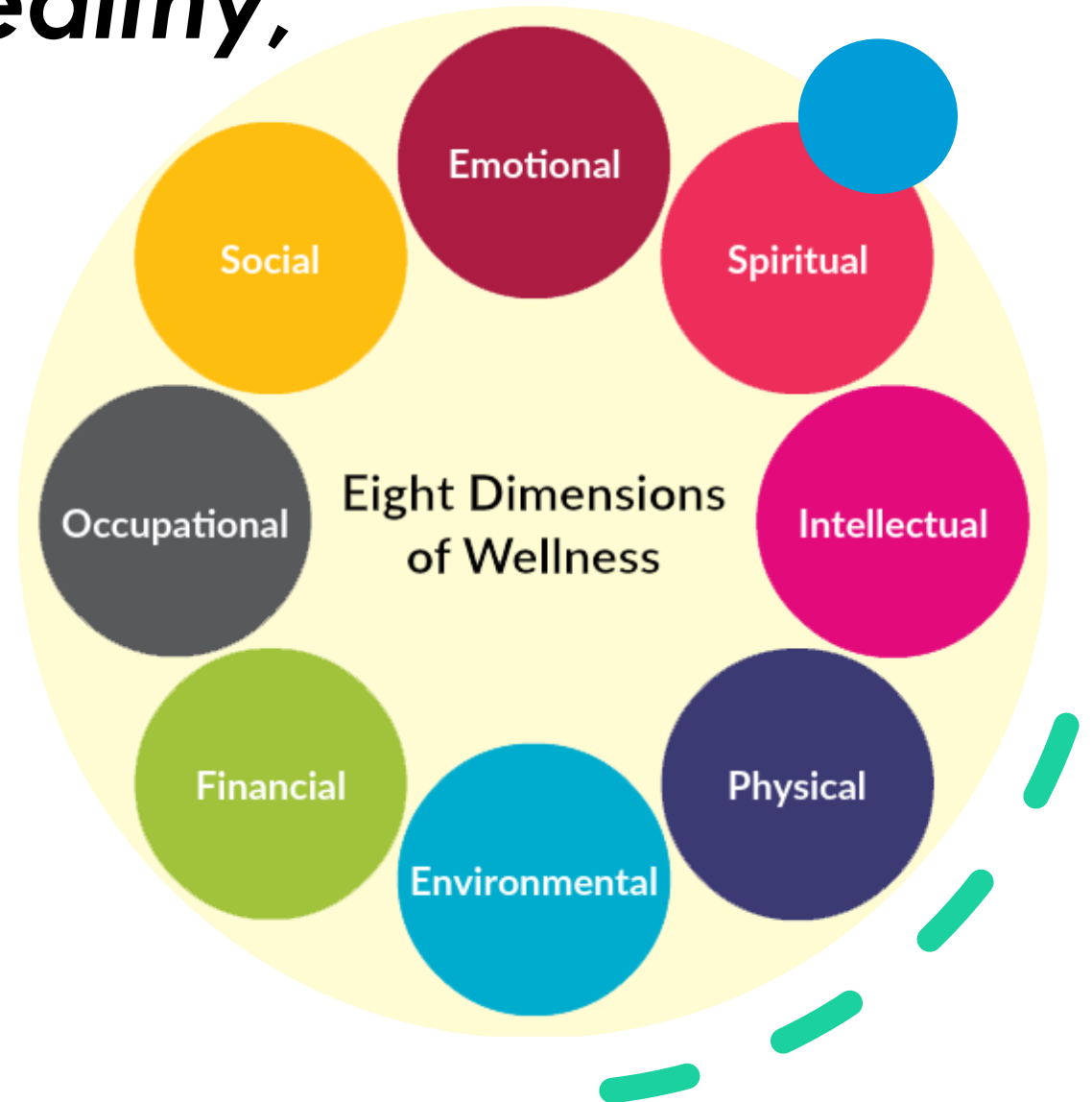
Goal Setting

- *Yuka App*
- *Review Week 4: Elimination Protocol*
- *Choose 1 Thing to work on this week*



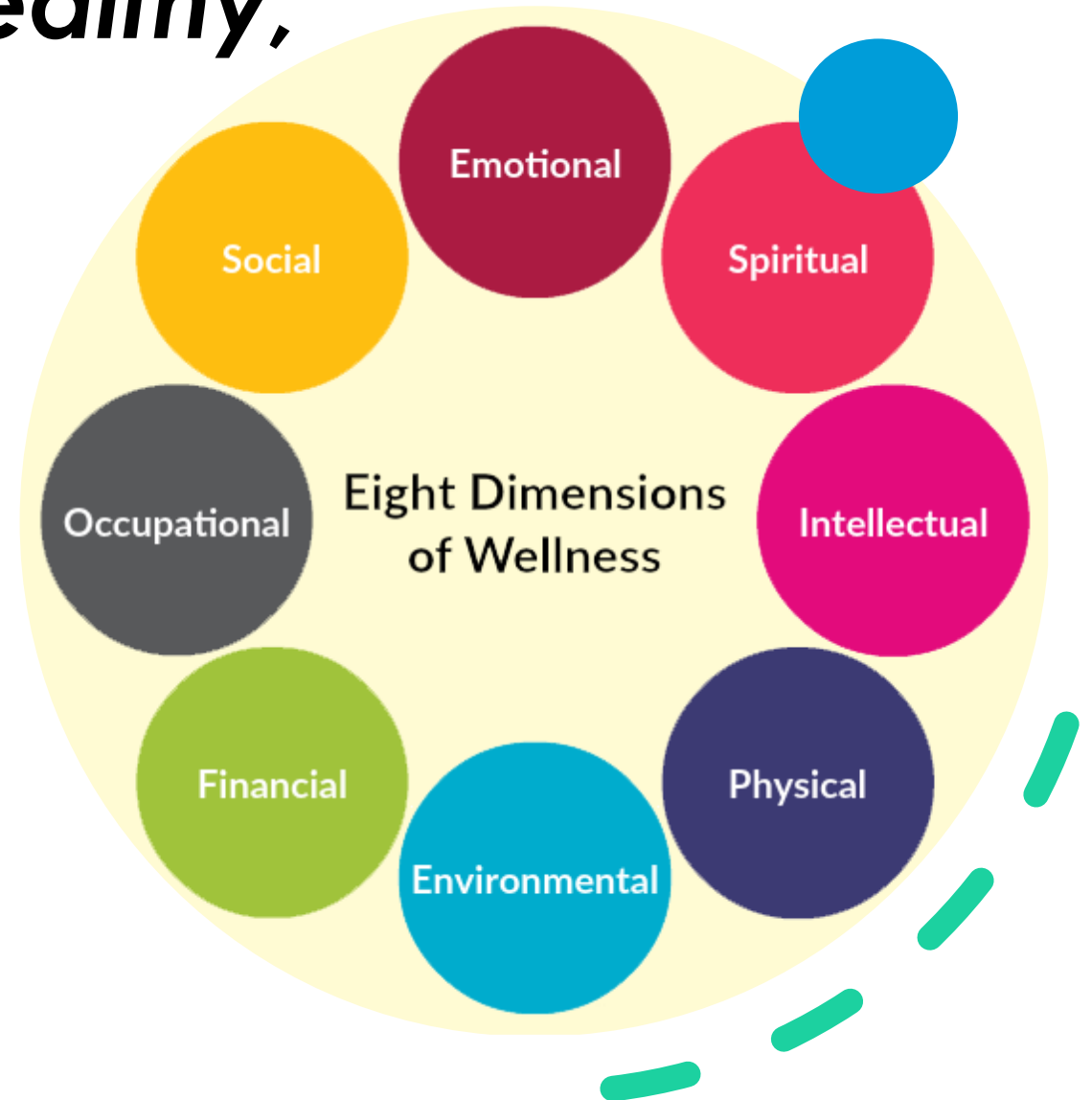
Class 5: “I’m Eating Healthy, Now What”?

- ***What went well?***
- ***What were the Challenges?***
- ***Other causes of weight gain***



Class 5: “I’m Eating Healthy, Now What”?

- ***What are Other Causes of Weight Gain?***
 - ***Leptin Resistance***
 - ***Stress***
 - ***No exercise***



Class 5: Continued...

- ***Yuka App***
- ***Review Week 5: Elimination Protocol***
- ***Choose 1 Thing to work on this week***

