



## **AFTER THE RESET**

### **How to Continue After the Cleanse**

Congratulations on taking control of your health by caring for your body and feeding it what it needs to be healthy. You will reap the rewards now and continue to enjoy a lifestyle of optimal health and wellness. Be sure to always make time to nourish your inner spirit and soul by giving your body the rest and relaxation it needs to stay strong and healthy. You have given yourself a wonderful gift of optimal health and wellness!

### **Breaking the Cleanse**

At the end of the 10 day reset, **DO NOT GO RIGHT BACK** into eating the foods you removed right away!

Now that you have not been eating your normal diet for a time and your body has been cleansing, it is of utmost importance that you slowly begin adding whole foods back into your diet. You may feel tempted to eat a lot, but this can be very damaging to your system. Take 3-4 days to reintroduce whole foods for all three meals. Salads are a good way to start, as you have been eating, except small amounts of additional red meats if you add them or in your soups.

It's wonderful to continue to drink your Smoothies and listen to your body to see what foods work well for you.

In the first two days after the Reset, drink a Smoothie for breakfast and have a salad or sautéed veggies for lunch and dinner as you have been doing but you may want them for both meals. The goal is to eat light. Going back to eating whole foods for all three meals too quickly can make you feel bloated and nauseous. Trust me! This happens and can make you really bloated.

The third day after the Reset, you should be able to have one Green Smoothie for breakfast and light meals (salads and lean, healthy meats such as fish or chicken) for lunch and dinner. By the fourth day, you should be able to eat whole foods easily, but keep meals light and healthy. You won't have cravings for unhealthy foods at this point, so it should be fairly easy to do. It's a good habit to always start your day with a Green Smoothie for breakfast to maintain good health.

Even one Green Smoothie a day used as a replacement meal will put you on the road to permanent better health and unwanted body fat release.

You deserve to be happy, healthy and fit! Whatever happened in the past, whatever bad choices you might have made, those need to remain in the past. Look to the future, keep moving forward and make food choices that make you feel good.

## **Continuing to Release After the Reset**

This reset should give you a jump start and get you motivated and on track!

To continue to release toxins in your body, you may continue to drink 2 Green Smoothies a day and eat one clean, high-protein meal a day

“Clean” foods are natural, whole, raw or organic foods that the body can effectively digest and utilize for energy without leaving excess waste or toxins in the body. “Clean” foods include lean proteins, good carbs and healthy fats. If you have done my program, The Answer, you will have learned all about these foods. Otherwise, a quick Google search on these types of foods will offer many options and varieties.

**Why have protein every time you eat?** Protein counter-acts the body’s overreaction to carbohydrates, which causes insulin spikes and fat storage. Protein will help you feel fuller longer and thus help prevent overeating and food cravings.

### **10 examples of Clean High-Protein Meals:**

1. Grilled Salmon with Garden salad
2. Lean Steak with Sweet Potatoes and Veggies
3. Grilled Salmon with Quinoa (or Brown Rice) and Veggies
4. Tuna on a Garden salad
5. Chicken or Lean Steak in a Caesar Salad
6. Grilled Halibut with Stir-fry Veggies
7. Baked Chicken with Baked Potatoes and Sauteed Veggies
8. Chicken Stir Fry
9. Lean Sirloin Steak with Lima Beans
10. Turkey Chili

*It is recommended not to stay on a Reset/Cleanse for longer than 2 weeks straight.* You should always give your body a break after a detox like the reset. This also helps keep your metabolism revved up by mixing up the foods you eat each week.

A diet of 2 Green Smoothies plus high-protein meal/day is very healthy and can be done every day for life. And don’t be rigid about your smoothie ritual or you’ll get bored. Some days you may feel like eating hearty-breakfast, so your smoothies for lunch and dinner. Mix it up!

It is also encouraged that you “get moving” even if you can’t get to the gym. Examples would be to take the stairs instead of an elevator, walk to get lunch, park as far as you can from the grocery store or mall front doors, etc. Exercise is great for overall health and we should all do it! If you become more active, you will enhance both fat release and overall health. Getting moving doesn’t always mean going to the gym.

## **If Release of toxins or cellulose fat stalls**

If you begin to plateau and fat release stalls (if 2 weeks have gone by) and you still feel energy lulls, you will need to check your hormones.

Your hormones are likely the culprit! It is essential to understand the role hormones play in how we gain and release toxins that ultimately effect our health and body. Some hormones tell you you're hungry, some tell you you're full; some tell your body what to do with the food that is eaten, whether to use it as fuel for energy or store it as fat, which causes us to gain weight. Hormones are responsible for metabolizing fat. By controlling your hormones, you can control your weight.

Hormones affect how you feel, how you look and most important, how you maintain your weight and health. When your hormones are balanced properly, you will have great health, beauty and vibrancy. When your hormones are imbalanced, you have mood swings, you crave unhealthy foods and feel sluggish and lethargic.

## **Body fat Release Tips the Healthy Natural Way:**

### **Eat a big salad daily**

Include dark leafy greens and lots of colourful vegetables every single day.

### **Drink at least one Green Smoothie daily**

This along with the salad will really add a lot of nutrition to your body and will starve off unhealthy cravings. You can add some protein, flaxseeds, spirulina, coconut oil and bee pollen to it for an extra health boost.

### **Choose Nutrient-rich foods, not empty calories**

Eat foods high in vitamins, minerals, phytonutrients, fibre and omega-3 fatty acids. Junk food contains only nutritionally empty calories. You want your calories to provide you with nutritional benefits that will help you heal your body and maintain a permanently healthy weight.

### **Eat protein with every meal**

Eat the protein before the carbohydrates or fats. You can also eat protein by itself. Protein-rich foods do not cause insulin spikes and so are important clean and balanced foods. Whenever you eat a carbohydrate, eat some protein along with it. As a general guideline, the protein should be about half the amount of the carbohydrates. For example; if you have 30 grms of carbohydrates, then eat 15 grms of protein along with it to prevent insulin spikes that cause excess fat to be stored in the body.

### **Avoid sugar, salt and trans fat**

These are the top three ingredients that cause weight gain. Try to avoid them at all costs. They have no nutritional value and are simply bad for your health. Salt causes bloating, swelling and fluid retention.

### **Limit red meat to 2 to 3 times per week**

Red meat contains a lot of saturated fat, so try to limit your intake to 2-3 times/week. Instead, eat more protein from fish, poultry and vegetables, such as brown rice (some amount of protein), beans and nuts (which contain good essential fats).

### **Eat at least 30 grms of fibre per day**

Numerous studies have shown that high-fibre diets help you release body fat and protect against heart disease, stroke and certain types of cancer.

### **Eat 4-5 times/day**

You will release unwanted fat quickly if you eat 4-5 times/day as opposed to only 3 times/day. Try to eat every 3-4 hours and think in terms of three meals and two healthy snacks. Each time you eat, you stimulate your metabolism for a short period of time; thus, the more often you eat, the more you speed up your metabolism. Eating every 2-3 hours feeds your muscles and starves fat.

### **Buy organic as much as possible**

Buy organic foods, which don't have chemical preservatives, food additives, hormones, pesticides and antibiotics. Fresh organic foods are far less toxic than highly processed and packages/frozen foods and leave less residue and waste in the body.

### **Drink more pure water**

Water does an amazing job of detoxifying your body. The trick is to not drink water with your meals. This will dilute your digestive juices and make digestion less efficient. Do not drink anything 30 minutes before you eat a meal and then wait 2 hours after a meal to have a drink. It is amazing how much energy you will get from doing this. Also, sometimes thirst is disguised as hunger. So there is a good chance that when you drink water, that hungry feeling will go away.

### **Don't give in to emotional hunger**

You have to learn the difference between physical hunger and emotional hunger. If you feel the desire to eat but you have eaten within the last 2 hours, you may actually be looking for a way to change your mood. See if you can find something to occupy yourself for at least one hour. Set a timer and drink some water. Tell yourself that you will eat in an hour. This will set your mind at ease. Then find a way to stay occupied or a way to feel fulfilled for that hour.

### **Superfood Additions for Smoothies**

These are the nutritional powerhouses that can increase the amounts of fibre, vitamins, minerals and other nutrients in your smoothies. You can add these after the 10 Day Reset as you make smoothies part of your daily lifestyle.

- Acai Berries: power packed with antioxidants that slow the aging process
- Avocado: full of healthy fats
- Bee Pollen: increases energy and stamina
- Cayenne Pepper: will improve circulation and opens up the arteries
- Chia seeds: make you feel fuller longer
- Raw Chocolate: high in antioxidants to slow the aging process
- Coconut Oil: fat-burning power food that is antiviral and antibacterial
- Flax Oil: boosts immune system and has anti-inflammatory effects
- Goji Berries: high in antioxidants to slow the aging process
- Maca Root: improves energy levels and endocrine health
- Sprouts: provide lots of enzymes and they oxygenate the body
- Wheat Germ (raw): helps with PMS/menopause symptoms and healthy skin and hair
- Yogurt or Kefir: helps with digestion and fights against bacterial infections

### **CONCLUSION**

The 10 day Green Smoothie Reset is a detox/cleanse, not a diet! Be smart about your health. Be in it for the long haul, expect weight to fluctuate and prepare for the journey. Focus on getting healthy and all the rest will follow!!!!