

Day 3: Educate & Eliminate

THIS IS THE PERFECT TIME TO EXPLORE AND FAMILIARIZE YOURSELF WITH THE DIFFERENT SECTIONS OF THIS PROGRAM.

1 EDUCATE

Our Food Guide has a wealth of knowledge! Take time today to go and read it in the resource section of this program. Consider it The Reset bible. It breaks down each inflammatory food group you will be eliminating during this reset, which foods to increase and most importantly - why. In addition, it explains what inflammation is doing inside the body and how that affects not only your physical health but our mental and emotional health.

ELIMINATE 2

After you have read the Food Guide, consider which food groups you can decrease your consumption of starting today. This decrease or even elimination will help you to ease into the full Reset where all 6 inflammatory foods will then be eliminated.

3 MORNING BREWS

Start increasing your fat intake now by starting your morning with one of our morning brews. If you are a big coffee drinker, consider starting with half caff and then transition to decaf before the end of the week. Caffeine withdrawal can be very challenging so slowly ease your way off for when the official reset begins. It can take a whole week to feel "normal" again if you are a big coffee drinker. We promise this "new normal" will bring you so much clarity!

