



**Whole
foods
nutrition &
lifestyle
program to
refresh &
renew**



**15 -
DAY**

R e s e t



s p r i n g
nourishuwell.org

15-Day Spring Reset Program Guide

I am so beyond excited for you to be embarking on this incredible journey towards optimizing your health, wellness and vitality.

I have designed this program so that you will never feel deprived. We are going to bring your body back into balance naturally, by eating whole, real, healthy, nourishing foods.

You will emerge from this program not only feeling lighter and more energized, but armed with the knowledge of...

- How to eat clean and choose foods that support your unique body
- How to support cell regeneration and your liver's natural detoxifying function
- How to reduce stress—our biggest source of toxicity—on a daily basis
- AND....so much more.

Beyond the health benefits of this 15-Day Spring Reset, you will gain so much knowledge and so many tools will serve you, and your family, for a lifetime as you build on your current lifestyle.

We, fortunately and unfortunately, live in an age of information saturation. With so much health, wellness and nutrition information being bombarded at us—often giving conflicting advice—even my most knowledgeable clients end up confused about what to eat. My mission is to teach busy people how to make clean eating a way of life, so eliminating and reducing toxic exposure becomes an everyday habit. Understanding that toxic overload can lead to fatigue, food allergies, weight gain, and a host of health problems is going to be key to making lasting change.

This 15-Day Reset allows you to enjoy ...

- More energy
- Better moods
- Improved digestion and bowel elimination
- Reduced bloating and gas
- Fewer food allergies
- Weight loss
- Hormonal balance
- Better skin
- Better sleep
- Reduced stress
- Improved mental focus and clarity

15-Day Spring Reset | 2020 | Jennifer Brathol | jennifer@nourishuwell.org | 715-307-3772

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Program Overview

Your program consists of three phases

Pre-Cleansing Phase	4 Days
Cleansing Phase	7 Days
Transition Phase	4+ Days

- (1) Pre-cleansing phase, you will begin to reduce caffeine, processed foods, and sugar gradually, in order to minimize cleansing symptoms. This pre-cleansing phase is also an ideal time to familiarize yourself with the program materials, shop for your food and self-care items and determine which habits you are certain you want to start incorporating. You can extend this period if you feel you need to or contact me if you have other health concerns like candida, food allergies, and blood sugar imbalances and would like one-on-one support. Remember, everyone is different, and this is your chance to find your individual blueprint for a healthy you.
- (2) Cleansing phase, we will be eliminating the highest allergen foods and adding in wholesome, simple, closest to the source foods so your body can let go of what does not serve it and reset as we move into the freshness of spring.
- (3) Transition phase will allow us to slowly reintroduce foods back into our diet (one-by-one) as to determine what our body craves and thrives consuming. Perhaps you will decide not to add foods back in because you feel clearer and lighter without them. This phase is an opportunity to observe and learn.

Set Yourself up for Success

- Review all of your 15-Day Spring Reset documents, noted below, and set aside the time to read through them carefully. Don't be overwhelmed or think of the materials as homework. Rather, consider them a treasure trove of information on how to feel your best!
 - i. This [Program Guide](#) gives you the scoop on everything you might want to know about cleansing—from spring cleansing foods to gut health to the truth about grains.
 - ii. [Program at a Glance](#) is your easy-to-print, go-to guide on your meals and daily schedule.
 - iii. The [Shopping List](#) saves you trips to the store by laying out exactly what you will need.

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- iv. Have a look through your Recipe Guide and adjust your shopping list for any swaps or substitutions you wish to make.
 - v. The information you note in your Food Diary will be the key to determining which foods make you thrive and those that make you drag. Print it out and write on it or use it as a template to write in a journal or on your computer. Do whatever's easiest for you.
- Schedule your new self-care habits. Writing the new habits in your calendar and anchoring them with an existing 'trigger' in your daily ritual, like oil pulling before brushing your teeth, for example, will help you incorporate them into your life.

The Importance of Cleansing

Clients often ask me why they should cleanse. The reality is, no matter how clean we eat, we live in a very toxic world. Before we even open our mouths to take a bite of food, we are exposed to industrial pollution in the air and toxins in our cleaning products and cosmetics. Not to mention the havoc wreaked on the body by stress. So, the question is not 'am I toxic?' but rather 'how toxic am I?'

Not that long ago in historical terms we didn't have processed foods, mass agriculture, or the levels of pollution we face today. Our bodies naturally cleansed, but they have not evolved fast enough to keep up with the increasing toxic load. When the body's natural detoxification systems reach their limit, we begin to experience toxic overload which can present itself with symptoms like...

- Fatigue
- Foods allergies or intolerances
- Skin problems
- Weight gain or inability to gain weight
- IBS, constipation, or irregular bowel movements
- Hampered immunity
- Headaches or other pains
- Hormonal imbalances
- Depression, anxiety, or constant mood swings
- Trouble sleeping
- Sugar cravings
- Bloating
- DIS-ease

If you suffer from any of the above, this is a great time to hit your body's reset button with this 15-Day Spring Reset Program.

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Even if you aren't experiencing any symptoms, it is recommended that everyone cleanse seasonally to give the body's detoxification organs a much-needed vacation. By following this program, you will release the toxins that have found their way into your organs, fatty tissues, and blood.

Seasonal cleansing allows you to ...

- Alkalize your body naturally allowing your body to be in an ideal state of health
- Reduce sugar intake and eliminate cravings
- Improve the function of your very precious detoxification organs and boost cellular health

Good health rests on the condition of our cells. Healthy cells require the essential components of ...

- Oxygen
- Healthy foods containing nutrients and minerals
- Adequate hydration
- Well-functioning detoxification pathways

Simply put, when you are not getting these four building blocks for cell regeneration, you will not feel your very best.

Cleansing in the Spring

While winter is a time for conserving energy and turning inward, spring brings with it a feeling of renewal, new life, and expansive energy. In Chinese medicine, each organ is associated with a season, the spring is about the liver and the gallbladder.

The liver and gallbladder work in harmony to support a strong immune system, balanced moods, and healthy digestion. The liver is responsible for filtering and neutralizing harmful substance. It has 500 metabolic jobs, which it cannot perform optimally when overburdened with toxins. Chinese medicine also believes the liver to be responsible for the smooth flow of energy throughout the body.

Why is the gallbladder so important? Bile is produced in the liver and stored in the gallbladder. A toxic and overburdened liver leads to impaired release of bile from the gallbladder, which affects the breakdown of fats and overall digestion.

As you rid your body of toxins, you will feel cleaner, lighter, more focused, and your mood will balance as well. Chinese medicine holds that each organ is associated with an emotion. The emotion associated with the liver is anger, and resentment is linked to the gallbladder.

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Allowing emotional toxins to rise, and release, during the program is just as important as the physical cleansing. If you find emotions coming up, give yourself the space to sit with them. Journal, take a bath, go for a run, or talk to a trusted friend.

Foods That Support the Liver

By following this program, you are eating foods in season that naturally cleanse your liver and support a harmonious body. Eating with the seasons supports detoxification. If you would like to add other foods for great liver health in the spring, try adding the following

- **Artichoke:** A wonderful choice for the liver and the gallbladder because it increases bile flow.
- **Asparagus:** Helps cleanse the kidneys and reduces water retention. It is also a rich source of folate, important for healthy cells, and high in glutathione, a vital antioxidant for detoxification.
- **Dandelion:** Stimulates the digestive juices. Helps to digest fats and supports the body's natural detoxification processes. You can juice dandelion leaves, cook with them, or drink dandelion tea. Spring is the ideal time to reap the benefits of dandelion greens, as they become too bitter in the summer.
- **Garlic:** Antibacterial, antiviral, anti-fungal, and anti-cancer. Garlic supports detoxification and is one of nature's best antioxidants.
- **Nettle*:** Rich in antioxidants, vitamins, and minerals, including natural iron, nettle is fabulous for strengthening the liver, adrenals, and kidneys. Wonderful in tea form, it can be taken up to 3 times a day for extra nourishment during cleansing.
- **Peas:** Rich in vegan protein and packed with essential nutrients. An ideal food to substitute for heavier protein sources.
- **Sea Vegetables:** Dulse, nori, kelp, and kombu.
- **Leafy Greens:** Kale, Swiss chard, spinach, bok choy, mustard greens, and watercress.
- **Fresh Herbs:** Parsley, cilantro, and basil.
- **Super Foods:** Chlorella, spirulina, wheatgrass, chlorophyll, barley grass, and wild blue algae.

*Read through drug interactions from the At a Glance document

Spice it up!

A great way to boost flavor in your meals without using sugar or salt is to add fresh herbs and spices. Here are some great options to add to your pantry.

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- **Anise/star anise-** Great for soothing the digestive tract
- **Cayenne-** Stimulates circulation, boosts the immune system
- **Chili powder-** Anti-inflammatory and speeds the metabolism
- **Cinnamon-** Regulates blood sugar and aids in digestion
- **Cumin-** Relieves gas and supports digestion
- **Coriander-** Protects against urinary tract infections and aids in digestion
- **Garlic powder-** Regulates blood pressure
- **Mustard-** Anti-inflammatory properties
- **Oregano-** Anti-bacterial properties
- **Turmeric-** A potent anti-inflammatory naturally detoxes the liver

Loving your Liver Daily

By now you've seen just how important the liver is for maintaining optimal health. Here are few other ideas for supporting optimal liver function. More details about each will be provided in the Program at a Glance.

- Eliminate the toxic load of what you ingest through food and drink. Try to eat organic when possible.
- Reduce toxins in your home by choosing natural beauty products and cleaning products when possible.
- Consume your lemon water elixir every morning upon rising.
- Stay hydrated by drinking half your body weight in ounces, of water daily. For a boost in cellular regeneration and liver support, add 1 teaspoon of chlorophyll, spirulina, or any green powder to 10 ounces of water once a day up to 3 times a day during this program.
- Practice food combining during your meals. To learn more about food combining, check out this fantastic article by my teacher [Donna Gates](#).
- Support a healthy colon by drinking flax tea (add 1 Tbsp. of flax seeds to one cup of water), or add extra fiber, such as chia or flax seeds, to meals. Fiber is vital for removing toxic wastes from the colon.
- Eat foods that naturally cleanse the liver, such as green apples, lemons, limes, asparagus, broccoli, radish, cucumber, spinach, watercress, parsley, cilantro, and other bitter greens.
- Have a green juice or green smoothie every day. Liquid nutrients are much easier to digest and assimilate.
- Close the kitchen three hours before bedtime. Sleep is when the liver begins to cleanse the body of wastes. If you are hungry before bed, hydrate by drinking a natural Gatorade. Take 20 ounces of water and add the juice of one lemon, 1/8 teaspoon of sea salt, and 1 teaspoon of honey or a bit of stevia to sweeten (optional).

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- Do at least one of the Cleansing Support Tools (skin brushing, Epsom salt bath, etc.) every day to help support the body's natural detoxification pathways.

Identifying Food Intolerances

Many children and adults have sensitivities and intolerances to food. When you ingest food to which you are intolerant, the body releases histamines into the bloodstream, causing inflammation. If the body thinks it is under constant attack, then we start to feel sluggish and may experience other health issues including candida, digestive issues, or blood sugar imbalances.

The **three phases of this program** (pre-cleanse, cleanse and transition) are based on the **elimination diet**. An elimination diet starts with the premise that everybody is different, and as such, there is **no one-size-fits-all way of eating**. What works for you may not work for someone else, and vice versa. One person might thrive on grains, for example, while they cause another person to drag.

Food allergy tests are pricey and are not always reliable, as intolerances shift over time. The most inexpensive and accurate way to determine how various foods' affect you is to do an elimination diet. Just as we are doing in this program, we will eliminate common allergens foods and add them back in one by one to determine your reaction.

We all have one or many foods that may be wreaking havoc on our system, but if we're eating several of the main culprits (wheat, eggs, soy, dairy, sugar, and caffeine), it's hard to tell exactly which is triggering the reaction. Sometimes symptoms of intolerance manifest themselves immediately upon eating food, but other times, there is a delayed reaction, further complicating matters.

Your food diary will allow you to systematically and objectively track your physical and emotional reactions to each meal and determine exactly which foods suit you or not. Ironically, it's often the foods we crave the most that are harming us. By breaking food addictions, this program will allow you to reduce cravings and start fresh.

To maximize the benefits of your program ...

1. Follow the suggested meal plan, but feel free to make substitutions based on taste preferences or any known food sensitivities.
2. Aim to eat every three hours.
3. Be sure to add protein to your vegetarian meals. The recipes have been constructed vegetarian so that you can add the protein of your choice. Clean sources of vegetarian and animal proteins are listed in your Program at a Glance document.
4. Hydration is key to flushing out the toxins.
5. Write in your food diary after every meal or at the conclusion of the day. This will allow us to see which foods are causing inflammation and which foods make you feel energized. Note any dips in energy levels throughout the day. If you need help making sense of this, reach out to me!

Pre-Cleansing Phase

Phase 1

Days 1-4

The pre-cleansing phase is an ideal time to read through your materials, start cleaning out the fridge and the cabinets of foods that do not serve you, and look at the suggested meals for the cleansing phase to prep and plan for the week.

During this preparation phase, you will start to reduce caffeine, alcohol, sodas, sugar, unnatural sweeteners, processed foods, and potential allergens (corn, dairy, eggs, nuts, soy, wheat/gluten).

Many people struggle with reducing coffee. Caffeine withdrawal often manifests itself as headaches. Here's a good way to trick your body into easing off of caffeine by mixing it with a coffee substitute; my favorite grain-free coffee substitute, made mainly of roots, is from Dandy Blend.

1. Start by filling your cup with $\frac{1}{2}$ regular coffee and $\frac{1}{2}$ coffee substitute.
2. Reduce the amount of coffee each day by $\frac{1}{4}$ until you are only drinking coffee substitute.

You can exchange coffee for yerba mate or green tea, which are rich in beneficial antioxidants. They still contain caffeine and therefore should be consumed in moderation and are not included in the cleansing phase of the program.

Let's start cutting out the sugar too, especially if you crave it. Sugar depletes the body of minerals and nutrients. We often crave sugar when we feel tired or want to reward ourselves, so start to tune into when you crave sweets.

As you reduce caffeine, sugar, artificial sweeteners, processed foods, and breads, you may experience an emotional cleanse. Given that the food industry spends a lot of resources to come up with addictive flavor combinations, food addiction is more common than you might think. If you struggle with emotional eating, I highly recommend the books of Geneen Roth. Remember, this is a process, so don't beat yourself up if you find it difficult to go cold turkey. Just notice.

Cleansing Phase

Phase 2

Days 5-11

The cleansing phase is the detoxification portion of your program. You are eliminating foods that are common allergens and often wreak havoc on the digestive system. We will be emphasizing increasing alkalizing foods and drinks (which help oxygenate the blood and work to keep DIS-ease at bay), eating healthy proteins and good fats, and practicing self-care. The suggested meals respect the rules of food combination, to give your digestive system a rest.

This phase of the program is a wonderful time to enhance your bodies cleansing ability by ...

- Juicing or drinking chlorophyll water to alkalize your body.
- Trying a day-long liver lemonade flush if you aren't an athlete and want to cleanse just a bit deeper. (see details in Program at a Glance).

Transition Phase

Phase 3 of the Program – Days 12-15+

In this final phase, we continue to support the detoxification pathways, alkalize the body, and focus on self-care.

We will be adding back in foods that you were not eating during the cleansing portion of this program. Pay close attention to your reactions – both physical and emotional. You can add back in a food every two days, or you can extend this phase and go more slowly with the transition.

Keeping a detailed food diary during this phase is essential. Food reactions can occur as fast as 10 minutes or as long as 72 hours after ingestion. As such, having objective data on hand—rather than relying on memory—is the key to identifying any food sensitivities.

If you notice poor sleep, headaches, a shift in mood, or a dip in energy, note all of these reactions down in your food diary. Other symptoms of food intolerance include a bad taste in the mouth, body odor, loose stools, gas and bloating, or a racing heart.

If a food gives you a reaction, remove it from your diet for another seven days before reintroducing the food. You may need to wait longer if you have had chronic digestive issues or weight problems due to imbalances in the digestive system. The most common foods that cause sensitivities are ...

- Dairy products (lactose and casein)*
- Wheat (and other gluten-containing foods)*
- Eggs (whites particularly)
- Corn
- Peanuts
- Tomatoes
- Shellfish
- Citrus fruits and juices
- Sugar
- Chocolate
- Coffee
- Black tea
- Alcohol
- Soy
- Artificial sweeteners
- Yeast

*** Dairy and gluten are two of the biggest culprits.**

Please refer to your Program at a Glance for a detailed list of the foods allowed and discouraged during each phase of your program.

What to Expect

It is imperative that we are rebuilding cells as we cleanse. The best way to do this is by giving them nourishing food. Make sure you are eating enough fats, greens, and proteins for your body. Really listen and be conscious of your physical needs as you have breakfast, lunch, dinner, and snacks.

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If you find yourself low in energy, by all means add an extra smoothie or sip on miso, bone broth, or vegetable broth. Keeping up your nutrients is important. We are cleansing, but we are not depriving. If you feel your body requires extra protein—especially if you are working out or know you do better with more protein for balancing blood sugar—then I suggest adding extra protein powder (hemp, pea, beef protein powder – Ultimate Paleo Protein) to your morning smoothie. You know your body best.

Some people experience increased vitality right from the beginning of a cleanse, while others may feel a little tired for the first few days.

If you experience any withdrawal symptoms such as headaches, bloating, fatigue, nausea, or irritability, do not worry. These symptoms will not last long, and they can be alleviated with the Cleansing Support Tools below. Remind yourself that the discomfort is a sign that your body is getting healthier as it releases these toxins.

Cleansing Support Tools and Tips

Performing these simple cleansing support tools will help to release toxins from your liver and other detoxifying organs, such as the lymphatic system, colon, skin, lungs, kidneys, and bladder.

If you are feeling lethargic or experiencing cleansing symptoms, then I encourage you to ...

1. Drink more water – I suggest drinking half your body weight in ounces of water daily. Add the juice of a lemon or lime to enhance elimination and change up the taste.
2. Sweat it out – treat yourself to an Epsom salt bath. This is a sure-fire way to get a healthy and natural dose of magnesium into the body and sweat out toxins. It's also a great way to relax. I enjoy an Epsom salt bath 3 times a week when I'm cleansing. Add 1 cup Epsom salts, ½ cup baking soda, ½ cup sea salt, and ¼ cup raw apple cider vinegar (optional) to a warm bath. Feel free to add a few drops of lavender essential oil or any other essential oils of your choice.
3. Tongue scraper – it may sound strange, but this will scrape away the mucus that builds up on your tongue. My favorite scraper is Dr. Tung's Tongue Cleaner, available on Amazon.com.
4. Skin brush – as the largest detoxifying organ—sometimes referred to as the third kidney—the skin is vital for healthy detoxification. Skin brushing can decrease the toxins in your body by 25%.

How to skin brush ...

- a dry skin brush on your skin before you shower or bathe. Always brush towards your heart, with the flow of the lymphatic fluid.
 - Begin at the soles of your feet, and then move up your legs, brushing in a circular motion.
 - Brush your chest and shoulders towards your heart in long strokes, and then start at the fingertips and brush towards your body. Use small, circular strokes in your armpits.
 - Brush in a circular motion counterclockwise on your stomach to respect the direction of digestion and encourage detoxification.
5. Practice deep breathing, which not only oxygenates the cells but promotes relaxation. I love this one-minute meditation by my teacher, Dr. John Douillard, which you can do throughout the day.
 6. Oil Pulling - has been a common detoxification practice for centuries. You can use coconut oil or sesame oil.
 - Put 1-2 tablespoons of oil in your mouth
 - Optional: add 1 drop of Clove or doTERRA onGuard essential oil
 - Swish the oil for 5-20 minutes
 - Spit the oil in the trash can (to avoid it hardening and clogging your sink)
 - Rinse your mouth with water and sea salt
 - Brush your teeth
 - For maximum benefits, oil pulling should be done on an empty stomach. The best times are upon rising and before bed.
 7. Bentonite clay - composed of volcanic ash, is known for its ability to absorb and remove toxins.
 - Dissolve ½ cup of Epsom salts in warm water. Mix ½ cup bentonite clay in your cup of warm water/Epsom salt mixture and stir until clay is dissolved. Add the clay to the bath and then soak for 20 minutes. You can add the essential oils of your choice.
 8. Sauna - Doing a sauna 1-2 times a week during this program is not only relaxing but also a great way to support lymphatic cleansing. Look for a sauna at your gym or elsewhere locally. I suggest drinking the natural Gatorade, coconut water, or green juice to replenish minerals lost through sweat.
 9. Contrast Showering - Alternating between hot and cold water in the shower supports lymphatic drainage. The hot water brings blood flow to the skin surface while the cold water brings blood flow inward to the organs and is beneficial for detox & circulation.

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I recommend three minutes of hot water, one minute of cold, three minutes of hot, etc. You can repeat this for 15 minutes, always finishing with cold water.

10. Rebounding – this practice has been proven to be effective for lymphatic drainage. I suggest rebounding for 15 minutes per day. You can find great rebounders still in the box on craigslist or purchase them on Amazon.com. My favorite is the Urban Rebounder.

11. Yoga poses that stretch, twist, and compress all parts of the body help eliminate impurities from different organs and allow oxygenated and nutrient-rich blood to flow through the organs.

Sugar Addiction

You will see only natural sugars such as honey and stevia in this program. Sugar depletes your body's store of minerals because it inhibits natural enzymes from working. We often crave sugar the most when we're stressed or tired, moments in which we are depleted already. It is important to take time out for yourself to find sources of pleasure besides food and incorporate habits into your life that allow you to de-stress.

Stevia is my favorite sugar substitute, as it's a natural sugar that does not lead to blood sugar imbalances or feed candida.

My top suggestions for curbing sugar cravings are...

- Make sure you're getting enough protein and good fats for a feeling of satiety
- Try the snacks provided in the Recipe Guide
- Have some low-GI fruits, like berries, green apples, and grapefruit
- Add root vegetables, figs, or dates to your diet
- Sprinkle cinnamon on fruit, in your smoothie, or in your coffee substitute
- Enjoy a cup of herbal tea with stevia
- Diffuse citrus essential oils
- Drink lemon water
- Do something nice for yourself that doesn't involve food

Juicing

You will find TEN delicious juice recipes in your Recipe Guide. Juicing is a terrific way to benefit from the nutrients in vegetables without the fiber. It can be particularly beneficial for those who suffer from digestive distress, celiac, ulcers, and other conditions in which digesting fiber is problematic. If you don't suffer from these problems and are worried about fiber, you can blend vegetables in a high-speed blender rather than juice them or add 1-2 tablespoons of flax meal or chia seeds to your juices. You can also add a dash of ginger, cinnamon, or cayenne to enhance your digestive enzymes.

Drinking at least one juice a day is an easy way to alkalize the body and purge it of acid wastes that can lead to headache, bloating, and fatigue. If you do not have a juicer, you can buy cold-pressed juices at your local juice bar or health food store (watch that they don't contain any high-GI fruits so you don't spike your blood sugar). Or simply add 1 teaspoon of chlorophyll, spirulina, or any green powder to 10 ounces of water from once a day up to 3 times a day during this program.

Alkalinity

Alkaline foods are foods that raise the amount of oxygen the blood takes in. The body is naturally slightly alkaline, but consuming too many acidic foods and drinks (including sugar, caffeine, and mucous-producing foods such as dairy and glutinous grains) can disrupt its pH balance. Being out of balance makes us more susceptible to illness.

Ways to alkalize the body include ...

- Eating more greens and water-rich foods such as fruits and vegetables
- Adding lemon and lime (which may taste acidic, but are actually alkalizing) to water
- Drinking coconut water and green juices / superfood greens in water
- Adding sprouts to your diet. Sprouts are a nutrient-dense, enzyme-rich food full of vitamins and minerals
- Sea vegetables, such as nori, dulse, or wakame, are naturally cleansing and wonderful for the thyroid, adrenals, kidneys, and liver. They help to detoxify the liver and digestive tract. One of my favorites is Maine Coast Sea Sprinkles
- Breathing deeply
- Reducing stress factors

Gut Health & Probiotics

Did you know that 95% of serotonin—the neurotransmitter considered responsible for happiness and wellbeing—is produced in the gut? And that 80% of your immune system is located in your gut?

Hippocrates, considered the father of modern medicine, said "all disease begins in the gut." During this program, you are eliminating foods that are common allergens. Avoiding these potential inflammatory foods and favoring foods that are easy to digest supports gut health.

What causes the gut to get out of balance?

- A diet high in sugar
- A diet high in processed foods
- A diet low in minerals and healthy fats
- Years of taking antibiotics or birth control
- A lifestyle full of stress and "burning the midnight oil."

The gut is populated by both "good" and "bad" bacteria, also known as gut flora. Our aim is to raise the ratio of healthy to harmful bacteria. Adding probiotics to your diet, in the form of cultured foods and/or supplements, will help you increase the good bacteria in your gut, promoting good digestion. Good digestion is vital for your health by optimizing the assimilation of nutrients. If you have IBS, constipation, acid reflux, or any digestive distress or hormonal imbalance, then adding probiotics is a top priority.

Good sources of probiotics:

- Cultured vegetables support weight loss, reduce cravings, and help avoid constipation. I suggest starting with 2 tablespoons of cultured vegetables with each meal and slowly increasing by 1 tablespoon until you reach ¼ cup at each meal.
- Inner-Eco Probiotic Drink (my favorite store-bought option as it contains an average of 100 billion active probiotic cultures per serving)
- Coconut water kefir—homemade or store-bought (Kevita)
- Coconut milk, almond, or any unsweetened and dairy-free yogurt
- Coconut milk kefir or any non-dairy kefir
- The Body Ecology Diet probiotic drinks
- Bubbie's cultured foods, available in your local market or local health food store
- High-quality probiotic supplements. I suggest choosing a probiotic with at least 15-50 billion colony-forming units (CFUs)

If you add probiotics to your diet and find you experience “die-off” symptoms such as headaches, loose stools, or belly bloat from the bad bacteria dying off, then reduce the amount of cultured foods / take a break from your probiotic before reintroducing.

If you experience digestive upset (bloating, loose stools, or acid reflux), I encourage you to try more puréed foods, soups, smoothies, and warm foods. Try chewing on ginger or taking digestive enzymes (which help to break down fats, proteins, and carbohydrates) prior to eating salad or other raw vegetables. You can also drink the lemon water elixir three times a day—20 minutes before each meal—to enhance the natural enzymes in your body and stimulate digestion.

Food combining & digestion

Another way to enhance digestion is to combine food properly. I have many clients who have seen belly bloat and digestive distress disappear just by following these simple rules

EAT FRUIT ALONE: Fruit digests itself, passing through the digestive system within 20 minutes. By eating fruit alone, you avoid fermentation occurring in your belly. Fermentation can lead to gas, rob you of energy, and slow down your digestion.

EAT STARCHES WITH VEGETABLES: Foods such as baked potatoes, sweet potatoes, or sweet corn should be eaten alone, with a vegetable, or with a small amount of fat. It is advised to eat starches such as quinoa, buckwheat, brown rice, millet, or amaranth only with vegetables, as starches require different digestive enzymes than proteins.

EAT PROTEIN WITH VEGETABLES: Unlike starches, proteins require an acidic environment for ideal digestion, so it is best to eat protein with vegetables and a healthy fat. When you add a starch, you force your body's natural enzymes to compete to digest your food.

All of the recipes in the Recipe Guide are properly food combined because I want you to strengthen your digestion and reduce unwanted inflammation. You can add berries, kiwi, and grapefruit to your smoothies and still have proper food combining or add an apple to your Green Juices or a Green Salad.

Grains, phytic acid & your metabolism

During this program, we are finding your body's own unique blueprint. Grains, nuts, beans, and seeds are fine for some people while others experience bloating, constipation, headaches, skin problems, thyroid imbalance, joint pains, or weight gain.

The reason grains, nuts, beans, and even seeds (including flax and chia) can cause problems is that they contain phytic acid. Phytic acid is a compound that comes from the phosphorous found in plants. Too much phytic acid can inhibit the thyroid, hamper digestion, and leach vital minerals from the body, such as zinc and iron. Phytic acid also interferes with the natural enzymes your body needs to digest your food. Some people who have autoimmune, thyroid, metabolism, and chronic candida or weight issues see improvement when they eliminate or reduce phytic acid.

If you choose to keep grains in the program during the cleansing phase, I recommend soaking the grains beforehand to reduce the phytic acid (see instructions below). If you are looking to lose weight, then I suggest keeping grains to only one serving per day or omitting completely.

Simple guidelines

- These grains, technically considered seeds, are easier to digest (omit in cleansing phase)
 - Amaranth
 - Buckwheat
 - Millet
 - Quinoa
- You can also try the following grains and note any bloating or reactions in your food diary (omit in cleansing phase):
 - Brown rice
 - Wild rice
 - Gluten-free oats
- Soak your grains and seeds to reduce the phytic acid.
 1. Add the grains, beans, seeds, or nuts* to a bowl of warm or room-temperature water.
 2. Add 1-2 tablespoons of lemon juice or Bragg's raw apple cider vinegar.
 3. Soak the grains, beans, seeds, or nuts* for 12-24 hours.
 4. Leave the bowl sitting on your countertop.

Empty the grains, beans, seeds, or nuts into a colander, and rinse at least 6 times to remove any remaining phytic acid.

Cook the grains, seeds, or beans as usual, or store the seeds or nuts* in your fridge for 1-2 days.

* Nuts allowed in transition phase only

Daily Fats

It is important to consume good fats during this program. Adding avocado, flax oil, flax meal, or olive oil to any of your meals is a fabulous way to get your daily dose of fat. You can also use chia seeds and hemp seeds, but don't overdo seeds during the cleansing phase, as they can slow down digestion.

I have found adding flax oil to my salads or adding a tablespoon of coconut oil, which is medium-chain fatty acids and great for energy and weight loss, helps me to feel energized through my 15-Day Spring Reset Program.

Upgrade your Day

In addition to eating cleanly, taking the time each day to relieve stress is the key to optimal health. I know how stressful life can be, but with practice we can learn to get into a calm state of mind. When you practice conscious thought, meditate, or do deep breathing, your cortisol levels decrease, and your cells awaken.

Some calming rituals to try

- Write in your journal each night
- Do one minute of meditation upon waking, throughout your day, and before you go to sleep
- Keep a gratitude journal, which has been proven to increase feelings of positivity and happiness
- Get moving! Exercise releases endorphins, and sweating is cleansing. Find an exercise you like and learn what motivates you to do it. Be gentle with your exercising during this program as to not over stress your body.
- Enjoy an Epsom salt bath at night or do a castor oil pack once a week with some essential oils
- At least once during your cleanse, treat yourself to a sauna, a massage, or do a self-massage. I love rubbing coconut oil into my feet at night.
- Check in with yourself by placing your hand over your heart, closing your eyes and saying, "all is well"
- Carve out 'me-time' every day

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Top 10 Tips to Rock this Program

The more you plan and prep ahead of time, the more fun and easy this will be. Research shows that the key to changing habits is not intention or will power, but the environment. As such, the easier you make things for yourself, the more likely it will turn into a habit.

I have organized this program so you can often save time by cooking once and eating three times, which is why you'll notice some repetition with the recipes.

Here are my other favorite time-saving tips for the busy cleansers

1. If you're not a morning person, try preparing your lemon water and/or breakfast smoothie the night before.
2. If you do not cook, then find a healthy place in your neighborhood to have your meals prepared for you.
3. Make soups ahead of time.
4. Prep salads and chop vegetables and add them to BPA-free containers or Mason jars in the refrigerator.
5. Prep your clean sources of protein and have them ready to go.
6. Buy snacks such as kale chips, seeds, guacamole, or make one of the suggested snacks in the guide.
7. Know when your moments of weakness are in the day and have something ready for them (carrot sticks if you like chips while watching TV, protein balls if you crave an afternoon snack at work, etc.)

FAQ'S

Can I exchange the meals on a specific day for another recipe in the Recipe Guide?

Yes, you can refer to your Recipe Guide and exchange meals. You do not have to stick to the exact menu in the suggested meals.

What if I'm eating on the go?

If you are eating out, remember the building blocks of a healthy meal ...

- vegetables prepared in a healthy manner
- a clean source of protein prepared in a healthy manner
- a small amount of good fat

What if I am traveling?

Pack kale chips, protein balls, seeds, green apples, berries or any other items from the Recipe Guide snacks. Hotels and restaurants can almost always make you a healthy meal.

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I have a party to attend, what do I eat?

Simple and clean eating is what this cleanse is all about. Try to opt for a simple and clean choice like a healthy salad with lemon and olive oil and include 3 ounces of high-quality protein such as grilled chicken. Add a healthy fat like avocado.

- When in doubt, eat before the party or sneak some healthy snacks into your car or purse.
- Sip on sparkling water with a slice of lime, so you feel social and enjoy your time with friends and family.

I'm on a budget. Can I still do this program?

Absolutely! I pride myself on not pushing expensive powders or meal replacements. The idea is to cleanse naturally with whole foods.

To eat healthily in a cost-effective way, look for a local CSA or farmers' market, shop at Trader Joe's or Costco, or buy food online. Frozen organic produce can also be good value for your money.

If the cost is an issue, try to budget your organic dollars for the fruits and vegetables that have been shown to have the highest pesticide load¹.

The "dirty dozen"

- Apples
- Strawberries
- Grapes
- Celery
- Peaches
- Spinach
- Sweet bell peppers
- Nectarines (imported to the US)
- Cucumbers
- Cherry tomatoes
- Snap peas (imported to the US)
- Potatoes
- Plus, these, which may contain organophosphate insecticides, considered "highly toxic" and of special concern:
 - Hot peppers
 - Blueberries (US domestic)

¹ List from ewg.org

I have a headache. Am I doing something wrong?

No, you are not doing anything wrong. Headaches, feelings of nausea, tiredness and/or emotional swings are all common effects of cleansing. This is the garbage coming out of your body. Make sure you are drinking enough water with lemon or lime juice and doing your Cleansing Support Tools.

I am nursing. Can I still follow this program?

Yes, you can do this program while breastfeeding, but add an extra 3-4 ounces of high-quality protein (animal or plant based) at breakfast, lunch, and dinner. I also suggest omitting the Bragg's raw apple cider vinegar from the lemon water elixir.

Can I still work out?

Yes, you can still exercise if you feel up to it. Some people have a spurt of energy while cleanings. Others prefer to take it easy and would benefit more from light stretching.

Since this cleanse can cause some dehydration, if you are working out be sure to rehydrate. Try adding ½ teaspoon of high-quality sea salt and stevia (optional) to your water.

Why am I drinking teas?

You will see many teas during this program such as nettle*, dandelion, smooth move, and detox tea. These teas support detox but also nourish and soothe your body, which is essential during a healthy detoxification program. These teas will help to lessen any unwanted symptoms. Teas are also a nice way to warm your digestion when you are eating a lot of raw foods.

*See nettle and medication interaction information in Program at a Glance

Final Words

Food is fuel. That may sound like an obvious statement, but often we reach for food as a quick fix without thinking of its effect on our bodies. Eating living foods, such as fresh, organic vegetables, gives you vitality. These foods are full of live, rich enzymes and provide energy—supporting you to rid yourself of cravings and that afternoon slump. In contrast, chemicals found in nitrates and foods loaded with hormones deplete you of energy.

When you have completed this program, you will know exactly which foods work for you, which is a great gift. Robust physical health is the first step to leading a happy life. No matter how great things are going for you at work or in your relationships, if you don't feel well, you won't be able to enjoy them. Waking up everyday bursting with energy will give you the clarity and stamina to pursue your dreams.

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Please keep in touch and share your success stories with me!

With much love,



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