

Spring Reset

Week Four Workbook

Scheduling Your Guidance Call

Detox & Gut Healthy Food

Spring Seasonal Eating

Increasing Fiber Intake

How Nature Heals

Forest Bathing



Scheduling Your Guidance Call!

Some of you have already had your 90-minute guidance call and received your personal health reports. You are well on your way to changing your health!

For new members who haven't had your guidance call yet - be sure to schedule soon so the remainder of the spring reset is as personalized as possible.



Personalized health
guidance allows for
actionable change

Detox & Gut Healthy Foods

According to Traditional Chinese Medicine



Liver Supportive Foods:

spinach
bok choy
kale
arugula
cilantro
parsley
dandelion greens
mustard greens
granny smith apple
lemon
lime
grapefruit
pomegranate
plum

Kidney Supportive Foods:

cabbage
chives
fennel
leek
onion
potato
radish
scallion
sweet potato
seaweed
eggs
beans
black rice
walnuts

Gut Supportive Foods:

carrot
pumpkin
squash
chickpea
coconut
date
fig
lentils
tempeh
leek
onion
rice
honey
broths

Spring Seasonal Eating

In addition to eating foods that energetically support our detoxification organs, there are specific seasonal foods that can also be supportive! Eating seasonal helps us connect better with nature and align our bodies to the current season.

Seasonal produce for spring includes:

- asparagus
- artichokes
- peas
- radishes
- spinach
- leafy greens
- beets
- carrots
- strawberries
- kiwi
- cherries



Increasing Fiber Intake



Fiber plays a critical supporting role in helping your body's natural systems do their jobs efficiently.

Fiber supports your body's natural detoxification systems by encouraging regular elimination, feeding the microbiome, binding and removing waste, and supporting the liver through nutrient density.

It's important to have a structured plan in place when increasing fiber intake, and even more important to listen to any signs and symptoms that arise in your body. Watch for signs like cramping, painful bloating, or constipation and reach out to our healthcare team for support.



Start low and go slow. Rapid increases in fiber can overwhelm the gut. Begin by adding one serving fiber-rich food (1/2 cup cooked veggies or 1/4 cup legumes) per day. Stick with that for 2 days before increasing at each meal. Notice how your body feels and pace accordingly.



Hydration is key. Fiber needs fluid to do its job. Without enough water, you may experience constipation.



Consider cooking methods. Cooking breaks down fiber structure, making it easier to digest. Gradually incorporate more raw options as tolerance builds.

How Nature Heals



We are a part of nature, not separate from it.

In Traditional Chinese Medicine, it is believed that the forces that allow plants to grow and the rivers to flow are the same energy forces that allow our lungs to breathe and our hearts to beat.

Many studies have since proven this - being in nature improves our immune system, promotes anti-cancer properties, relaxes our nervous system, improves our gut microbiome, and so much more.

Spending time connecting to nature is an integral part of our healthcare.



Aim for at least 20 minutes outside per day



Make eye contact with the natural sunlight before looking at screens



Put bare feet on the grass when possible



Aim for one longer activity outdoors per week



If the outdoors are completely inaccessible, studies have shown listening to nature sounds also helps

Forest Bathing



Forest bathing, or Shinrin Yoku, originated in Japan in the 1980s and involves taking deep breaths and fully embracing the forest.

Studies have found that forest bathing could increase immune cell activity and aid in the expression of anti-cancer proteins.

Another research study showed that forest bathing improved immune function. When we inhale the oils released from trees (phytoncides), our cortisol levels decrease, and natural killer cell activity increases.

Phytoncides contain natural antimicrobial and insecticidal properties.



If you can get outdoors, hiking is one of the best activities to reset your nervous system and boost immunity



Find a woodsy area where you are away from traffic, buildings, and urban noises



Focus on your breath and the sounds of the forest--if hiking with someone else aim for 15-20 minutes of silence



Visualizing a walk through the woods (if you can't get into nature) has also been shown to impart some of the benefits

See you next week!

We now understand different foods that support healthy detoxification and gut health, how to gently increase fiber intake, and why connecting to nature matters.

We'll be meeting next week, Tuesday May 20 for our fifth Zoom meeting.

See you then!



Do you need
more help?

[Schedule a Zoom](#)



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