

# Spring Reset

## Week One Workbook

Getting Familiar with Detoxification  
Reset Preparation  
Optimal Sleep Tips  
Identifying Personal Health Goals  
Setting Intentions



# Getting Familiar with Detoxification



Detoxification is not a fad diet or juice cleanse that we commonly see on the internet. It is the practice of supporting different organs and glands so they can safely and effectively remove elements from the body that aren't supposed to be there! This is something your body does naturally!

The primary detoxification organs include:

**THE COLON:** The gut microbiome helps move toxins out through bowel movements

**THE LIVER:** The liver processes everything we come into contact with and produces bile to move toxins out of the body

**THE KIDNEYS:** Our body's water filter that moves toxins out through the urine

**THE SKIN:** The skin helps us release toxins through sweat

Optimal health has  
two components –  
nourishment &  
detoxification

# Reset Preparation

Check in with your detoxification organs below to see if your body is currently able to detox optimally and help identify potential areas for improvement.

How will you rate the following		Never	Rarely	Sometimes	Always
THE COLON	I have 1-3 bowel movements per day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	My bowel movements are formed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I experience acid reflux	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I bloat within 20 minutes of eating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I bloat within 2 hours of eating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have hemorrhoids	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Optimal digestion is consistently having 1-3 formed bowel movements per day, rarely or never experiencing acid reflux, limited or no bloating, and no recent history of hemorrhoids.

How will you rate the following		Never	Rarely	Sometimes	Always
THE LIVER	I have difficulty with high fat/fried food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have a metallic taste in my mouth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have dry skin and/or hair	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have a history of gallstones	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I experience acne, psoriasis or eczema	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Optimal liver health is being able to eat high fat foods, no bitter taste in the mouth, nourished skin and hair, no gallstones, and limited skin issues.

# Reset Preparation

Check in with your detoxification organs below to see if your body is currently able to detox optimally and help identify potential areas for improvement.

How will you rate the following					
	Never	Rarely	Sometimes	Always	
THE KIDNEYS	I get UTIs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have high blood pressure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have dark or cloudy urine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have a history of kidney stones	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I frequently eat processed foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I am well hydrated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Optimal kidney health includes rare UTIs, stable blood pressure, light yellow urine, no history of kidney stones, a mostly whole foods diet, and staying well hydrated.

How will you rate the following					
	Never	Rarely	Sometimes	Always	
THE SKIN	I can sweat in a sauna within 15 minutes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have clear, bright skin	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I get acne, hives, or eczema	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have skin reactions with certain foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I use non-toxic personal care products	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Optimal skin health includes being able to sweat within 15 minutes of being in a sauna, having clear and bright skin, limited acne or skin blemishes, no reactions to foods, and clean personal care products.

# Optimal Sleep Tips

Getting restful sleep is part of your Reset plan: it will help you keep energy levels high and support healthy detoxification

## Optimize Your Sleep Environment

Your environment can make or break your sleep quality. This week you'll make some preparations for your home to help you make an ideal sleeping spot!

### What to do:

- **Temperature:** Keep the room cool (around 60–67°F or 15–19°C), as the body naturally cools down to sleep.
- **Lighting:** Use dim, warm lighting (avoid bright overhead lights), or go completely dark with blackout curtains.
- **Sound:** If noise is an issue, try a white noise machine or soothing nature sounds (think rain or ocean waves).
- **Air Quality:** Use an air purifier to keep your space fresh and free of allergens.
- **Try Natural Linens:** Linen is one of the best materials for regulating temperature at night. Organic cotton is also a good regulator of temperature. Try to avoid blends with polyester, bamboo, nylon, or microfiber mixes.



# New Members: Remember to Complete Your Labs!

You'll be getting your labs shipped to you this week!

Our library of video test instructions can be found [here](#). If you need further instructions, please feel free to book a [15 minute Zoom call](#) with us!



Lab testing is  
understanding the  
language our body  
is communicating

# Identify Health Goals

Based on the detox organ evaluation (and any other symptoms you are currently experiencing), identify 3 health goals for this 5 week program. List 4 ways accomplishing this goal would change your physical, emotional, or spiritual health.

GOAL 1 .....

CHANGES

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GOAL 2 .....

CHANGES

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GOAL 3 .....

CHANGES

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# Setting Intentions

Set three intentions for the next 5 weeks. You can begin each intention with “I intent to prioritize” or “I intend to focus on.”



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# See you next week!

We now understand the detoxification process, identified areas of weakness we may be experiencing, set health goals, and have written our intentions.

Keep an eye out for your package of labs if you are a new member.

We'll be meeting next week, Tuesday April 29 for our second Zoom meeting.

See you then!



Do you need  
more help?

[Schedule a Zoom](#)



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