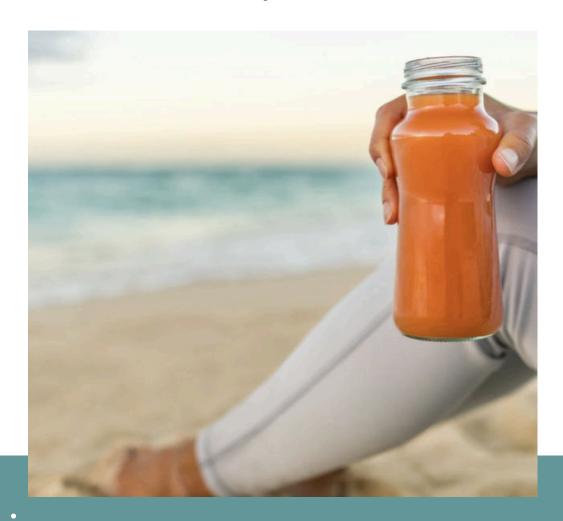
Spring Reset

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
	I have 1-3 bowel movements per day				
	My bowel movements are formed				
THE COI	l experience acid reflux				
	I bloat within 20 minutes of eating				
	I bloat within 2 hours of eating				
	I have hemorrhoids				

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
A	I have difficultly with high fat/fried food				
	I have a metallic taste in my mouth				
	I have dry skin and/or hair				
THE	I have a history of gallstones				
	l experience acne, psoriasis or eczema				

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				
X	l get UTIs	Never	Rarely	Sometimes	Always
Z	I have high blood pressure				
	I have dark or cloudy urine				
	I have a history of kidney stones				
THE	I frequently eat processed foods				
	I am well hydrated				

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				
	I have clear, bright skin				
	l get acne, hives, or eczema				
	I have skin reactions with certain foods				
	l use non-toxic personal care products				

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:

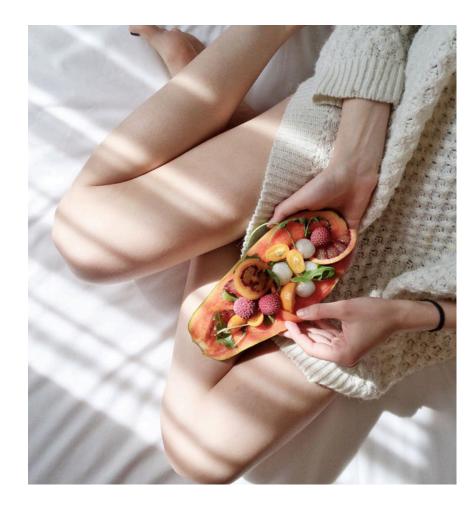
- **Temperature:** Keep the room cool (around 60–67°F or 15–19°C), as the body naturally cools down to sleep.
- **Lighting:** Use dim, warm lighting (avoid bright overhead lights), or go completely dark with blackout curtains.
- **Sound:** If noise is an issue, try a white noise machine or soothing nature 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 <u>here</u>. If you need further instructions, please feel free to book a <u>15 minute Zoom call</u> 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	
SES	0	
	0	
IA	0	
CF	0	

	GOAL 2	
ES	0	
ISIN	0	
H	0	
5	0	

	GOAL 3	
ES	0	
NGI	0	
HA	0	
5	0	

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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