

[Quick Guide to the Reset:](#)

- **Step 1: Days 1-7 (January 11th-17th) - Decrease Inflammation**
 - This step focuses on reducing inflammation and supports the digestion of your nutrients. Foods that are most likely to cause an allergy/sensitivity have been eliminated from The Reset.
 - Choose meals for the week (meal plan provided or create your own with guidelines), write grocery list, and purchase food.
 - Start with nutritional supplements; take these with breakfast, lunch and dinner
 - Bromelain Plus CLA
 - Beta TCP
- **Step 2: Days 8-23 (January 18th- February 2nd) - Metabolic Clearing**
 - We will continue to follow an anti-inflammatory diet.
 - Begin NutriClear Plus Cleanse Packs - 30 packs at 2 times per day with meals
 - NutriClear Plus Shake- serves as an intestinal healer, liver detoxifier, balanced blood sugar, balanced microbiome and more! *NutriClear® Plus is a science-based metabolic cleanse program that supports the body's detoxification processes. By supplying key nutrients in a delicious-tasting powder, NutriClear® Plus provides the ideal nutritional foundation for those in need of metabolic clearing, while also supporting hepatic function, energy production and intestinal balance. The formula includes easily digested, certified organic pea protein, medium chain triglycerides, added fiber and an extensive array of antioxidants. This powerful combination of micronutrients, NitroGreens®, fiber, fruit and vegetable extracts supports safe and effective detoxification.*
- **Step 4: Days 24-28 (February 3rd - February 10th) - Maintenance Phase**
 - The last step can last as long as you would like. For you to be at your optimal health this will be different for each person. Some may still need to address joint inflammation, work on building or repairing the gut lining, or other underlying health issues. Please consult Marnie for individual assistance.