

THE 10-DAY RESET

Jump start your health



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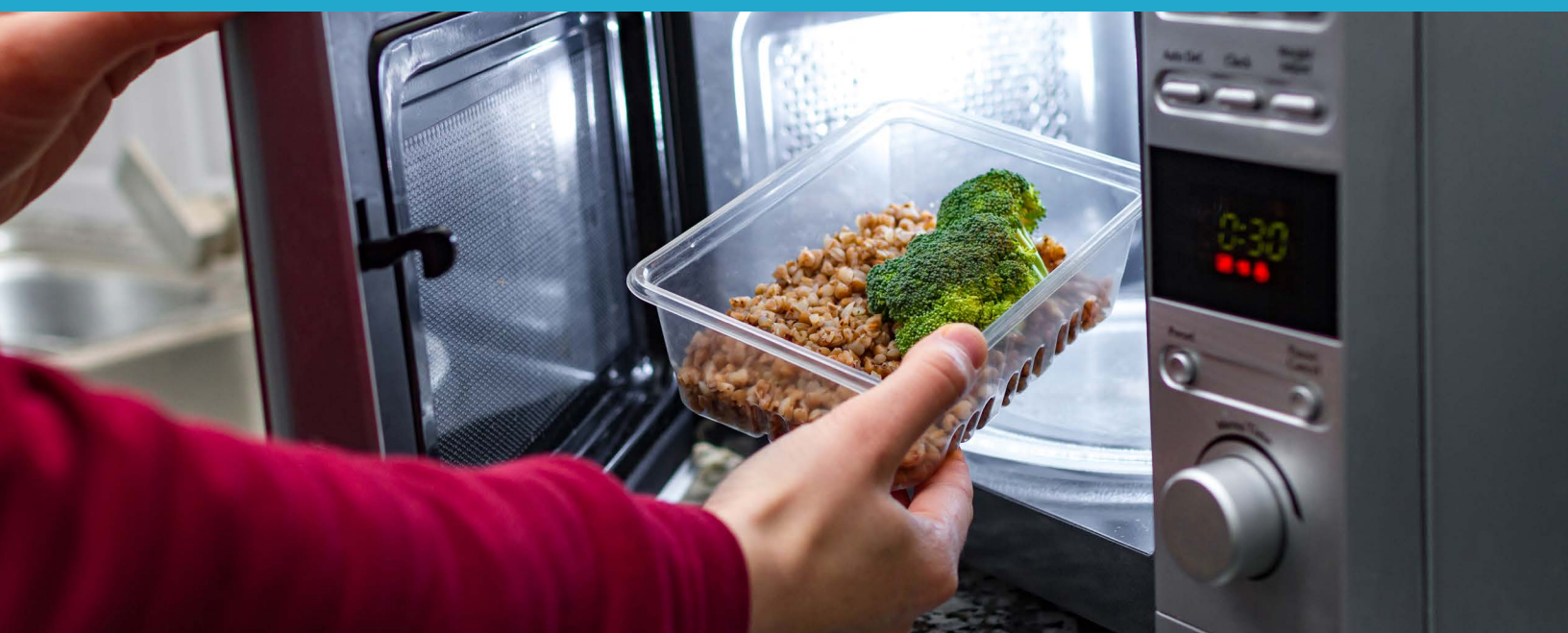
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Living a Detox Lifestyle

Detoxification is a continuous physiological process that your body depends on for survival. There are complex cellular detoxification mechanisms that are constantly at work for you all day, every day. Natural and synthetic chemicals are processed by this complex system of cells, organs, and organ systems to keep you healthy in the face of a virtually constant barrage of toxic material. This program is an excellent tool to improve your detoxification in the short term. The following suggestions will help you keep your body's toxic burden low and your detox mechanisms working for the long haul.





Beware of Plastic

Never heat food in plastic, as this process releases harmful chemicals that can seep into your food. Use glass or ceramic instead.

Infrared Sauna

A type of sauna that uses light to heat the body from within. The light penetrates skin more deeply than the heat of a traditional sauna, which leads to more sweat and a more abundant release of toxins.

Clean Water

Public tap water is often contaminated. Drink and cook with only pure, filtered water and consider adding a filter to your shower.

Microwave Ovens

Although the convenience of microwaves is indisputable, this method of heating can disrupt chemical linkages in otherwise healthy foods and can decrease their nutritional value. Heat on a stovetop or in an oven whenever possible and use a cast iron pan. Avoid Teflon and synthetic non-stick coatings.

Exercise

One of the best ways to increase your metabolic activity is to simply use your body. Daily exercise has innumerable benefits including moving lymph and building lean muscle mass, which helps you burn more calories at rest. Consider jumping on a mini trampoline for 3-5 minutes a day to boost your health and vitality. Sweating also releases toxins.

Tips for Enhancing Detoxification

Lemon Water

Drink 1 cup of hot water with 1/4 lemon and 2 pinches of cayenne pepper first thing upon waking (on an empty stomach). This is very simple but you would be amazed how many people say they can't live without it once they start!



Warm Bath with Epsom Salts

Take a warm bath with Epsom salt added to soothe, relax and detox. Additionally you may rub on the salt with a warm, wet washcloth in bath or shower. Very invigorating!

Shower Hydrotherapy

Try your own 'hydrotherapy' in the shower by alternating hot/cold. This stimulates circulation and your immune system. You can also do a sauna/cold shower/sauna etc., if you belong to a gym. This is not for the squeamish, but it is very invigorating! You'll feel like a million bucks when you're done. Of course, just a sauna and a shower are beneficial as well.





THRIVE 10-DAY DETOX PROTOCOL



Everyday THRIVE Shake

Everyday THRIVE Shake is a daily detoxification supplement, which combines Thrive Whole Food Nutrients with superfood ingredients to promote a gentle total body detoxification and a healthy immune system.

Thrive Whole Food Nutrients are uniquely created to yield whole food incorporated nutrients, which have been metabolized by growing plant cells into their activated forms. These nutrients are immediately available to the body, as opposed to synthetic vitamins and minerals, which must be converted by the body into useable forms.

As a dietary supplement, add 1 heaping scoop to 9-12 ounces of cold water or your preferred beverage in a shaker cup or blender and mix for about 5 seconds.

Reset Protocol Supplements:

- 4 Health Probiotic Pro 40 Billion
1 capsule before breakfast and 1 capsule before dinner
- Broad-spectrum Digestive Enzyme
1 capsule before each meal (breakfast, lunch, and dinner)
- Fiber
1 scoop in each THRIVE shake

THRIVE Shake Recipe



Berry THRIVE Shake

In a blender, combine the following ingredients:

- 9-12 oz. of unsweetened almond or coconut milk
- 1 heaping scoop of Everyday THRIVE Shake
- 1/4 cup of frozen organic berries
- 1 tablespoon of ground flax or chia seeds
- Handful of leafy greens

Optional add-ins:

- ½ Avocado
- 1 T almond butter
- 1 scoop of greens powder
- ½ inch of fresh ginger, peeled

THRIVE Detox Meal Schedule



Breakfast:

Everyday THRIVE Shake + 2 Scoops Fiber + 1 Probiotic + 1 Enzyme

Lunch:

Everyday THRIVE Shake + 2 Scoops Fiber + 1 Enzyme

Dinner:

Healthy meal based on the Healthy Food Options on the next page + 1 Probiotic + 1 Enzyme.

If desired, lunch and dinner may be switched in order to meet your schedule needs.

Snacks:

This is not specifically a calorie-restrictive program. If you feel hungry between meals, you can snack on healthy, whole foods in moderation. However, tune in to your body and make sure that you are truly hungry and not just bored, tired, or stressed!



Include:

- Lean, clean quality protein, such as organic/grass-fed meat & poultry & cold-water fish (preferably wild caught over farm raised)
- Plenty of fresh vegetables, organic, if possible
- Natural low-impact sweeteners such as stevia, xylitol, and monk fruit sugar
- Gluten-free whole grains such as organic brown rice, wild rice, millet, quinoa, amaranth, and buckwheat are allowable in moderation
- Drink plenty of filtered water

Avoid:

- Sugars, desserts, and sweeteners
- Dairy products such as milk, cheese, ice cream, and yogurt
- Wheat, oats, rye, spelt, kamut, bulgur, couscous, and barley. This includes pasta, bread, crackers, cereals, and other products made from these grains
- Fish known to be high in mercury such as swordfish, shark, tuna steak, king mackerel, and halibut
- Packaged, processed foods
- Foods with preservatives

Healthy Food Options

Optimal Protein Choices:

- Organic/hormone-free chicken
- Turkey
- Grass-fed beef
- Cold water fish (salmon, cod, sardines, pacific flounder/sole, butterfish, and trout. Choose wild ocean fish over farm raised fish)
- Organic eggs
- Organic legumes (acceptable as a vegetarian protein)

Optimal Fat Choices:

- Flaxseed
- Walnut oil
- Extra virgin olive oil
- Hempseed oil
- Avocado and avocado oil
- Raw, sprouted, or dry roasted nuts and seeds
- Organic grass-fed butter
- Ghee
- Coconut oil for higher heat cooking
- MCT Oil
- Macadamia Nut oil



Optimal Vegetable Choices:

You can eat an unlimited amount of vegetables from the list below:

- Salad greens
- Cruciferous vegetables (arugula, bok choy, broccoli, brussels sprouts, cabbage, cauliflower, collard greens)
- Carrots
- Cucumbers
- Sweet peppers
- Raw sauerkraut
- Limit starchy veggies such as potatoes

Fruit Choices:

Low Glycemic Index

- Organic Berries (blueberries, raspberries, strawberries)

Moderate Glycemic Index (fresh or frozen)

- Cherries
- Pears
- Apricots
- Melons
- Plums
- Oranges/Tangerines
- Peaches
- Grapefruit
- Apples
- Prunes
- Kiwi
- Nectarine

Beverages:

- Herbal teas
- Naturally decaffeinated green tea
- Spring or filtered water
- Vegetable juices
- Coconut water

Condiments:

- Lemon
- Lime
- Cayenne pepper
- Sea salt
- Garlic
- Fresh herbs and spices
- Flax/olive oil & raw apple cider vinegar for dressings

Snacks:

- Nuts (raw are best)
- Hummus
- Raw or steamed vegetables
- Low glycemic fruit
- Almond butter with apple slices



Sample Meal Ideas



Breakfast Ideas

1. 2 to 3 hard boiled eggs with 1/2 cup grapefruit
2. 2/3 cup hot quinoa cereal or gluten free steel cut oats, 1 scoop protein powder, 1/2 cup berries and a small handful of walnuts or pecans
3. Detox Scramble: 2-3 eggs scrambled with onion, garlic and broccoli
4. Sauté veggies and add leftover salmon. Stir to heat up and add condiments/ spices
5. 2 to 3 poached eggs over a bed of fresh spinach and sliced tomato
6. 2 to 3 slices turkey bacon with leftover veggies or sliced tomato and avocado



Lunch and Dinner Ideas

Option 1

- Green salad with sprouts, extra virgin olive oil, basil, & squeezed lemon or lime
- Baked cod topped with avocado salsa: Chop: 1 avocado, 1 tomato, 1/2 cup red onion, add 1/2 cup capers (drained), 1/4 cup fresh cilantro, 1/2 tsp. cumin, 1/2 tsp. cayenne and 2 tablespoons lime juice.

Option 2

- 1 cup black bean soup
- Chopped cabbage with chicken and apple cider vinegar

Option 3

- Organic vegetable broth
- Shrimp & vegetables: Sauté fresh shrimp and chopped garlic in a pan with coconut oil. Roughly chop 5-10 different vegetables and lightly stir-fry with freshly grated ginger & 1/2 cup cooked buckwheat noodles. Lightly drizzle with sesame oil.

Option 4

- Baby greens salad with extra virgin olive oil & squeezed lemon or lime
- Grilled buffalo burger on a baked or grilled portabella mushroom
- Mixed roasted vegetables: Roast combination of cauliflower, broccoli, Brussels sprouts

Option 5

- Beet greens with extra virgin olive oil & squeezed lemon or lime
- Wild salmon, steamed or grilled
- Steamed beets (steam 20-30 minutes or until soft, then peel off skin)

Option 6

- Mixed greens salad with extra virgin olive oil or lemon flavored flaxseed oil
- Broiled chicken with peppers: Roughly chop green, yellow & red peppers, onion and mushrooms; toss lightly with extra virgin olive oil & chopped garlic. Serve with 1/2 cup wild brown rice.

Option 7

- Steamed veggies (cauliflower, broccoli, carrots). Drizzle with olive oil and lemon after steaming.
- Baked halibut topped with tomato pesto

Option 8

- Roasted green beans
- Grilled turkey breast with sage
- 1/2 baked sweet potato

Option 9

- Baked sole with lemon
- 1/2 cup baked acorn or butternut squash
- Steamed green & yellow beans, topped with flax oil

Option 10

- Steamed kale
- Grilled chicken with garlic pesto: Mince 2 cloves of garlic and add to 1/8 cup extra virgin olive oil. Add 1/8 cup finely chopped fresh basil. Spread garlic-basil mixture on chicken breasts and allow to marinate while preparing the rest of dinner. Grill.

Option 11

- 1 cup hearty vegetable soup
- Grilled halibut
- Steamed artichoke with lemon

Option 12

- 3 to 4 oz chicken salad (made with olive oil instead of mayonnaise) wrapped in a large lettuce leaf. Add grated carrots, avocado, or other veggie of your choice.

Jump start your health today with Everyday THRIVE Detox Shake!



“

What an amazing gift to give myself and nourish my body with not only protein in the morning, but also a product designed by doctors to help my immune system and detox at the same time. This shake is very satisfying and tastes great!

”

- B.K.

“

Six months ago I decide to get serious about my health. I was not comfortable with my weight, my body was not functioning normally and my immune system was poor. Since I have been doing the Everyday Thrive Shake my whole body functions better; I've lost weight, I have very regular normal bowel movements and I never get sick. I will be on Everyday Thrive Shake the rest of my life!

”

- C.P.

Frequently Asked Questions (FAQs)

Will I lose weight?

The THRIVE 10-Day Detox Program is not designed to be a weight loss program. However, many people do lose weight during the course of this detox program. Some reasons for weight loss include: lower than usual caloric intake due to replacing meals with shakes, removing sugar from the diet, releasing toxins from fat stores, decrease in inflammation, reducing liver burden, optimize gut microbiome.

Will this affect my exercise?

You may exercise normally (monitor yourself, of course). Some days you may feel fatigued. On these days, you may want to limit yourself to gentle movement such as walking, stretching, yoga, etc. Listen to your body!

Will it be uncomfortable?

There are bound to be differing opinions about the change in diet, but this detox is designed to be gentle and easy to follow. Remember, it is not a fast, nor is it a colon cleanse, both of which are very harsh on your system. You will be eating plenty of food and the shakes are pleasant-tasting. You may feel slight withdrawal symptoms in the first few days if you are giving up a lot of caffeine or sugar. Everyday THRIVE Shake is a comprehensive formula which is meant to assist you through the challenging days. Be patient, the symptoms will pass, and it will all be worth it!

Will I get headaches?

Some people experience headaches during the first few days of their detox due to sugar and caffeine withdrawal. You may want to gradually decrease the intake of these substances one week prior to detoxification to minimize discomfort. Everyday THRIVE Shake is designed to assist your body in this process as quickly and efficiently as possible.

Will I be in the bathroom all day?

It is very important to consume extra water while on this program to help flush out toxins. Therefore, most people urinate more often than usual on this program.

Should I continue with my regular vitamins?

Everyday THRIVE Shake contains a variety of vitamins and other nutrients to help meet your daily requirements. You may suspend other natural supplements during the detox under the guidance of your health care practitioner, but continue to take any medically prescribed pharmaceuticals. Ask your health care practitioner if you have any specific questions.

