



phd
cleanse

Carrot, Apple
Beetroot, Lemon
Ginger

Red Beet

Juice

Cold Pressed
Never Heated
Keep Chilled

500ml

Pure Health Delivered®

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PHD RESET ME

CLEANSE PREPARTION GUIDE

Welcome to the RESET ME Cleanse Guide.

Congratulations on taking this step to focus on you!

This is your opportunity to take a real moment to realign your health and allow our cleanse system to give you maximum benefits.

Whether you're starting a weight loss journey, helping to rest your digestive system, or simply kick starting a healthy eating lifestyle, it's very important that you prepare for your success.

Let's get you on the right path to achieving your goal.



Cleanse Guide.

Here's your guide to the **PHD Reset Me Systems** and the order in which to consume each juice. Ideally each juice should be consumed at two hour intervals, however not everyone's situation is the same, therefore adjust the timings to suit your schedule.

RESET ME with Cashew

8am	Pure Green
10am	Yellow Hit
12pm	Red Beet
2pm	Zesty Lemonade
4pm	Pure Green
7pm	Cashew Dream



RESET ME Mini Cleanse

8am	Zesty Lemonade
10am	Sweet Green 350ml
12pm	Vegan Super Salad
2pm	Heart Beet 350ml
4pm	Supergrain Tabouli
7pm	Choc Cashew 350ml



RESET ME Juice Plus

8am	Zesty Lemonade
10am	Pure Green
12pm	Vegan Super Salad
2pm	Red Beet
4pm	Supergrain Tabouli
7pm	Cashew Dream



STEP ONE

Proper preparation prevents poor performance!

Preparing for your cleanse is no different.

It doesn't matter if you're a walking body of french fries and diet soda or if you're a floating elixir of kombucha and kale smoothies, it's crucial that you prepare both physically and mentally for your cleanse journey.

On the following pages we have pieced together our preparation guide for you to follow. This has been designed to focus on correct re-hydration, clean and whole food eating and goal setting for your success.

This guide has been developed over our years specialising in this area.





Getting into the right mindset. Set some goals and intentions!

Everyone is different.

Ask yourself, what is your goal? What is it that you want to achieve by completing a **Reset Me Cleanse**?

“People with goals succeed because they know where they are going”

~ Earl Nightingale ~

Get Setting.

Write down the goals you'd like to achieve.

It might be to stay on the path to a healthier you....

It might be to finally start on your weight loss journey...

What ever YOUR goal is, put pen to paper and use this as a reminder if you start wavering during your three day **Reset Me Cleanse**.



STEP TWO

Eat Real Food.

This is where we encourage you to eat great food. It's not about restricting yourself and having an endless list of foods that you're not allowed.

Instead, we want you to eat the most nourishing food in the lead up to your cleanse, ensuring you achieve the best results.



How to do it.

The best approach to the **Reset Me Cleanse** is to ease into the process. In the three days leading up to your cleanse it's important to clean up your everyday eating.

As well as increasing your water intake, we recommend you:

Phase Out

- Alcohol
- Sugar
- Processed foods
- Red meat
- Gluten
- Dairy

Eat Plenty

- Vegetables
- Fruits
- Organics
- Fish and seafood
- Nuts and seeds

Coffee Fix?

Good news for some!

In the past we've encouraged removing coffee during the juice cleanse, but the more we learn about its anti-oxidant properties, the more we realise coffee has its purpose.

If you're hoping to give up coffee for any reason, then by all means start phasing it out of your diet in the days leading up to your juice cleanse. You may experience withdrawals so be aware of this and be prepared for potential headaches.

If you have no intention of giving up coffee, then you're welcome to enjoy your morning brew in the lead up to, and throughout your juice cleanse. You may even want to try an organic cold brew coffee or some herbal coffee options.

Be sure to add a small lemon water immediately after your coffee as it plays an essential part in alkalizing your body.



Re-hydration

Your goal in the lead up to your cleanse should be to drink eight small glasses of water in between meals (not including herbal teas).

During your cleanse, try finishing each juice bottle and then refill with water.

Bored of plain water? Add a splash of lemon or lime juice.

You should pee! A lot!



Proper hydration has three very important benefits.

1. Assists your body's natural detoxification pathways, by removing impurities throughout your day.
2. Aids in flushing your digestive tract and maintaining the healthy bowel habits we want to encourage.
3. Helps to reduce hunger. Are you eating because you're hungry, or were you simply dehydrated?





RESET ME

Preparation Recipes.

We've put together some delicious, easy to follow recipes for your pre-cleanse preparation. Give these a go and feel free to make up your own variations.



Morning Recipe.

Green Smoothie

- 1 small handful baby spinach or kale
- 1 small banana
- ¼ avocado
- ½ cup pineapple
- 1-2 cups filtered water
- Optional ice cubes

Blend all ingredients well, adding more water if desired

You could also make this with a great tasting Almond Milk to give a little bit of extra body to your smoothie.



Midday Recipe.

Fresh Mexibowl

- ½ can black beans, rinsed and drained well
- ¼ red onion, diced
- ¼ red capsicum, diced
- ½ cup frozen corn
- ½ cup mango or pineapple (optional)
- Large handful coriander, chopped
- Handful mint leaves, chopped
- ½ Lemon, juiced
- Salt and pepper to taste

Simply cook the corn by dropping in boiling water for 2 minutes, or microwaving for 2 minutes. Then add all ingredients together in a bowl and mix well.

This is perfect served with a small portion of cooked chicken for a little extra protein.



Evening Recipe.

Deconstructed sushi

Rice

- 1 cups cauliflower rice
- ¼ cup chopped almonds
- 1 tablespoon organic tamari soy sauce

Mix well and serve over one half of the plate

For the sushi insides on the outside

- 1 free range egg
- 1 lebanese cucumber, sliced
- ½ avocado, sliced
- 2 sheets nori seaweed, broken into pieces
- Handful of coriander leaves
- Panfried salmon or chicken pieces

To make cauliflower rice, simply chop raw cauliflower florets finely with a knife, or throw into a food processor and pulse until rice texture is achieved. Place in bowls.

Scramble the eggs and lightly cook with coconut oil in a pan and put to the side.

Slice cucumber and avocado and arrange over the cauli-rice. Break up nori sheets to place on other half of your bowl and place egg and cooked meat of your choice on top.

Serve fresh coriander leaves on top, sprinkle with some and serve still hot, or place in fridge and enjoy cold later on.



Symptoms and Support.

If you've had a hard few months on your body, or have been a little over-indulgent lately then you may experience some cravings or withdrawal symptoms prior to your juice cleanse.

Some common symptoms may include:

Symptoms

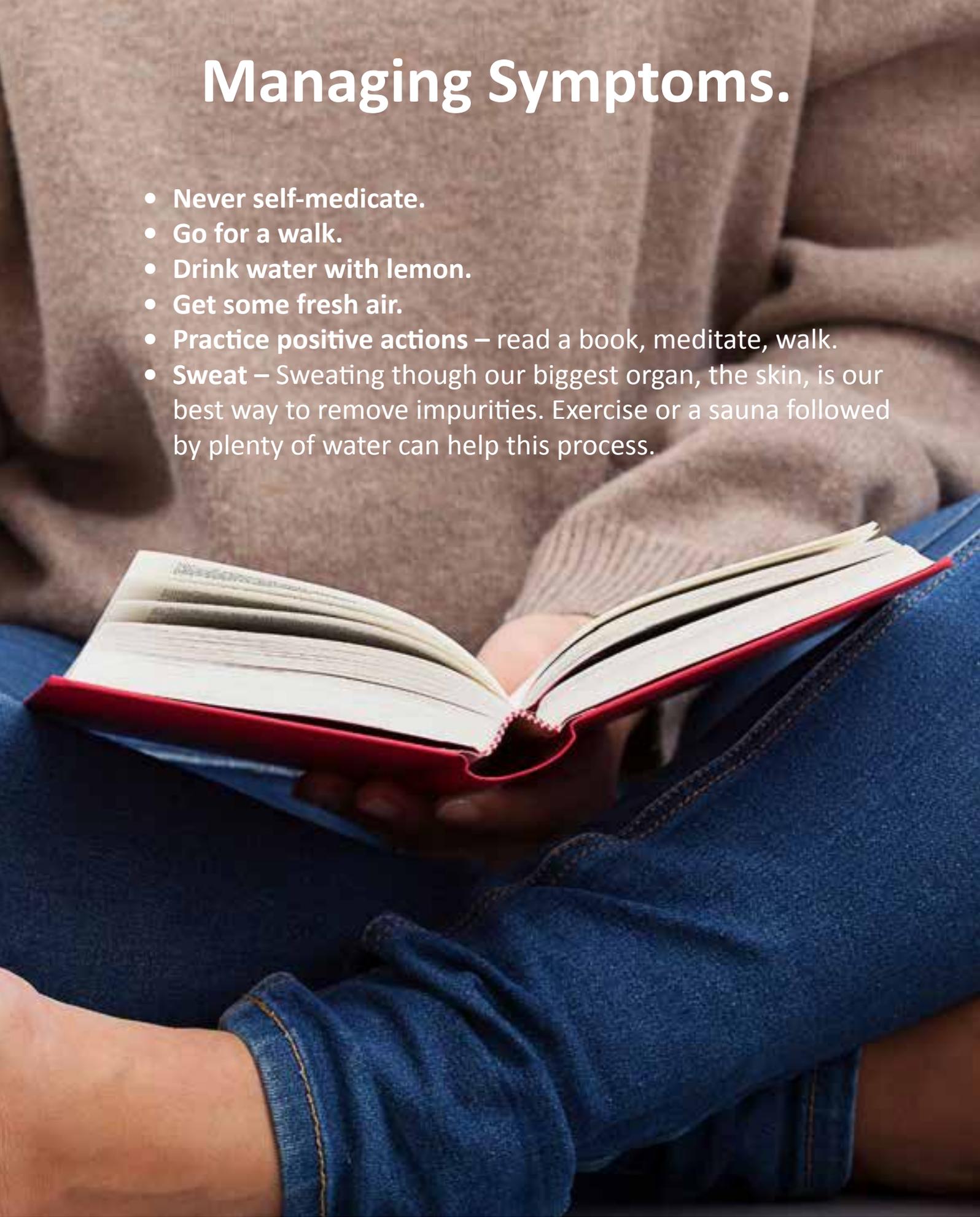
- Headaches
- Cravings
- Skin breakouts
- Lethargy
- Constipation or gas
- Anxiety

For more information on these symptoms and how to alleviate refer to our **RESET ME Juice Cleanse Guide**.



Managing Symptoms.

- Never self-medicate.
- Go for a walk.
- Drink water with lemon.
- Get some fresh air.
- Practice positive actions – read a book, meditate, walk.
- Sweat – Sweating though our biggest organ, the skin, is our best way to remove impurities. Exercise or a sauna followed by plenty of water can help this process.



Now you're ready to **CLEANSE!**



During your Cleanse.

We encourage you to wake up, and consume a small glass of warm water with some freshly squeezed lemon, alternatively a capful of apple cider vinegar to rev up your digestive system.

Shake your PHD juice bottles well before consumption and keep chilled at all times. They're real fruit, vegetables and superfoods so there will be some settling of ingredients at the bottom of your juice.

Remember to be kind to our environment by recycling your PHD bottles. Also, keep your ice packs as these will come in handy for keeping your summer picnics chilled.



The PHD Post-Cleanse.

Re-introducing whole food is essential after completing your cleanse. Your digestive system could struggle and become upset if you head straight for a large meal.

Slowly introduce nourishing foods back into your diet... In the same way we started to phase out some foods prior to your juice cleanse, we also suggest that you to re-introduce quality food gently.

Don't undo all the good work your juice cleanse has done by heading straight for the takeaway shop – it's about rebuilding great habits and establishing a nourishing whole food lifestyle.



Post Cleansing Tips.

- Try starting with steamed vegetables, soups and smoothies, which are gentle on your stomach and will help ease you back into whole foods.
- Chew your food, and yes even your smoothies, this way your body and digestive system can prepare for larger portions.
- Continue to drink 2 - 3 litres of fresh, filtered water each day. Hydration is a key foundation to great health.
- Reintroduce meats, dairy and heavy foods slowly (if at all) and listen to your body. You may find you want to eat smaller meals so make these nutrient dense and nourishing.

PHD offer a range of delicious, healthy, nutrient dense foods specifically designed for post cleanses nutrition.



What about food during your cleanse?

The purpose of the **Reset Me Cleanse** is to let your digestive system a break. It encourages you to eliminate processed foods, sugars and chemicals whilst supporting your liver.

Ideally you won't eat throughout your cleanse, however we're all different so remember to listen to your body. If you do feel like you need to eat, try something from the list below:

- **A handful of raw nuts** - this may help if you're having cravings or feeling tired. Almonds, walnuts or cashew nuts are perfect.
- **Fresh fruit pieces** - pears are a great option.
- **Small green smoothie** - see our recipe on page 12.
- **Fresh berries.**
- **Raw vegetable sticks** - celery, brocolli or cauliflower
- **A handful of sunflower and pumpkin seeds.**



Let your cleanse journey begin!

Hopefully this guide has been informative and helpful, however if you have any questions about our products or process feel free to contact us.

Email: sales@phd.co.nz

We will be in touch soon.