

The Reset

What does The Reset entail?

- A health-changing 21 day program
- *The Reset* book that entails recipes, shopping lists, tips on how to manage your stress, and other ways to becoming healthier
- A closed Facebook group
- Two group meetings (kick-off and midpoint) with Nutritional Therapists, Marnie and Allison, held at 51 Eastern Avenue in Essex, Massachusetts
- Working in a group setting with other participants
- Supplements that support detoxification pathways (optional)

What makes The Reset different from other diet programs?

1. This is NOT a narrow focused cleanse or fast; we emphasize nourishing- not starving- your body with real food.
2. We address more than just your diet by emphasizing other important components such as sleep, stress, and exercise.
3. Cooking healthy meals does not mean hours in the kitchen. The Reset includes nourishing recipes that take less time than ordering takeout. We teach you how to prepare nutrient-dense meals so you are not overwhelmed.
4. You can rely on regular group support during The Reset and beyond.

Our program can help with the following symptoms?

- trouble with sleep- cannot fall asleep or waking at night
- carrying extra weight
- joint and muscle aches and pains
- brain fog
- fatigue
- low libido
- skin breakouts
- seasonal allergies
- digestive symptom such as constipation, gas, bloating, loose stools
- sugar cravings
- autoimmune disorders
- infertility

THE RESET

A 21-day program with an emphasis on nourishing your body with healthy, real food

Registration Form (please print)

Name: _____ E-mail: _____

Address: _____

Phone Number: _____

How did you hear about us? _____

Informed Consent

I am choosing to follow The Reset on my own accord. I understand that I will be limiting the variety of foods that I will be eating for a period of 21 days. I understand that there could be risk associated with this. I have spoken with my doctor, if necessary, who has approved my participation in this program. I acknowledge and assume the risk and, in the event of bodily injury, release any claim against Allison Hall, NTP or Marnie Lawler, NTP. I will not hold the aforementioned parties liable for such injury. I understand that this program is not recommended if I have any of the following conditions: pregnancy, underweight, insulin dependent diabetes, or advanced kidney or heart disease. If I have an eating disorder, I am participating under medical supervision.

Signature: _____ Date: _____

Before Beginning The Reset Program

People with certain conditions should not detox. Please do not proceed if any of the following currently apply to you:

- You are pregnant or breastfeeding (can participate with some modifications).
- You have type 1 (insulin-dependent) diabetes.
- You are currently living with advanced cancer and are losing weight rapidly.
- You are taking a medication that needs a stable blood concentration, including medication for preventing blood clots (such as Coumadin), antiarrhythmics (such as Tikosyn), or anticonvulsants (such as Tegretol). Stable blood concentrations of drugs may get disrupted as absorption rates change, leaving you on too high or too low a dose. Consult with your doctor and do not proceed on any kind of detoxification program without supervision of an expert.
- You are currently living with any other disease that needs close monitoring and in which slight changes in your body chemistry could pose a threat.

Frequently Asked Questions

Why did we create The Reset?

- After talking to many clients, friends, and family, we realized that many have a misunderstanding of what is considered healthy when it comes to nutrition. There is a lot of information out there and we want to clear up any misconceptions people may have formed.
- From working with clients one-on-one and in group settings, we find that people have a higher success rate working in a group.

Who were we influenced by?

- The Nutritional Therapy Association, from which we both have certification
- Weston A. Price
- Chris Kresser

* We reference and use a lot of the information they provide; we encourage you to do some research on your own to learn more about their philosophies.

What are the goals for The Reset?

1. First and foremost, we want you to focus on nourishing your body with whole foods from local farms and grocery stores that we have provided for you in The Reset book.
 - This will eliminate cravings and may even change your palette.
 - Eating real foods will ensure that you are getting all of your vitamins and minerals and not eating foods that deplete you of them.
2. You can restore your body's natural balance.
 - After you complete The Reset, you will notice that you feel and move better than you did before.
 - Your sleep may improve, your skin may clear up, joint/muscle pain may dissipate, and/or you may even notice unknown symptoms to dissipate.
3. You can create a lifestyle change that will last.
 - You can overcome fear of change.
 - You can undo habits that may be founded on eating foods out of convenience.
 - You can acquire tools to help you create a change in your diet that is sustainable.

What is included in The Reset?

- The Reset Book
 - recipes
 - sample meal plans
 - ideas for managing stress
 - symptoms you may encounter
 - further topics
- Facebook group support
- Supplements (see below)

I see there are several options to chose from when registering; what supplements are you using during The Reset?

Please click on the supplement to read more about each.

- [Supplement Packs](#)
- [Nutri-Clear](#)
- [Protein Powder](#)

Is there group support during the Reset?

- For group support, we have chosen to create a closed Facebook page; you will be accepted into this group after you complete the registration.
- You can look forward to daily postings.

Why is bone broth used in The Reset?

- Bone broth has many health benefits including boosting your immune system, strengthening your hair and nails, improving digestion, and more.
- For further information, [click here](#).

How do we get/make bone broth?

- We want you to purchase chicken bones or beef bones from a local farm or grocery store and cook your own bone broth, and we have included easy recipes in The Reset book.
- We can also make it for you, which would be an additional cost; please inquire.

What will we do with the bone broth?

- Sip on it between meals.
- Use it in many of the soups and main courses we have provided for you in The Reset book.

Do I need anything special for The Reset?

- High-powered blender
- Slow cooker
- Immersion blender
- Dutch oven
- Spiralizer (optional)
- Source of pure water
- Bone broth - [Good Morning America Bone Broth](#)

Can I exercise?

- Yes, we encourage exercise such as jogging, walking, strength training, and yoga.

How long is The Reset?

- 21 days total
 - Step 1 is 7 days
 - Step 2 is 2 days
 - Step 3 is 8 days
 - Step 4 is 4 days.

What symptoms could I experience?

- Constipation, diarrhea, headaches, low energy, high energy, rash, gas and bloating, trouble sleeping, body aches, nausea, cravings, bad breath, and/or body odor.

Do we fast?

- No, we eat real, nutrient dense food the whole time.

Will I lose weight on The Reset?

- Yes, people do lose weight, but remember it is a gradual process.

Are you ready for change?

- The 3 C's of Life
 - Choice
 - Chance
 - Change

You must make a choice to take a chance or your life will never change.