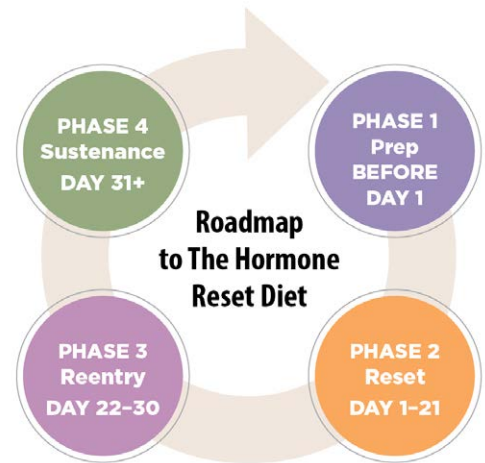


DR. SARA'S
DETOX
QUICK
START
GUIDE



Welcome!

Congratulations on purchasing the Hormone Reset Detox! If you are short on time, get started right away with this **Quick Start Guide**. It's the "how-to" information that you need. If you want more about the "why," be sure to buy and refer to [The Hormone Reset Diet](#) and the membership website. The goal of our MD-designed, science-based Detox is to reset and rebalance the 7 key hormones of metabolism. Most people experience improved energy, weight loss (if needed), better digestion, lower stress, and restorative sleep. In this guide, you will find the four phases of the Hormone Reset Detox, an overview of the 7 Hormone Resets, the Guidelines, A Day in the Life of a Detoxer, a 7-day sample menu, and frequently asked questions.



Prep (PHASE 1, BEFORE DAY 1)

Honor your choice to start this detox by preparing yourself for success and lasting results.¹ **Let your loved ones know** about your 21-day Detox, and find **accountability partners** to support you on your journey. Read over the kitchen reset, shopping lists, and menu planners so you are armed with a detox-friendly kitchen and make-ahead recipe ideas. Begin by measuring yourself as indicated on page 26 in *The Hormone Reset Diet* and record in your Detox journal.

21-Day Hormone Reset (PHASE 2, DAY 1-21)

The resets build upon one another to rebalance your hormones. Once you start eliminating foods in a reset, you continue to no longer eat those foods through the rest of the detox until the reentry phase (Day 22), when you will slowly add foods back and test your response. Please do not skip over resets.

Here is the order of the 3-day hormone resets:

1. Meatless Day, 1-3, is designed to reset your estrogen by excluding red meat and alcohol from your diet and increasing your fiber to 35-45 grams a day. (If you don't eat red meat, concentrate on the fiber component and removing the alcohol). During the first six resets, you will drink one RESET360 shake per day.

2. Sugar Free, Day 4-6, will start to banish your cravings for sugar and reset your insulin. Eliminate all sugar including natural sugars like honey and artificial sweeteners EXCEPT for stevia, erythritol, xylitol, and monk fruit (the only allowed sweeteners in moderation). Have no more than 15 grams of sugar per day.

3. Fruitless, Day 7-9, will target your hunger hormone, leptin. Keep your total fructose per day to less than 20 grams.

4. Caffeine Free, Day 10-12, will reset your relationship to stress and cortisol.

5. Grain free, Day 13-15, is formulated to activate your thyroid hormone in a powerful new way and will reset insulin and leptin.

6. Dairy Free, Day 16-18, is designed to reset growth hormone, which also improves insulin.

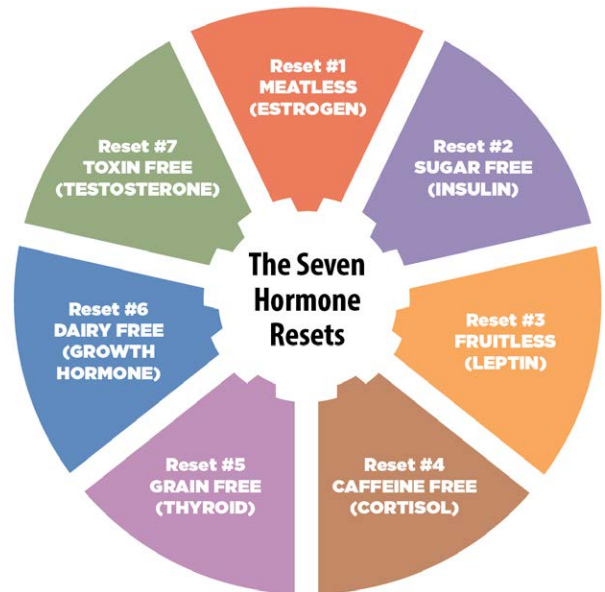
7. Toxin Free, Day 19-21, will redirect your testosterone level to normal, along with supporting the reset of estrogen, insulin, leptin and thyroid. During the final reset, you will increase your detoxification by drinking two RESET360 shakes per day.

Re-entry (PHASE 3, DAY 22-30)

In this phase, you add back one food at a time and see how your body reacts. You will also then create your own personal food code, which states in written form your personal commitment when it comes to food and nourishment.²

Sustenance (PHASE 4, AFTER DAY 30)

In your final phase, you will implement your new food code in order to sustain your weight loss and other benefits experienced from the detox.³ I'll be introducing you to a new Sustenance Membership program to help you remain engaged and protect your hormones' resets.



Dr. Sara's Hormone Reset Detox Guidelines:

Do these each day!

Remember:

1. Eat the highest quality, most nutrient-dense organic food you can afford.

2. Eat probiotic rich foods. Fermented foods contain natural probiotics, or healthy bacteria, that can take your health to the next level. Ex. yogurt & kefir (until dairy free on day 16), miso, and fermented vegetables, like sauerkraut and kimchi.

Here's a Typical Day in the Life of a Hormone Reset Detoxer

Upon waking:

- Evaluate how your sleep was the night before. How many hours did you sleep? Do you feel rested? Record in your Detox Journal.

EAT/DRINK

- Water:** Drink at least 2.2 liters per day for women (3 liters for men). Other approved beverages include hot water with lemon and herbal teas.
- Vegetables:** Aim for one pound per day—half lightly cooked, half raw. (If you have thyroid problems you may wish to lightly cook all your vegetables.)
- Clean proteins:** Eat 25 to 40 grams of protein per meal, aiming for 75 to 125 grams total per day, or about 25 to 33 percent of your total calories. Enjoy eating crustaceans, cold-water fish, organic and pastured chicken and eggs, and limited non-GM soy and legumes.
- Net carbohydrates:** Eat 25 to 49 grams of net carbohydrates (total carbohydrates less fiber, in grams) per day. Include sweet potatoes, yams, cassava, lotus root, plantains, and Hormone Reset shakes. Overall, net carbohydrates should be 10 to 15 percent of total calories each day, which ends up including 10 to 25 percent of total calories from slow carbohydrates, as long as you're consuming sufficient fiber.
- Healthy fats:** Eat the remaining calories in fat, or about one-half of your total calories. Consume seafood, avocados, and olives, and cook food in coconut oil and pastured ghee.

MOVE

- Aim to get **at least 30 minutes per day** of movement or exercise.
- Listen to your body:** If you feel like running, great! If you want to do something more low-key, honor that.
- Generally, lighter forms of exercise—such as **yoga or walking**—work best.

SUPPLEMENT

Fiber: Work up slowly to 35 to 45 grams per day for women (40 to 50 grams for men). Don't increase more than 5 grams per day in order to prevent gas and bloating!

Dr. Sara's Hormone Reset Kit is available at www.HormoneReset.com/ supplements and can help you detoxify more deeply.

Shakes: Buy a nondairy, nonwhey protein powder for making an optional one to two shakes per day, such as the shake I personally vetted in Dr. Sara's Hormone Reset Kit.

DR SARA'S DETOX QUICK START GUIDE

- Check your fasting blood sugar and record it (optional, but highly recommended if weight loss is your goal). The target range for your fasting blood glucose is 70-85 mg/dL or 3-4.7mmol/L.
- Prime your digestive system with warm lemon water with cayenne.
- Start your day with a few minutes of yoga and meditation for intention setting. (For ideas, check the membership website and [Dr. Sara's YouTube channel](#) for her Just One Pose series).

Within 30 minutes of waking:

- If 30 minutes is too stressful and you can't get it done, then give yourself 45 to 60 minutes. Though we give guidelines for the greatest success, you should work out what's best for yourself and the way your body responds.
- Optional but recommended if weight loss and/or increased detoxification is your goal: Take your RESET360 supplements: 2 capsules of Crave Control, 1-2 soft gels of Omega Love and 1 packet of Detox Essentials (or Clean Slate). Take these on an empty stomach (or after medication, as directed by your physician). These can also be taken in the evening or divided up during the day. Your choice!
- Make your RESET360 breakfast shake and start your day! Remember this meal should last you until lunch, or at least 4-6 hours.

Other optional morning actions:

- Dry brush before you jump in the shower, from head to toe. Start from the bottom of your feet to your belly, then from your hands towards your shoulders, and finally upward on your torso towards your heart to encourage lymphatic drainage, which collects near your heart.
- Scrape your tongue before you brush your teeth.
- Oil pulling. [Click here to learn more.](#)
- Check your post-prandial blood sugar 2 hours after breakfast. Aim for a target range of 70-99 mg/dL or 3.9-5.5 mmol/L.

Lunch:

- Check in with yourself. How are you feeling? What changes do you need to make so the rest of your day can be great?
- Take 2 capsules of carb control 30 min before you eat (optional)
- Have a reset friendly lunch, which should only include foods appropriate to the reset you are currently in.
- Keep drinking water. Make sure to drink at least 2.2 liters/75 oz including herbal teas and sparkling water by the end of the day.

Dinner:

- Take 2 capsules of Carb Control 30 min before you eat (optional) and 1-2 soft gels of Omega Love (optional) if you didn't take it earlier in the day.
- Have your reset friendly dinner 3 hours before bed. (Note: During Reset #7, make sure to have two RESET360 shakes per day).
- Turn off the television at least an hour before bed.
- Oil pulling (optional).

"I am happy to report that I'm down 15 pounds, my clothes fit better, I have way more energy, and I can touch my fingers behind my back in cow face pose again without pain! And, most importantly, no more anxiety symptoms or digestive distress. I'm still figuring out my ultimate food code, trying to get my fasting blood sugar down, and I'd like to drop 10 more lbs. The reintroduction of foods hasn't yielded dramatic reactions, so I will be staying with this phase for a bit, while I keep on with the new and awesome habits I adopted while going through the detox!

– Heidi F.

DR SARA'S DETOX QUICK START GUIDE

- Reflect on your day. Record in your journal and include the following: what went well? What are you grateful for? Why do you want to be healthy? What do you want to accomplish tomorrow? What is your meal plan for tomorrow?
- Take a relaxing detox bath with 1 cup of Epsom salts and 10 drops of your favorite essential oil like lavender, sandalwood, frankincense or other.
- Get on the angel train for some deep hormone restorative sleep.

RESET Daily Checklist:

- ✓ 1 pound of vegetables.
- ✓ 75-125 grams of clean protein.
- ✓ Roughly 50% total calories from healthy fat.
- ✓ Total net carbs between 20-49 grams.
- ✓ 10,000 steps.
- ✓ 2.2 liters of water.
- ✓ Drink one to two RESET360 shakes each day.

Master Food List: Approved Foods for The Hormone Reset Detox

VEGETABLES		STARCHY VEGETABLES
Artichoke Arugula Asparagus Bell peppers* Bok choy Broccoli Brussels sprout Cabbage Carrots (raw) Cauliflower Chicory Celery Cucumbers Eggplant* Endive Fennel Herbs Green beans Jicama Kale Leafy greens	Leeks Mushrooms Okra Onion Peppers* Pickles (no sugar or vinegar) Radishes Rutabaga Scallions Sea vegetables Spinach Sprouts Summer squash Swiss chard Tomatillos Tomatoes* Watercress Zucchini Note: this list is not exhaustive <i>*Avoid nightshades if you experience inflammation</i>	(limit to ¼ cup per meal) Beets Carrots Parsnips Peas Potatoes Pumpkin Winter squash Sweet potato Yams
		FRUIT
		Lemon and limes Avocado Olives Fresh and dried coconut Berries (limit to ¼ cup per day until Fruitless reset on D7)
LEAN/CLEAN PROTEIN	SEEDS	HEALTHY FATS
Organic chicken Free range eggs Organic turkey Organic whole non GMO tofu/tempeh/edamame (no more than 2x a week for thyroid health) Shellfish Wild caught fish Beans Lentils	Chia seeds Flax seeds Hemp seeds Quinoa Sesame seeds Sunflower seeds Pumpkin seeds	Almonds (8 = 1 tablespoon) Avocado Brazil nuts Cacao nibs Cashews Coconut flakes (unsweetened) Coconut oil Coconut milk Macadamia nuts Olive oil Pecans Pistachios Pumpkin seeds Sunflower seeds Walnuts

Here Are Common Detox FAQs

Q) What are common or normal symptoms I can expect to feel during the detox?

A) We often expect you to feel worse before you start feeling better, because you are detoxifying. There's a cruel irony when it comes to detoxing and weight loss, in that as you burn fat, even a few pounds, you are releasing MORE TOXINS into your bloodstream. Remember that you store endocrine disruptors like bisphenol A from the plastic coating on receipts, and phthalates from scented products IN YOUR FAT TISSUES. So when you detox and burn fat, your blood level goes from your baseline up to a higher level. No wonder you feel like crap, inflamed, achy, stuffy, like you have the flu and want to quit. You may even feel MORE TIRED, and crave sugar and caffeine as a crutch to get you through. That's the main biochemical reason you feel worse before you feel better. It is very common to see the following as you are detoxing the body: rash (or other skin irritations), diarrhea, constipation, headache, grogginess, brain fog, irritability, fatigue, bloating.

The results were amazing. Excess fluids gone, pain from inflammation gone, 14 pounds gone, brain fog clear and the best sleep ever were my grateful outcomes from the reset. I will not add back grains and alcohol for a while as I discovered they are my avalanche foods and the gateway to digestive pain.

– Deirdre K.

Let me add that we don't just let you raise your blood level of toxins and abandon you - no, we are busy getting you to do the following to reduce your bodytoxic burden and minimize your detox symptoms:

1. Bumping up your fiber so that you can take the endocrine disruptors and poop them out (but increase slowly by 5 grams per day, especially if you are experiencing gas/bloating).
2. Eating a pound of vegetables per day, especially the cruciferous veggies like broccoli, as they support your liver with detoxification.
3. Providing PREBIOTICS to feed the good bacteria with resistant starch. Our shakes have inulin from chicory root, which is a prebiotic.

4. Raising your level of probiotic food and probiotics in the shake so that you can increase your numbers of good bacteria that help you to detoxify.

5. Removing caffeine so you can sleep more restoratively - that's when the repair is happening in your body, on your DNA, hormones, and hormone receptors.

6. Giving you more minerals in your foods, such as with the detox broth, in bone broths, and in the shake - which has calcium, magnesium, zinc, selenium, copper, manganese, chromium, and potassium.

7. Creating a more alkaline environment, so your enzymes that have been flagging can work better to build up your neurotransmitters, make happy hormones, and help you detoxify properly.

8. In your detox packets, you're getting several herbs that support your liver such as dandelion, burdock, and stinging nettle.

9. In your detox packets, there are several herbs that support your gut like berberine.

10. There are also other important nutrients in your detox packets like N-acetyl cysteine, which lowers heavy metals and supports detox pathways, and the amino acid L-glutamine which repairs the gut.

11. Drinking lots of water.

12. Taking detox baths with Epsom salt and baking soda in a 2:1 ratio, respectively.

13. Finally, we're working on the stress that activates blood sugar dysregulation. This is where a detoxifying mindset is important, and trusting your body to do its part as you do your part, by taking each step together in the detox.

Q) I'm gassy (or constipated)! Help!

A) Know that you are feeding your body healthy, nutritious food. Some of you may benefit from **digestive enzymes** if you are experiencing intense bloating or gas.

If you are experiencing the bloat and gas after eating the shake: you may want to consider trying the shakes without any fruit added, or

leaving out the fiber until your body can adjust. Sometimes this combination causes gas and/or bloating. The shake powder is great with just ice and coconut milk (or your favorite detox-friendly liquid). Try adding other ingredients one at a time to test whether different combinations work for you. If none of this helps, you may be intolerant to something in the shake powder. Consider trying an alternative powder or making shakes without the powder.

The following are NOT detox symptoms and you should seek advice from a health professional: extreme muscle weakness with numbness, feeling faint, like you're going to pass out.

Q) I'm constipated since starting the detox - any tips?

A) Make sure you are moving a lot. For example, walk 45 min in the morning, climb stairs, or do some squats. Make sure to move throughout the day as much as you can. I have also found that magnesium citrate or glycinate works well. (I have suffered from the same issue, so I feel ya!) If you are already taking fiber you might want to add a probiotic.

- Make sure you are getting enough water (at least 1/2 your body weight in ounces daily) .
- Magnesium in the evening can help. Typical dose for people is about 400mg at night and then you should have a bowel movement in the morning
- Be consistent with your fiber intake as you are increasing it (35-45 grams/day for women at a healthy weight & 40-50 grams/day for men and overweight women). Too much too soon can cause constipation.
- Taking a shot of olive oil with fresh lemon juice in the morning before your shake may help too
- Try adding zucchini and 1-2 tablespoons of freshly-ground flax seeds to the shake.
- Could it be stress?

Q) How do I make a shake?

A) Have 1 shake per day during days 1-18, then 2 shakes per day during days 19-21. You will go back to 1 shake/day during reentry. This means you will be having at least 1 shake/day for the full 30 days. Your daily shake(s) is to replace your "problem" meal. If you don't have a problem meal, just choose a convenient meal. For most

people this is breakfast, but it does not need to be eaten then. The shake is to replace a meal, not in addition to your 3 meals/day. Our shakes are not necessarily a requirement but more of a strong recommendation (in the same way as the supplements and daily rituals) of a great way to get in all the nutritional benefits they offer. They are also a strong protein source, along with the fiber. Our shakes are based on functional medicine.

If you cannot purchase the shakes, at a minimum, you will need to purchase a grain free, fruit free, non-dairy/non-whey protein powder (at least 36 servings worth – or more if you're a man or if you anticipate needing additional shakes) and a water-soluble fiber blend (30- 36 servings worth). 4-5 tablespoons of plain hemp powder is also a good alternative for protein if the ones you are finding aren't detox approved. Check the ingredients list of my products and do what you can to match it while avoiding ingredients that aren't allowed in the detox. Remember, the shakes with protein powder are optional. Our protein shakes can be used before and after the detox, provided your health care provider hasn't advised against it.

Tips to make smoothies according to your taste preferences:

How to make them thicker

(avoid these if you do not like a thick shake):

- add ice
- add frozen fruit
- add avocado or frozen avocado
- add frozen cubes of leafy greens or other veggies
- add less water or coconut milk
- add 1-2 scoops of fiber

How to make them thinner:

- add more water or coconut milk (or only add these and it is guaranteed to not be thick!)
- add fresh fruits or veggies

Simple Green Functional Medicine Shake

- 2 scoops chocolate RESET 360 shake powder
- 2 scoops Dr. Sara's fiber blend
- 1 cup frozen organic spinach
- 1 zucchini
- 1 tablespoon cacao nibs
- 5-6 ice cubes

Blend with filtered water or unsweetened coconut milk to desired consistency, ideally in a high-powered blender such as a Vitamix or Blendtec.

Q) Can I have _____? Not finding a specific food you are curious about?

A) Review the approved food list. Email us if it's not clear (support@reset360.com). If there is an ingredient that is not allowed during the detox, then it is not a detox-approved food. Refer to the kitchen reset on the Detox membership website.

Q) I really need to lose weight. What will set me up for success?

A) Great question! If your goal is weight loss:

1. Be sure to do all or most of the measurements before Day 1. Most important are weight, waist and hip circumference, and blood sugar. (See page 26 of chapter 2 in [The Hormone Reset Diet.](#))

2. Get an accountability partner, which has been shown to double results.

3. Try on a pair of fitted pants or a dress. Describe how it fits. Do this before Day 1 and again on Day 22.

4. Limit carbohydrates to 25-49 net carbs per day (total carbs less fiber).

5. Exercise 4 times per week for 30 minutes. Burst training is ideal.

6. Don't eat after 7 pm. Eat your meals every 4-6 hours without snacks. This will help you burn more fat.

7. Clean up your gut. See a health professional who practices functional medicine if you have gas, bloating, discomfort, diarrhea, and/or constipation.

8. Assess for fungal overgrowth, also known as yeast or Candida. We see this problem in 70-80% of people with weight loss resistance. It will help you to be off alcohol, sugar, vinegar, and grain but you may need additional advice from your health care professional.

9. Master your sleep. If you're stressed and/or have trouble sleeping, be sure to perform the daily rituals. They are designed to reset your circadian rhythm and calm down your Hypothalamic-Pituitary-Adrenal axis. Read more in chapters 2 and 6 of *The Hormone Reset Diet*.

10. If you are eating for emotional reasons or stress or bingeing, and can't seem to stop, consider a 12-step program such as *Overeaters Anonymous* or *Food Addicts*. You can take our food addiction quiz to learn more. Additional

After 21 days though something else happened - not only did I lose weight and inches, my mood improved, my anxiety level is down, I sleep better and I feel better. I now know from adding back certain foods on re-entry what was affecting me and how. This is a life changer in how I look at food, what I consume and how I will live from here on out. The amount of knowledge that you walk away with after 21 days from Dr. Sara and her staff is huge and I can't say thank you enough. I've never been good at diets, but this isn't a diet, it's a way of life.

– Stephany S.

help may be needed from an addiction or eating disorder specialist.

11. Be patient. As you get older, metabolism slows down. This program works as long as you work it. Don't expect miracles! But do expect gradual, sustained progress as you reset your hormones of metabolism.

Medical Disclaimer: While this program was designed by a physician, it is not a medically-supervised program. Our goal is to help you achieve better health by recommending foods, nutrition supplements, mindset, exercise, and lifestyle modifications that may enhance health and well-being. Unless otherwise noted, our staff and volunteers are not trained or licensed nutritionists, personal trainers, or physicians. Always consult your physician before beginning any fitness, diet, or nutrition program.

(Endnotes)

¹ Sara Gottfried, *The Hormone Reset Diet: Heal Your Metabolism to Lose up to 15 Pounds in 21 Days* (New York: Harper Collins, 2015), 42.

² Ibid, 220.

³ Ibid, 237.



DR. SARA'S 7-DAY DETOX SAMPLE MENU

	MEAL 1	MEAL 2	MEAL 3
DAY 1 (Meatless)	Greens, eggs, and yam*	Shake	Raw kale Brussels sprout salad with roasted chickpeas and avocado*
DAY 2 (Meatless)	Shake	Raw green veggie soup with avocado and cilantro	Salmon and avocado salad on a bed of spinach and arugula with lemon Dijon dressing
DAY 3 (Meatless)	3-egg omelet, 1/2 cup asparagus, and 1 cup chopped, sautéed spinach	Tempeh, sweet potato with sautéed greens, and kimchee	Shake
DAY 4 (Sugar Free)	Shake	Broth with green veggies and cooked lentils	4-6 oz cod, 6 oz Brussels sprouts, and 1-2 cups salad with an oil and lemon dressing
DAY 5 (Sugar Free)	Chia kefir pudding	Spinach, strawberry, and chicken salad	Shake
DAY 6 (Sugar Free)	2 egg whites plus two whole eggs cooked with 1 cup sliced green vegetables	Shake	1-2 cups sautéed greens with a 6 oz organic turkey burger wrapped in romaine lettuce leaves or collard greens
DAY 7 (Fruitless)	Shake	Thai coconut chicken soup with 2 cups salad with an oil and lemon dressing	Spaghetti squash with kale pesto served with 6 oz steamed shrimp

*Find recipes in the Hormone Reset Menu Planners and Cookbook in the membership website, or in The Hormone Reset Diet (HarperOne, 2015).