

21 Day Reset

Do you suffer from weight gain, headaches, brain fog, digestive problems, chronic sinus drainage, low energy, skin irritations, mood swings, or joint aches?

Problems like these can take their toll on the body. We learn to live with them, take pills to feel better and we tell others that we feel “fine” but we really don’t. Sometimes we don’t even realize how awful we feel.

Want to feel optimal and live life to the fullest? Want to wake up feeling full of vitality so you can do whatever makes you happy? What if you could feel better, even better than “I’m fine”? What if you could have **more energy, reduced headaches or brain fog and loose weight**? Are you ready to feel better? Are you all in? Did you know that the food we eat can trigger responses in our body? Ready to discover the foods that are taking their toll on your body?

If you answered yes, then this 21 Day Challenge is for you! By eliminating possible trigger foods for only 21 days, you will allow your body to recover and function more efficiently. You will learn how certain foods react in your body. And you will feel better than you ever imagined! You are worth it!

Why does this work? Adverse food reactions happen because we eat the same food day after day which can result in greater sensitivity to those foods. This can impair digestion and absorption which affects our health.

“After the initial period of eliminating foods, many chronic symptoms should improve or disappear. When the burden on the immune system is decreased, the body has an opportunity to heal.”

(Elimination Diet Comprehensive Guide from The Institute of Functional Medicine)

Benefits of doing this 21 Day Reset...

- identify food triggers
- promote body awareness of foods
- reduce toxic burden
- reduce inflammation
- repair intestinal permeability
- help heal your gut
- you will lose weight

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Tips for having a successful 21 Day Reset

Plan what you are going to eat at least 24 hours in advance and stick to your plan. Have everything you need before starting this challenge. . Eat three meals a day and eat until you feel satisfied. Avoid overeating and waiting until you are starving. Journal what you ate each day.

For every meal, your plate should be 1/2 vegetables with some fruit, 1/4 non-gluten whole grains, and 1/4 protein.

YOU are worth the effort! Feeling optimal is worth 21 days of giving up some food. The first few days are the hardest because you could have some withdrawals from the sugar and flour. Just remember your why - why you are doing this. I worked with a client who had daily headaches and brain fog. She was all in with doing this 21 challenge and she stuck to it. She lost more than 10 pounds, no longer has headaches and her brain fog is gone! She is super excited. She was able to identify which foods were causing the headaches and brain fog (sugar and gluten). She feels better than she ever imagined and is committed to taking care of her health.

Now a word about your thoughts. If you think this is too hard then it will be. **If you think you can do this, you will succeed.** Whatever you believe will come true. I will give you some new belief statements where you can choose a thought that you like. Repeating this thought over and over will create a new belief that can replace the old one that no longer serves you. This is so powerful in moving forward and creating the life you desire and deserve.

Listen to what you are telling yourself and talk back if necessary. If you are thinking it's too hard to find recipes you like then you will prove that true. Try thinking instead, "It's possible to find recipes that will work for me." Are you thinking "I don't have time to prepare the fresh foods?" What if you told yourself "I have plenty of time?" I can't stress enough how important it is to notice what you are thinking and challenge thoughts that aren't helping. Our thoughts drive how we feel which determines what we do or don't do and that creates the results in our life. You will succeed just by telling yourself you can.

Watch the magic of doing this unfold as you manage your thoughts and tell yourself over and over that you are doing this. **YOU GOT THIS!**

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New Belief Statements

To create a new belief you have to say it over and over. It's powerful to pick a few thoughts that you like and write them down where you can see them and say them a few times throughout the day. Also, there's an app called ThinkUp that will help you build a positive mindset using affirmations and self-talk. Remember that your brain finds evidence for what you are thinking even if you don't fully believe it yet. Here are a few ideas...

I am happy, healthy, and successful.

I love myself no matter what.

I am making planned decisions ahead of time and not following impulsive decisions or reactions.

I am having fun doing hard things for myself and my health.

My relationship with me and my health is deliberate, planned, and honored.

I have so many good qualities.

I am confident.

I can achieve anything through hard work, learning and persistence.

Everything is figure-out-able.

I am the creator of whatever I dream.

I am unstoppable when I put my mind to it.

Things are always working out for me.

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Foods to Eat

- Fruits
- Fats & Oils that are minimally refined, organic, and non-GME. Canned coconut milk counts as a fat and is ok to use. Ghee, Olive Oil, Coconut oil, Avocado oil are ok.
- Nuts and Seeds
- Protein. Include protein with every meal. Use non-GMO and grass-fed meat if possible.
- Legumes. One serving of legumes daily is recommended.
- Vegetables. Lots of Vegetables. Eat with each meal even breakfast. Eat a rainbow of colors.
- Non-gluten whole grains
- Dark chocolate is ok used sparingly

Foods to Avoid

- Corn
 - Dairy
 - Eggs
 - Gluten grains
 - Sugar
 - Shelfish
 - Soy
 - Pork
 - Processed lunch meats
 - Peanut butter (other nut butters are ok)
 - Soy sauce, ketchup, barbecue sauce, chutney etc (check labels for added sugars or other ingredients not on this program)
- Don't drink these...**
- Coffee
 - Alcohol
 - Soft drinks (sparkling or mineral water is ok)
 - Artificial Sweeteners are not acceptable.

Drink lots of filtered water and herbal tea is ok. Add freshly squeezed lemon or lime to your water for extra flavor.



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You don't have to count calories plus you get to personalize what you will eat from the list of approved foods. For every meal eat 1/2 vegetables with some fruit, 1/4 non-gluten whole grains (brown rice, quinoa, oats, etc.), and 1/4 protein.

Fruit and Vegetables are protective foods. They protect us from sickness and disease because they are full of vitamins, minerals, and fiber.

Protein builds and repairs body tissues, muscle, cells, and skin.

Carbohydrates provide fuel for the central nervous system and energy for working muscles.

Food substitutes

Milk - unsweetened rice, almond or coconut milk.

For bread, crackers or pasta use gluten free varieties. There is pasta made with brown rice or garbanzo bean flour. Just make sure they are gluten and sugar free.

Eggs - 1 Tbsp. flax meal or chia seeds in blender with 1/4 cup water. Allow to thicken for a few minutes.

I found chocolate caramel coconut ice cream bars at health store that were really good and met criteria of this plan.

For sweeteners you can use brown rice syrup, pure maple syrup, raw honey, coconut sugar, erythritol and stevia. Use minimally.

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A note about inflammation. When inflammation is present we burden the immune system's response and inflammation is associated with many chronic diseases.

There are many anti-inflammatory foods included in the 21 day challenge that provide anti-inflammatory support to your body. Here are some examples of food that provide omega-3 fats which are the best way to provide anti-inflammatory support to your body.

- Fatty fish such as wild caught salmon, cod, tuna, and sardines provide a balance of essential fatty acids high in omega-3 fats.
- Grass-fed lamb and beef contain omega-3 fats (grain fed animals are lacking).
- Nuts and seeds such as almonds, walnuts, and flax seeds
- Dark leafy greens. They are also high in the phytonutrients called glucosinolates that assist detoxification
- Red and blue colored fruits and vegetables. They contain anti-inflammatory phytonutrients.
- Extra-virgin olive oil and olives contain phytonutrients called polyphenols.
- Spices such as turmeric, ginger, oregano, garlic, rosemary, cayenne, cloves, and cinnamon have anti-inflammatory properties.

(These features were taken from p. 13 in Elimination Diet Comprehensive Guide).

Once this 21 Day Reset has been completed it's time to re-introduce the foods. Re-introduce the foods every other day. Notice how you feel when you start eating that food again. If you have any symptoms, stop eating that food and wait until the symptoms have cleared before re-introducing another food. Retest food that gave symptoms. Journal how you feel (emotionally and physically) when you reintroduce the foods.

Email Wendolyn@healthyhabitshealthylife.com to sign up for a free consult.