

A woman with long brown hair, seen from the back, stands on a beach looking out at the ocean. She is wearing an orange sleeveless dress and holding a glass of yellow liquid. The sun is low on the horizon, creating a warm, golden glow over the water and sky. In the background, a blue boat is visible on the water.

YOUR
10-Day Reset

WITH CASSIE

Dedication: I created this program for every person who feels frazzled, frustrated, defeated and like a prisoner in a body that isn't even theirs. You've tried so hard, yet nothing seems to be working. You've even started to think that something might actually be wrong with you. I know how that feels. That used to be me, too. That's why I designed this Reset to be the first step to getting your weight and life back on track so that you can achieve your best self, doing all the things you love to do, taking the clothes out of the wardrobe that you haven't been able to wear in God knows how long, and so you can finally, truly live life to the fullest!



Welcome to your 10-Day Reset With Cassie!

Congratulations on taking this step toward renewed health and a fresh start. This manual will guide you through before, during and after your 10-Day program.

This first section gives you the scoop on the reset process, which could be called “detoxification,” since what we’re really doing is hitting the “reset button” on your metabolism, and establishing a clean canvas so that your organs can direct more focus toward things you want, like generating great energy levels and shedding pounds! The second section will cover the yummy stuff: what to eat. The third section will outline your nutrients and supplements that will help to speed up your results. The fourth section outlines the rules (you get to decide if you follow or break ‘em). The fifth section is your game plan. The sixth section answers the most common questions we’re asked by other fabulous people who have done this Reset, and the last section is the after-party...outlining life after your 10-Day Reset, which is something a lot of programs don’t even think about!

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Section 1: Why Reset?

Why reset?

You probably have your own specific reasoning for doing this program, and you'll be pleasantly surprised at additional benefits you'll reap from resetting—ones you may not have thought of and also ones that may not have initially driven you to reset. There are a lot of reasons why resetting is a beneficial practice.

The short answer:

- To detox after getting off track
- For more energy
- To jump-start stubborn weight loss
- To rid constipation, bloating and gas
- To relieve aches and pains
- To reduce headaches
- To improve memory
- To break free of food cravings
- To lessen heavy and/or painful periods
- To support libido
- To optimize digestion
- To get rid of stomach aches
- To get rid of heartburn and/or acid reflux
- To clear out brain fog
- To improve fertility
- A fresh start

The thorough answer:

Our environment is full of pollutants and toxins. They inhabit things we touch, eat, drink and breathe. Under normal circumstances, our bodies would be well equipped to filter out these harmful chemicals. But when we have nutrient-deficient diets that include heavily processed foods, our bodies' natural processes can't handle the high volume of exposure. The result is that some of these substances accumulate in our tissue. These clogging toxins lead to headaches, pain, digestive distress and disease. Virtually everyone can benefit from some level of detox in today's toxic environment.

Resetting (or "detoxing") can be a tricky topic because not all detoxification processes deliver the same results. The problem with many detoxification plans is that, while they make promises of health and weight loss, they have a tendency to do the opposite. **Many short-term programs actually do more harm than good.** They rob you of time and money and leave you more frustrated, more drained, and less healthy than when you started.

The most effective reset is one that *heals* your body, jump starts your metabolism and provides you with lasting changes. By replenishing important nutrients and removing stored toxins, you'll support your brain power and energy pathways, helping you to feel and function at your absolute best!

Your body is capable of resetting and healing itself, but it's most effective at doing so when it has the right nutrients. You can support this natural process by taking the workload off the organs that are responsible for detoxing your body—your liver, kidneys and bowel—while supporting and improving their performance.

Section 1: Why Reset?

How does this Reset differ from others?

This carefully crafted Reset plan is a comprehensive program specifically designed to support your body's natural detoxification process. We will be providing your body with the nutrients it needs and without nasty side effects that other detoxes trigger—like low energy, cranky moods, and restless nights. Listen closely because this is the key: **You're not overriding your body's natural detoxification process or tricking it. You're enhancing what it does on its own!** This Reset is more effective because we've approached it in this natural way.

Common detox symptoms are an issue with a lot of detoxes out there, and will be referred to as CDS from now on. It's important to remember that just because something is common, does not mean it's normal. This holds true for the side effects people experience when they put their body through a detox that isn't balanced and doesn't provide them with the nutrients they need to detox properly. This happens because you don't give your body the support it needs to effectively complete the detox and still have energy to feel awesome, energetic and healthy throughout it. CDS include headaches, irritability, hunger, cravings, and dizziness, to name a few. This Reset program enables you to avoid these CDS and sets you up for success, which means feeling amazing not just after your reset, but feeling great during it, too.

This 10-Day Reset program is based on two foundational components: **eating real food to nourish and support your organs, and specifically formulated supplements to cleanse your body and rid it of toxins.**

It is designed to allow you to jump in right away, while also providing you with a well-qualified and highly experienced and knowledgeable support system to tap into at any time both during your Reset and after.

The great thing is that I designed the program so you don't have to prepare anything fancy ahead of time. Other than a trip to the grocery store to stock up on some real food (which you should be doing anyway ;)), you have everything you need to get your reset started with your kit, this manual and the support offered in the [Private Reset Facebook Group](#). All you need to do is read through the instructions so you know a little bit about what to expect!

Does it matter what day of the week I start? When I launch this with my support team in the Private Reset Facebook Group, we kick off our program on a Monday, so that you only have to be doing the detox over one weekend, which isn't too intimidating. But you can do it over a time frame that works best for you and your schedule. Just remember, doing it—even imperfectly—will provide more results than not doing it at all!

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Section 1: Why Reset?

Why only 10 days? You can do anything for 10 days! It's realistic, it's doable and it's long enough to clear out a huge load of toxins, begin to heal inflammation, and to experience exceptional results. That's why I specifically chose 10 days.

The key to the program though, is to not just do 10 days and call it good, but to continue focusing on daily detoxing through eating balanced, real food based meals and taking metabolism boosting and healing supplements beyond the short duration of the program. While detoxes can provide great results, they are meant to be more of a "reset" (hence the name of this program!) and propel you in the direction of making healthy changes and choices. That's why we've created the last section of this manual called, "The After Party: Life after your 10-Day Reset With Cassie."

So, let the 10-Day Reset jump-start a lifetime of success!



Section 2: The Food

“Let food be thy medicine and medicine thy food.”

Hippocrates couldn't have said it better. You will experience the amazing power of real food in this program.

I recommend eating specific foods in this Reset plan for two reasons:

1: To support detoxification by providing nutrient-dense foods that support the digestive tract, immune system and liver with key nutrients all while keeping your blood sugar levels nice and stable.

2: To reduce toxin build-up by avoiding inflammatory fats, processed carbohydrates, foods prone to causing sensitivities, and foods with added chemicals.

First and foremost: Fuel your body. Skimping on food will only derail the progress of your detox. This can be a difficult concept to grasp since most detoxes are based on restriction. The reality is, if you want to bring your body back to tip-top shape, you need to give it the proper nutrients, so that your body can run efficiently and do its job.

To support your metabolism, you need to fuel your body with food. Your car wouldn't run without gas, just as your body won't run without food. Makes sense, right? Well, many detox programs do exactly the opposite, which is why they can be damaging and cause more harm than good by depriving your body of what it needs to function and detoxify safely and effectively. This is why a lot of common detox programs provide a short-term solution, but they don't provide the lasting results you're seeking. That's why you find yourself in the exact same place again in a mere matter of weeks after the detox program is over. As discussed in Section 1, this is also the reason for CDS. (Remember? Common Detox Symptoms.) If you follow this plan as I recommend, you'll significantly reduce the risk for CDS since your body will be getting what it needs.

Don't go hungry!

You shouldn't go hungry during your Reset. You should be eating every 3-4 hours to promote balanced blood sugar levels and continued detoxification and healing. Even if you don't normally eat this frequently, you should make it a priority to do so during your Reset. The reasoning for this is to again, fuel your body, and also to stay ahead of your hunger. If you feel hungry then your detox process is already taking a hit because when you're hungry, your metabolism slows down in order to conserve energy until you eat again. Do yourself a favor and make it top priority to eat every few hours. Setting the alarm on your phone to go off every 3-4 hours is a good strategy. It can be easy to set good intentions, and before you know it, the day's gotten away from you and you feel like you're "starving!" Avoid this by making a plan to make it a priority to eat.

What if I get hungry? Anytime you get hungry, eat. Even if that means eating an extra snack that may not be on the outlined Reset protocol that's included in the next section.

continued...

Section 2: The Food

What do I eat? The foundation of our Reset program is supporting your body with REAL proteins, healthy fats, and vegetable and fruit carbohydrates. Just as important as what to cut out is learning what to put in. You don't want to limit or eliminate any of these three categories. Instead, focus on including all three to nourish your body every time you eat. This promotes stable blood sugar levels throughout the day and while you sleep so that your body can continue to reset throughout the night, too.

Here's a breakdown of your P's, F's and C's:

Proteins: Quality proteins like meat, seafood, eggs and my specially formulated [DetoxVive™ Powder](#) are going to be what keeps your metabolism revved along with helping your body replenish the good after we remove the bad. Protein is also essential for your liver to rid your body of toxins. Without protein, we can't get rid of the toxic substances in our body.

Fats: This Reset doesn't have you just juicing veggies...it's important for you to eat plenty of fat, too! It's important to make sure you aren't skimping at all—especially on fat, because fats help rid your body of toxins in your system, and it is essential for literally every cell in your body. Your cell walls are comprised of fat, and that's why you need to eat fat to allow nutrients to flow in as toxins flow out. Eating plenty of healthy fats will help expedite your results. You get to choose from healthy, healing fats like coconut oil, avocado, nuts and seeds.

Carbs: We'll focus on fruit and veggie carbs in their most natural form for these 10 days. Without going into it too much, the reasoning for not including grains during your reset is that a lot of people have problems digesting them, they turn into a lot of sugar in your body, and they can be nutrient-suckers because they contain lectins and phytates which literally bind to nutrients and can slow or inhibit your body's ability to absorb them. During your Reset, our goal is to make it as simple for your body as possible, so we're sticking with real food carbs: veggies and fruits.



These are the three categories we'll focus on. During the 10-Day Reset you'll give your body a break from sugar, purge inflammatory foods from your diet and load your cells with healing antioxidants, vitamins and minerals. It'll be important for you to steer clear of processed foods and stick with whole foods, at least for the extent of your 10 day program.

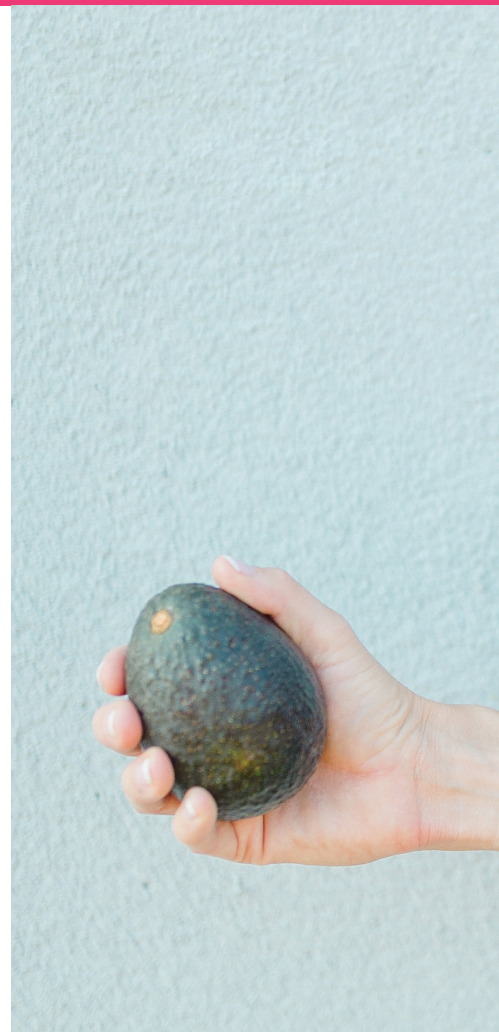
Section 2: The Food

The Rundown:

Here are the lists of what you'll actually eat. The food you get to eat for these 10 days is easy, delicious and quick! I know you don't have the time to create fancy meals and that's why we're keeping it simple.

If you are already familiar with my PFC-balanced eating approach, you know that it's not about getting too nitty gritty or restrictive. This reset tightens things up a bit more than the usual PFC-balanced approach because of its short length and quick resetting goal. The most prominent way this reset differs from my daily approach to nutrition is that for these next 10 days, you'll be completely gluten, dairy, caffeine, and alcohol free. I know that can be hard to hear, and I'll give you my best strategies on overcoming any fear or anxiety around abstaining from these in a little while. For now, just remember: it's only 10 days.

The following Reset food list is what I recommend based on what will help you make the most out of your reset. Again, just keep in mind that it's only 10 days and this is what I have found works best to maximize the results of your reset! If you choose to not follow it accordingly, then you likely won't get the amazing results you want. I encourage you to challenge yourself!



PFC Balanced Eating Refresher

There are three “macronutrient” categories that every food falls into: **protein, fat, or carbohydrate**. While many foods overlap into two or all three categories, for simplicity's sake, it's easiest to designate a food as a protein, fat, or carb based on whichever macro it contains most of. For example, the jar of peanut butter in my fridge says that, per serving, it contains seven grams of protein, seven grams of carbs, and seventeen grams of fat. Therefore, it counts as a fat. Pretty easy.

So, why is this helpful? Because one of the best ways to support your metabolism (and, by extension, your reset) is to consume all three—proteins, fats and carbohydrates—together, in balance. “PFC Every Three” (short for Protein, Fat, and Carbohydrates) is the term I coined referring to eating a combination of the three macronutrients every few hours.

Section 2: The Food



Here's your 10-Day Reset food list:

Let's get the bad news out of the way first.

What to avoid:

- Dairy (including milk, cheese, cream, yogurt, butter)
- All grains (including whole grains, rice, bulgur, oats)
- Beans
- Corn
- Fried foods
- Soy
- Vegetable oils
- Artificial Sweeteners
- Processed foods
- Alcohol
- Whey protein
- Caffeine
- Added sugars (these are found in condiments and sauces so be on the lookout for them!)
- Gum (most contain added sugar or sugar alcohols, which are a no-no!)

You'll want to start reading labels to become aware of hidden sugars.

On the ingredient list, you're looking out for sugar, corn syrup, high fructose corn syrup (HFCS), evaporated cane juice, dehydrated cane syrup, fruit juice concentrate, barley malt, glucose solids, turbinado, maltodextrin, honey, molasses, maple syrup, and anything ending in -ose (fructose, sucrose, maltose, galactose, dextrose). That's a long list! *What about honey, coconut sugar, agave nectar, or monk fruit sugar?* Clients will ask this question because they are told that these are healthier, since they contain a few nutrients. My response is that sugar is sugar is sugar. It's all metabolized the same way in your body, whether it has more nutrients in it or not. (On that note, I don't think we should be getting our nutrients from sugar anyway!) It's all setting you up for that vicious cycle of cravings.

Section 2: The Food

Now the good news!

What to Eat:

P's (Proteins): Pasture-raised chicken, turkey, wild-caught salmon, shrimp, scallops, grass-fed beef, canned salmon, canned chicken, sardines, eggs, veal, pork, lamb

F's (Fats): Coconut oil, ghee, olive oil, olives, avocado, nuts, seeds (chia, flax, pumpkin, sunflower), MCT oil, coconut milk, nut butters (almond, cashew, sunbutter)

C's (Carbohydrates):

Fruits: Berries, oranges, bananas, apples, pears, plums, melon, pineapple, etc.

Starchy veggies: Squash, sweet potatoes, peas, carrots, jicama

Non-starchy veggies: Broccoli, asparagus, artichoke, celery, tomatoes, arugula, spinach, onions, kale, cucumbers, peppers, mushrooms, cabbage, Brussels sprouts, cauliflower, shallots, zucchini, etc.

If you choose a fruit or a starchy carbohydrate for your "C", you get 1/4 cup per serving.

Non-starchy veggies, like spinach, broccoli, cauliflower and celery are unlimited, so get used to bulking up your plate with these!

More exciting news!

Another list of things to eat and drink that are unlimited for your 10-Day Reset:

- *UNLIMITED* non-starchy vegetables (spinach, broccoli, kale, cauliflower, cucumber, asparagus, green beans...make big salads your next best friend!)
- Unsweetened almond milk
- Water
- Soda water/sparkling water (with no artificial sweeteners)
- Herbal teas (since they don't have caffeine!)
- Apple cider vinegar
- Vegetable broth
- Bone broth
- Sauerkraut
- Spices and seasonings to flavor meals such as sea salt, black pepper, turmeric, cayenne, thyme, rosemary, chili powder, cumin, sage, oregano, onion powder, cinnamon, coriander, cilantro, paprika, parsley

What if I'm not sure if a food is on or off limits? You can certainly ask in our online support group, or a good rule of thumb is to always veer on the safe side and skip it! It's only 10 days.

Section 3: The Supplements

While I believe that food is medicine, I've also come to believe that food by itself is not enough. Most people cannot effectively reset or heal with just food. That's where supplements come in.

The goal of your reset supplements is threefold:

- 1: Support gut health and optimal digestion so that you can absorb the nutrients you're taking in.
- 2: Support the liver to aid in the detoxifying and elimination of toxins while avoiding common detox symptoms that occur when liver support is not provided.
- 3: Saturating the body with key nutrients while filling in the gaps so that your system can run smoothly, making the most of your reset and giving you maximum results.



These three areas are critical to your reset. While food is important, supplements are nutrients from food and each one of the supplements on your Reset plan have been specifically formulated to target your detox pathways. In this next bit, I've included a list of the supplements I recommend and the role they will each play in your 10-Day Reset.

Section 3: The Supplements

The 5 Supplements in your 10-Day Reset:

1. DetoxVive Powder™: Your protein powder through your 10-Day Reset! I formulated it specifically to support your reset in a balanced, healthy way by promoting toxin elimination while delivering the nutrients that are critical to supporting your organs.

**If you finish your canister before the end of the 10 days, that's okay!*



2. LiverVive™: A key supplement for your Reset because it supports your liver, which is primarily responsible for the detoxification process. If you detoxify without liver support, you will likely experience CDS, such as headaches, skin breakouts or indigestion, or even weight gain. That's because while your liver is responsible for detoxification, it is also responsible for fat-burning. Follow my general recommendations for LiverVive™ according to your game plan (in the next section), and know that you can increase by two or three extra LiverVive™ at each meal or snack, if you experience any CDS.



3. ProbioVive™: Probiotics are essential for good digestion and gut health during your Reset. Probiotics replenish your good bacteria and push out the bad. During your 10-Day Reset, the goal is to create an environment where gut bacteria are living in harmony so your body can use the nutrients you are feeding it to run most efficiently and heal itself.



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Section 3: The Supplements

The 5 Supplements in your 10-Day Reset:

4. Pure Glutacaps™: While it's important to be taking in key nutrients, it is just as important to be in the proper state to digest and absorb them. Pure GlutaCaps™ help your body do just that. It works with ProbioVive™ to promote good digestion and nutrient absorption during your Reset, while healing inflammation and (bonus!) warding off sugar cravings, too. L-Glutamine is a precursor for the feel-good brain chemicals (serotonin and dopamine), so don't be surprised when you experience a positive boost in your mood with your Pure Glutacaps™!

5. Pure Vitamin D: This is required to detoxify efficiently because every single cell in your body has a receptor site for Vitamin D, and needs it to function to the best of it's ability. Almost all of us have low vitamin D levels and research makes it clear that vitamin D is associated with metabolism, mood, energy levels, immunity, bone health, digestion, disease prevention, weight loss...and just about everything else.



Section 3: The Supplements

Premium Reset Supplements—Cassie Recommends:

The main 5 Reset supplements are just the bare bones that you need to see results. Those are the absolute essentials for doing a 10-Day Reset, but with just those 5, results will take longer. To see faster, better results from your Reset, we recommend the following supplements in addition to the basics. That's because when you're able to support more systems of your body, everything gets in balance more quickly, which means more magic can happen. If you're looking for the fastest path to success, add these in!

*You have these if you invested in the Premium Reset package.

1. Pure Magnesium: This mineral is involved in over 300 different processes in the body—including detoxing. Most of us are deficient in magnesium and it's critical during the reset period. Detoxifying, while a natural process, can also be stressful on your body. You'll supplement with this daily to support your Reset, and you can use more as needed to avoid a few specific CDS. Sometimes I recommend taking up to ten to fifteen tablets per day, as needed, if you experience headaches, chocolate cravings or difficulty falling or staying asleep.



2. Pure Fish Oil: This provides omega 3 fatty acids, which are essential for reducing inflammation during the detoxification process. We can eat a lot of fish and still not get enough omega 3's for adequate support.



3. MultiVive™: This multivitamin is more than just “insurance” to cover nutrients that may be lacking from the food you consume. MultiVive™ plays a critical role in helping the body work more efficiently during the detoxification process and in improving metabolism, energy levels, immunity, cardiovascular health and nervous system functions.



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Section 3: The Supplements

Premium Reset Supplements—Cassie Recommends: (continued...)

4. CoQ10Vive™: An important antioxidant, CoQ10 not only supports your cell function, but also keeps energy levels up during your Reset, which will help you avoid fatigue!



Other Supplement Recommendations:

Hormonal Balance Support

Last but certainly not least, hormonal balance is a crucial component. Keeping hormones balanced while pushing detoxification pathways is important for your system, moods and avoiding CDS. If hormonal balance is off, detoxification doesn't work the way it should and you're more likely to experience negative side effects, making your reset a bumpy off-roading ride instead of smooth like cruising down the highway.

These supplements aren't included in the Basic or Premium Reset program because I know most people are already taking them. I recommend making this part of your regular daily routine, and you can start taking these during (or after) your 10-Day Reset.

I've formulated one specific hormone balancing supplement for women, and one for men:

SynerVive™ (for women): SynerVive™ promotes hormone balance by featuring targeted nutrients that support healthy estrogen metabolism and detoxification. There are no hormones in this supplement—just key nutrients that help to keep your hormones balanced by detoxifying excess estrogens, which is important for shedding pounds, stable moods and keeping cravings away, and it can provide significant relief for women with hormone-related health issues! I always see a huge improvement in symptoms of premenstrual syndrome, perimenopause and menopause in my female clients who take SynerVive™.



TestraVive™ (for men): TestraVive™ supports testosterone balance and hormone balancing in men. TestraVive™ can assist with weight gain issues, fertility, enhancing sex drive, and reducing the risk of prostate problems and disease. It is especially important during detoxification to keep everything balanced and stable.



Section 3: The Supplements

How to Keep Your Smoothie Groovy.

Clients who have gone through my Reset program have said that while the DetoxVive™ Powder tastes great, the vanilla smoothies get a little boring after a few days. I personally love having options as well! That is why I created a special bundle of Fruits & Greens packets just for your 10-Day Reset, so that you can mix it up and have variety over these 10 days!

Fruits & Greens is a veggie and fruit powder superfood formula that adds flavor and variety to your Reset smoothies without adding sugar. PLUS, each packet has antioxidants, which give your body the added boost it needs to hit the “reset button” during your Reset.

Antioxidants act as a shield from free radicals. Also, antioxidants prevent oxidative stress, which is cellular damage—just one of the many reasons why resetting is so important for the body! Fruits & Greens is sweetened with stevia (a sweetener derived from a plant and approved during your reset!). My general recommendation during your 10-Day Reset is one scoop or one packet of Fruits & Greens per detox smoothie.



Supplement Skepticism (Addressed)

Now, after going through this section, you may fall into one of two camps so let's address the elephant in the room and discuss both right here:

Thought Camp #1: That's not very many supplements! I know. Perhaps there aren't nearly as many supplements in this program compared to other detox programs you've done where you've had bottles of pills to sort through.

With my experience, I've been able to formulate specific supplements with the key nutrients you need to effectively reset, and support your systems in the process. I carefully chose the ingredients that are in each product so that everything serves the main purpose and we are able to cram a lot of nutrients in, so you're getting more nutrients in fewer pills. We're pretty proud of that.

Thought Camp #2: That's a lot of supplements! It's not. Trust me. We couldn't do it with less than 5 in order for you to get the results you're here for. To get the fastest results possible, you'll need to add the extra 5 outlined above for a total of 10. Each of these plays a unique and critical role in your resetting process. I use the specific combination of supplements I designed based on the protocol I've seen work for thousands of clients. Over the years, I've tried all sorts of combinations and ended up formulating my own detoxification supplements since the ones I was using just weren't cutting it for myself or my clients. There is a specific reason for each supplement included in the program, and I've outlined them in this manual for you.

Section 4: The Rules

Take 'em or break 'em...it's up to you...it depends on the kind of results you want to see! I like to be a rule breaker from time to time, but I know you're here because you're ready for a change, so it's in your best interest to make these 10 days count!

Rule #1: Breakfast Detox Smoothie within an hour of waking every day.

Not hungry? Make your smoothie. Rushing out the door? Make your smoothie. No excuses. You've heard that breakfast is the most important meal of the day, and this holds true for your 10-Day Reset program, too! The purpose of the breakfast detox smoothie is to quite literally "break" your overnight "fast" and jumpstart your metabolism, continuing the reset process first thing in the morning. The detox smoothie is simple, quick, and tasty, so really, no excuses there.

Rule #2: Drink plenty of water. This is a big one. Aim to drink about half your bodyweight in ounces, up to 100 ounces each day. So, if you weigh 200 pounds, you would halve that to 100 pounds. Then just change pounds to ounces. In this case you'd be drinking 100 ounces of water each day. It's also a good idea to make sure your water is filtered. Staying hydrated will not only help you avoid experiencing the dreaded CDS, but it will make you feel more lively by naturally supporting your liver and kidneys, the organs responsible for detoxing. Just like eating every 3-4 hours is a key strategy for balancing your blood sugars so that you stay ahead of your hunger, drinking water before you're thirsty follows a similar pattern. This is a good habit to get into, not just during your Reset but long after as well! Keep a water bottle at your desk, and try to refill it a couple times throughout the day. If you like sparkling water, it's a great option and some find it to be easier to drink when you aren't thirsty. If you know that water intake is a big problem area for you, you might set a reminder alarm on your phone, just like my suggestion for reminding yourself to eat every 3-4 hours.

Rule #3: Be gentle with yourself during your Reset. Don't punish yourself if you aren't perfect (no one is!) or if you aren't immediately seeing the results you are expecting. It's okay. Keep in mind that you are healing your body, not ripping off a band-aid! Every person has a different Reset experience based on their level of toxicity, genetics, and hormones. Your experience may also be different each time you reset and that's normal, too. It's especially important to remember to be gentle with yourself because during this time, you may feel more emotional than usual. This is because as you release toxins from your body, you may release emotions, too. Pay attention to how you feel and see it through as best as you can. Keep your mind and heart open to the process, and be kind to yourself.



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Section 4: The Rules



Rule #4: Move your body, but not too much. It's good to move! Movement can help to move toxins through your body by activating your lymphatic system while also taking your mind off your Reset and releasing stress. Think light and easy activities like walking the dog, dancing to your favorite song, or maybe a light bike ride. If you are someone who normally works out intensely, you'll want to lighten up your load and follow the half-half rule—exercise about half as much, half as intensely—during this ten days. If you don't have a regular exercise plan, you can certainly get in some light movement if you feel like it, but your 10-Day Reset is not the time to be implementing a new workout regimen. You don't need to exercise, but some light movement is never a bad idea. Whatever you do, don't stress or push too hard. This is a time for rest, recovery and healing. You can get back into a regular exercise routine when the 10 days are up.

On that note, keep in mind that if you do exercise, on those days, you may need to eat more to feel satisfied. That's not only okay, it's important. Remember that you want to fuel your body so that it can reset effectively, so listen to it and give it what it needs. If you're hungry, by all means, eat.

Rule #5: Up your time in bed. Sleep is important, and especially when you are resetting. Make a point to decompress from technology earlier than usual, have a cup of (decaf) tea, take a relaxing bath or shower, perhaps do a little before-bed yoga, and give yourself enough time to get a good night's rest.

Some extra considerations:

- **There might be times during your 10-Day Reset when you feel like crap.** Not everyone experiences this—but you might. By the time you finish your 10-Day Reset, you'll feel fantastic, but some people experience a few challenges, especially during the first few days of the program as their bodies eliminate waste and toxins. Responses to eliminating toxins is different for everyone, so it is possible that even by following my specific strategies to avoid CDS, you may not feel great. Keep in mind that it won't last forever—it's only 10 days. If you do experience transition issues, you'll probably have the most difficult time during the first two or three days, and I encourage you to push through these. You can do hard things, and it'll be worth it. You simply need to know upfront that you might feel crappy before you feel better. This could include nausea, dizziness, constipation, or achy joints, to name a few. Remember, these aren't bad signs—they're actually good because it means your body is ejecting toxins. They're all circulating in your system and on their way out! Yay! Refer to your toolkit for additional supplementation strategies for countering these not-so-pleasant effects, and supporting your body so that you can feel as best as possible during your Reset.

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Section 4: The Rules

Some extra considerations (continued)...

- **You may experience cravings, maybe even intense cravings.** These may last a moment or a day or not go away unless you combat them with the trick we'll share with you next. Cravings will most likely occur during the first couple of days as your body figures out what it's doing and attempts to hit the reset button. Here's what you should do if you do get a craving:
If it's a true physical craving, crack open one of your [Pure Glutacaps™](#) and put the powder on your tongue. This should take the craving away. Pay attention though, because your craving may be more emotional or even habitual, than physical. If you're bored, anxious or simply find yourself in front of the pantry out of habit, then acknowledge that, grab a glass of water with lemon or a cup of herbal tea, and let it pass.
- **Bowel movements are a really good thing.** This, and sweating, is how we eliminate toxins from our body. You may have more bowel movements during your Reset and it's also possible that you'll have fewer. If you find yourself constipated or having fewer than one bowel movement per day, drink more water and add in some light activity and you'll want to take [Magnesium Citrate](#). Your reset kit comes with [Pure Magnesium](#), which is Magnesium Glycinate (the most absorbable form and the form I recommend for when you aren't constipated). Think C, Citrate for Constipation. Generally I recommend starting out with 300-400mg (3 to 4 tablets) of Mag Citrate when you are constipated and working up from there if needed. You can always take more—our initial recommendation is conservative as to not throw you to the other end of the spectrum (read: diarrhea/loose stools—no thanks).
- **It's not about perfection!** We've said it before and we'll say it again, the goal of your Reset is not to be perfect but to do the best you can. You can always repeat it again if you'd like. Don't get stuck or stagnated trying to be perfect. Do your best, and don't stress about the rest.
- **Be realistic with your expectations.** Take a curious, "let's see what happens" approach, trust the process and let your body do what it needs to do. Everyone experiences different changes and results from their Reset based on a number of variable factors, so keep an open mind and don't set your expectations too high.
- **Carry on.** If you fall, pick yourself back up and move on. Don't punish yourself. Don't restrict. Don't let your mind start to believe negative things, just pick yourself up and carry on. Then, when you have a chance, reflect on what happened, so that you can make the most of the situation and learn from it. Use it to your benefit. And allow yourself some grace.
- **Tune in. Be conscious.** Pay attention to your body and how it's responding and reacting to your Reset. Take note of how quickly you feel full, whether your cravings have lessened or heightened, if you're using the restroom more or less, if you're feeling satisfied or deprived, happy or sad. Getting in tune with your body is a key part of this process. It may help to journal your findings or share them in the Private Facebook Reset Group.

Your Reset remedy toolbox



Feeling flu-like?

Add 2 (additional) LiverVive™ tablets every time you eat.

Getting a sugar craving?

Crack open one of your Pure Glutacaps™ and put the powder on your tongue at the moment of the craving, and add 2 additional Pure Glutacaps™ at every meal.

Experiencing achy joints?

Take extra fish oil and magnesium throughout the day. (General recommendation: 2 tablets of Pure Magnesium and 2 capsules of Pure Fish Oil every 3-4 hours.)

Have a headache?

Take 3-4 Pure Magnesium tablets on the spot and add one (additional) LiverVive™ tablet every time you have a detox smoothie and add 2 (additional) Pure Magnesium tablets every time you eat.

Section 5: The Game Plan

Your 10-Day Reset Protocol

In this section, you will find a full 10-day meal plan for your 10-Day Reset.

Please note the following:

If you find yourself in a pinch and aren't sure what to eat at meal or snack time, if it's one of your PFC balanced meals or snacks (and not a DetoxVive™ smoothie) then keep it simple and pick a protein—like a couple hard boiled eggs or some grilled chicken or fish—and have 3-4 ounces at a meal and 1-2 ounces at a snack. Also, include a couple tablespoons of healthy fat (nut butter, coconut oil, a handful of nuts or seeds), and a handful of carbs, such as raw carrots or berries. Don't stress too much about creating meals that coordinate or look good on your plate. Strive to get in your P's, F's and C's and keep it simple.

Now, this is outlined to a T below, but just so you understand the reasoning behind it, here is how your [DetoxVive™ Powder](#) fits into your meals and snacks:

1 scoop of your DetoxVive™ powder covers your protein and carbohydrate source, so you'll simply need to add a fat! You can blend it in with your DetoxVive™ powder to make a smoothie or consume it on the side. My favorite fats to mix in are one third of a cup of full fat coconut milk, half an avocado, or 2 tablespoons of almond butter or cashew butter.

If you would rather have your fat on the side, you could have a couple tablespoons of nuts or a couple tablespoons of either nut butter or guacamole with raw celery and cauliflower, or you could melt a couple tablespoons of coconut oil over cooked broccoli.

Throughout the 10-Day Reset, and again on Day 11 in your post-Reset period (and ideally every day after! :)), have regular balanced PFC meals every 3-4 hours as usual.

I put together PFC-balanced meal and snack options in this meal plan to make it easy for you, *but you do not need to follow them exactly*. You can work in your favorite PFC balanced meals and snacks, just be sure to comply with the recommendations outlined in Section 4 to maximize your detox results.

The serving sizes listed are a great starting place, and if you find yourself hungry, by all means, eat more! The last thing you want to do is deprive your body of the nutrition it needs to support the detoxification process, as we discussed how important it is to fuel your body so that it can reset effectively.

You'll limit fruit to 1/4 cup per serving during the 10-Day Reset. Remember, you can always add in non-starchy veggies, like spinach, broccoli, cauliflower and celery to "bulk up" your plate.

If you finish your canister of DetoxVive™ Powder before the end of the 10 days, that's okay! If this happens, just replace the DetoxVive™ smoothie in the Game Plan with a PFC Balanced meal.

Optional: Flavor your detox smoothies with a scoop of VeroVive™ [Fruits & Greens](#) each time. (These canisters contain the same delicious powder as the individual Fruits & Greens packets!)

Section 5: The Game Plan

Your “½ Scoop DetoxVive™ Smoothie” Recipes!

The “½ Scoop DetoxVive™ Smoothie”

Basically, you're getting ½ serving of protein + ½ serving of carbs from the DetoxVive™ Powder, so you need to have ½ serving of protein, ½ serving of carbs and a full serving of fat when having the “½ Scoop DetoxVive™ Smoothie”.

***Be sure to shake the canister of DetoxVive™ powder before scooping!** (The powder will settle between uses.)

Recipe #1:

- ½ scoop DetoxVive™ Powder
- Full serving of your favorite fat source (nut butter, avocado, coconut milk, etc.)
- 1 large handful of spinach or 1/4 cup berries
- ½ cup of ice
- ½ cup of water (or more or less to your desired consistency)
- 1 scoop or packet of Fruits & Greens

Recipe #2:

- 1 Scoop DetoxVive™ Powder
- ½ an avocado
- ¼ of a frozen banana
- ¼ cup frozen pineapple chunks
- 1 scoop or packet of Fruits & Greens
- ½ cup water (or more to make it your desired consistency)



Section 5: The Game Plan

Your “2 Scoop DetoxVive™ Smoothie” Recipes!

The “1 Scoop DetoxVive™ Smoothie”

With your 1 scoop smoothie, you’re getting in a full serving of protein and carbs, so you just need to get in a full serving of fat. ***Be sure to shake the canister of DetoxVive™ powder before scooping!** (The powder will settle between uses.)

Recipe #1:

- 1 scoop DetoxVive™ Powder
- ½ an avocado
- ½ cup of ice
- ½ cup of water (or more or less to your desired consistency)
- 1 scoop or packet of Fruits & Greens

Recipe #2:

- 1 scoops DetoxVive™ Powder
- 2 Tablespoons nut butter
- ½ cup of ice
- ½ cup of water (or more or less to your desired consistency)
- 1 scoop or packet of Fruits & Greens



Section 5: The Game Plan

Cassie's 10-Day Reset Grocery Shopping List

This list contains everything you'll need if you follow The Plan exactly as it is written*. Remember, this is YOUR Reset, so feel free to switch things around—if you really loved a morning snack one day and want to have it again the next day, go for it! And don't be afraid to make your own meal or snack by combining a protein, a fat and a carbohydrate. Keep it simple!

Proteins

- 7 eggs (4 will be hardboiled)
- 14 oz. sliced nitrate-free deli turkey
- 2 beef sticks
- 4 chicken sausage links
- 12 oz. chicken
- 12 oz. wild caught salmon
- 6 chicken legs
- 13 oz. wild caught tuna
- About 12 shrimp

Fats

- 18 Tbsp. coconut oil
- 11 Tbsp. guacamole
- About 1 cup pecans
- 30 almonds
- ½ cup walnuts
- 10 olives
- 1 ½ avocados
- 3 Tbsp. sunflower seeds
- 7 Tbsp. olive oil
- ½ cup full fat coconut milk
- 8 Tbsp. unrefined mayo
- 4-5 Tbsp. nut butter

Carbohydrates

- 4 apples
- Lettuce for wraps
- 3 tomatoes
- 1 ½ cups berries
- 3 clementines
- 5 ½ cups broccoli
- 1 ¾ cups carrots
- 4 cups leafy greens
- 3 cups cucumber
- 1 ½ pears
- ½ cup of grapes
- ½ cups spaghetti squash
- 8 cups spinach
- 1 cup asparagus
- ½ cup cherry tomato
- ¾ cup sweet potato
- ¼ cup butternut squash
- ½ a banana

**Heads up!*

This list does **not** include DetoxVive™ Smoothie ingredients, since you have several options to choose from and your grocery list will change depending on which smoothies you incorporate into your Reset. Look over the smoothie recipes on pages 23 & 24 and decide which ones sound good and what ingredients you'll need to make them over the course of the Reset, then add those ingredients to your grocery list!



Section 5: The Game Plan

- ☐ Everyone takes these supplements
- ☐ Premium Reset Program add these
- ☐ Hormonal Support Program add these

DAY ONE



morning

15 minutes before breakfast: 1 ProbioVive™ capsule, 2 Pure Glutacaps™
With breakfast: 1 Pure Vitamin D softgel, 2 LiverVive™ capsules

With breakfast: 2 Pure Magnesium tablets + 2 Fish oil capsules + 1 MultiVive™ tablet + 1 CoQ10Vive™ softgel

With breakfast: 1 SynerVive™ or TestraVive™ tablet

½ Scoop DetoxVive™ Smoothie + a mini PFC-balanced meal with half of the usual amounts of P, F and C (Example: 1 fried egg cooked in 1 Tbsp. coconut oil + half of an apple)

A PFC-balanced snack (Example: 2 ounces of nitrate-free deli turkey with 1-2 Tbsp. mayo or guacamole rolled up in lettuce with tomato slices)

afternoon



15 minutes before lunch: 1 ProbioVive™ capsule, 2 Pure Glutacaps™
With lunch: 2 LiverVive™ capsules

With lunch: 2 Pure Magnesium tablets + 2 Pure Fish oil capsules + 1 CoQ10Vive™ softgel + 1 MultiVive™ tablet

With lunch: 1 SynerVive™ or TestraVive™ tablet

½ Scoop DetoxVive™ Smoothie + a mini PFC-balanced meal with half of the usual amounts of P, F and C (Example: 1 beef stick, 1/4 cup pecans, 1/4 cup berries)

A PFC-balanced snack (Example: 1 hard boiled egg + 1/2 cup cherry tomatoes + a handful of nuts)

evening



15 minutes before dinner: 1 ProbioVive™ capsule, 2 Pure Glutacaps™
With dinner: 1 Pure Vitamin D softgel

With dinner: 2 Pure Magnesium tablets + 2 Pure Fish Oil capsules

With dinner: 1 SynerVive™ or TestraVive™ tablet

A PFC-balanced dinner (Example: 5-6 ounces of wild Alaskan salmon drizzled with 2 Tbsp. olive oil on top of 2 cups of spinach + 1/4 cup sweet potato)

Before bed: 2 Pure Magnesium tablets + 2 Pure Fish Oil capsules

A fat and a carb combination (Example: 1/4 cup diced butternut squash cooked in 1-2 Tbsp. coconut oil)

Section 5: The Game Plan

- ☐ Everyone takes these supplements
- ☐ Premium Reset Program add these
- ☐ Hormonal Support Program add these

DAY TWO



morning

15 minutes before breakfast: 1 ProbioVive™ capsule, 2 Pure Glutacaps™
With breakfast: 1 Pure Vitamin D softgel, 2 LiverVive™ capsules

With breakfast: 2 Pure Magnesium tablets + 2 Fish oil capsules + 1 MultiVive™ tablet + 1 CoQ10Vive™ softgel

With breakfast: 1 SynerVive™ or TestraVive™ tablet

½ Scoop DetoxVive™ Smoothie + a mini PFC-balanced meal with half of the usual amounts of P, F and C (Example: 1 nitrate free sausage link and 1/4 cup sweet potato with 1-2 Tbsp. coconut oil melted on top)

A PFC-balanced snack (Example: 2-3 oz. salmon with 1/4 cup carrot sticks and 1-2 Tbsp. guacamole)

afternoon



15 minutes before lunch: 1 ProbioVive™ capsule, 2 Pure Glutacaps™
With lunch: 2 LiverVive™ capsules

With lunch: 2 Pure Magnesium tablets + 2 Pure Fish oil capsules + 1 CoQ10Vive™ softgel + 1 MultiVive™ tablet

With lunch: 1 SynerVive™ or TestraVive™ tablet

½ Scoop DetoxVive™ Smoothie + a mini PFC-balanced meal with half of the usual amounts of P, F and C (Example: 1-2 oz. chicken with 1-2 Tbsp. unrefined mayo and 1/2 cup broccoli mixed together)

A PFC-balanced snack (Example: 1 beef stick, 8-10 olives and a clementine)

evening



15 minutes before dinner: 1 ProbioVive™ capsule, 2 Pure Glutacaps™
With dinner: 1 Pure Vitamin D softgel

With dinner: 2 Pure Magnesium tablets + 2 Pure Fish Oil capsules

With dinner: 1 SynerVive™ or TestraVive™ tablet

A PFC-balanced dinner (Example: 2-3 chicken legs with 1-2 cups broccoli and 1/4 cup carrots roasted with 2 Tbsp. coconut oil)

Before bed: 2 Pure Magnesium tablets + 2 Pure Fish Oil capsules

A fat and a carb combination (Example: 1/2 a banana with 2 Tbsp. almond butter)

Section 5: The Game Plan

- ☐ Everyone takes these supplements
- ☐ Premium Reset Program add these
- ☐ Hormonal Support Program add these

DAY THREE



morning

15 minutes before breakfast: 1 ProbioVive™ capsule, 2 Pure Glutacaps™
With breakfast: 1 Pure Vitamin D softgel, 3 LiverVive™ capsules

With breakfast: 2 Pure Magnesium tablets + 2 Fish oil capsules + 1 MultiVive™ tablet + 1 CoQ10Vive™ softgel

With breakfast: 1 SynerVive™ or TestraVive™ tablet

1 Scoop DetoxVive™ Smoothie

A PFC-balanced snack (Example: 1-2 nitrate-free deli turkey slices + 8 walnuts + 1/2 a pear)

afternoon



15 minutes before lunch: 1 ProbioVive™ capsule, 2 Pure Glutacaps™
With lunch: 3 LiverVive™ capsules

With lunch: 2 Pure Magnesium tablets + 2 Pure Fish oil capsules + 1 CoQ10Vive™ softgel + 1 MultiVive™ tablet

With lunch: 1 SynerVive™ or TestraVive™ tablet

1 Scoop DetoxVive™ Smoothie

A PFC-balanced snack (Example: 1 chicken leg + 1/4 of an avocado + 1/4 cup berries)

evening



15 minutes before dinner: 1 ProbioVive™ capsule, 2 Pure Glutacaps™
With dinner: 1 Pure Vitamin D softgel

With dinner: 2 Pure Magnesium tablets + 2 Pure Fish Oil capsules

With dinner: 1 SynerVive™ or TestraVive™ tablet

A PFC-balanced dinner (Example: 5 ounces of grilled chicken + 1/4 avocado sliced + 1 Tablespoon sunflower seeds + 1 Tablespoon olive oil over 3 cups of leafy greens + 1/4 cup diced apple + 1/2 cup sliced tomatoes + 1/2 cup sliced cucumber)

Before bed: 2 Pure Magnesium tablets + 2 Pure Fish Oil capsules

A fat and a carb combination (Example: 1/2 sliced pear cooked in 2 Tbsp. coconut oil)

Section 5: The Game Plan

- ☐ Everyone takes these supplements
- ☐ Premium Reset Program add these
- ☐ Hormonal Support Program add these

DAY FOUR

supplements

breakfast

snack

morning

15 minutes before breakfast: 1 ProbioVive™ capsule, 2 Pure Glutacaps™
With breakfast: 1 Pure Vitamin D softgel, 3 LiverVive™ capsules

With breakfast: 3 Pure Magnesium tablets + 2 Fish oil capsules + 1 MultiVive™ tablet + 2 CoQ10Vive™ softgels

With breakfast: 1 SynerVive™ or TestraVive™ tablet

1 Scoop DetoxVive™ Smoothie

A PFC-balanced snack (Example: 1 hard boiled egg with a handful of grapes and 8-10 almonds)

afternoon

15 minutes before lunch: 1 ProbioVive™ capsule, 3 Pure Glutacaps™
With lunch: 3 LiverVive™ capsules

With lunch: 2 Pure Magnesium tablets + 2 Pure Fish oil capsules + 1 CoQ10Vive™ softgel + 1 MultiVive™ tablet

With lunch: 1 SynerVive™ or TestraVive™ tablet

1 Scoop DetoxVive™ Smoothie

A PFC-balanced snack (Example: 2 oz. wild caught tuna mixed with 1/4 of an avocado and 1/2 cup cucumber for dipping)

supplements

lunch

snack

evening

15 minutes before dinner: 1 ProbioVive™ capsule, 2 Pure Glutacaps™
With dinner: 1 Pure Vitamin D softgel

With dinner: 2 Pure Magnesium tablets + 2 Pure Fish Oil capsules

With dinner: 1 SynerVive™ or TestraVive™ tablet

1 Scoop DetoxVive™ Smoothie

Before bed: 2 Pure Magnesium tablets + 2 Pure Fish Oil capsules

A fat and a carb combination (Example: 1/4 cup blueberries + 1/4 cup coconut milk)

supplements

dinner

supplements

snack

Section 5: The Game Plan

- ☐ Everyone takes these supplements
- ☐ Premium Reset Program add these
- ☐ Hormonal Support Program add these

DAY FIVE



supplements

breakfast

snack

morning

15 minutes before breakfast: 1 ProbioVive™ capsule, 2 Pure Glutacaps™
With breakfast: 1 Pure Vitamin D softgel, 3 LiverVive™ capsules

With breakfast: 3 Pure Magnesium tablets + 2 Fish oil capsules + 1 MultiVive™ tablet + 2 CoQ10Vive™ softgels

With breakfast: 1 SynerVive™ or TestraVive™ tablet

1 Scoop DetoxVive™ Smoothie

A PFC-balanced snack (Example: 1 nitrate free sausage link, 1/4 cup pecans and 1/2 a pear)

afternoon



supplements

lunch

snack

15 minutes before lunch: 1 ProbioVive™ capsule, 3 Pure Glutacaps™
With lunch: 3 LiverVive™ capsules

With lunch: 2 Pure Magnesium tablets + 2 Pure Fish oil capsules + 1 CoQ10Vive™ softgel + 1 MultiVive™ tablet

With lunch: 1 SynerVive™ or TestraVive™ tablet

1 Scoop DetoxVive™ Smoothie

A PFC-balanced snack (Example: a hard boiled egg, 8-10 almonds and a clementine)

evening



supplements

dinner

supplements

snack

15 minutes before dinner: 1 ProbioVive™ capsule, 2 Pure Glutacaps™
With dinner: 1 Pure Vitamin D softgel

With dinner: 2 Pure Magnesium tablets + 2 Pure Fish Oil capsules

With dinner: 1 SynerVive™ or TestraVive™ tablet

1 Scoop DetoxVive™ Smoothie

Before bed: 2 Pure Magnesium tablets + 2 Pure Fish Oil capsules

A fat and a carb combination (Example: 1/4 cup carrot sticks and 1 Tbsp. guacamole)

Section 5: The Game Plan

- ☐ Everyone takes these supplements
- ☐ Premium Reset Program add these
- ☐ Hormonal Support Program add these

DAY SIX



morning

15 minutes before breakfast: 1 ProbioVive™ capsule, 2 Pure Glutacaps™
With breakfast: 1 Pure Vitamin D softgel, 3 LiverVive™ capsules

With breakfast: 3 Pure Magnesium tablets + 2 Fish oil capsules + 1 MultiVive™ tablet + 2 CoQ10Vive™ softgels

With breakfast: 1 SynerVive™ or TestraVive™ tablet

1 Scoop DetoxVive™ Smoothie

A PFC-balanced snack (Example: 2 oz. wild caught tuna mixed with 2 Tbsp. unrefined mayo over 2 cups spinach)

afternoon



15 minutes before lunch: 1 ProbioVive™ capsule, 3 Pure Glutacaps™
With lunch: 3 LiverVive™ capsules

With lunch: 2 Pure Magnesium tablets + 2 Pure Fish oil capsules + 1 CoQ10Vive™ softgel + 1 MultiVive™ tablet

With lunch: 1 SynerVive™ or TestraVive™ tablet

1 Scoop DetoxVive™ Smoothie

A PFC-balanced snack (Example: 1 beef stick, 1/2 an apple and 2 Tbsp. nut butter)

evening



15 minutes before dinner: 1 ProbioVive™ capsule, 2 Pure Glutacaps™
With dinner: 1 Pure Vitamin D softgel

With dinner: 2 Pure Magnesium tablets + 2 Pure Fish Oil capsules

With dinner: 1 SynerVive™ or TestraVive™ tablet

1 Scoop DetoxVive™ Smoothie

Before bed: 2 Pure Magnesium tablets + 2 Pure Fish Oil capsules

A fat and a carb combination (Example: 1/4 cup carrot sticks and 1 Tbsp. guacamole)

Section 5: The Game Plan

- ☐ Everyone takes these supplements
- ☐ Premium Reset Program add these
- ☐ Hormonal Support Program add these

DAY SEVEN



morning

15 minutes before breakfast: 1 ProbioVive™ capsule, 2 Pure Glutacaps™
With breakfast: 1 Pure Vitamin D softgel, 3 LiverVive™ capsules

With breakfast: 3 Pure Magnesium tablets + 2 Fish oil capsules + 1 MultiVive™ tablet + 2 CoQ10Vive™ softgels

With breakfast: 1 SynerVive™ or TestraVive™ tablet

1 Scoop DetoxVive™ Smoothie

A PFC-balanced snack (Example: 2-3 ounces of nitrate-free deli turkey with 1 Tbsp. mayo or guacamole rolled up in lettuce with tomato slices)

afternoon



15 minutes before lunch: 1 ProbioVive™ capsule, 3 Pure Glutacaps™
With lunch: 3 LiverVive™ capsules

With lunch: 2 Pure Magnesium tablets + 2 Pure Fish oil capsules + 1 CoQ10Vive™ softgel + 1 MultiVive™ tablet

With lunch: 1 SynerVive™ or TestraVive™ tablet

1 Scoop DetoxVive™ Smoothie

A PFC-balanced snack (Example: 1 chicken leg with 1/2 cup chopped cucumbers and 1/2 cup chopped tomatoes mixed with 1 Tbsp. olive oil)

evening



15 minutes before dinner: 1 ProbioVive™ capsule, 2 Pure Glutacaps™
With dinner: 1 Pure Vitamin D softgel

With dinner: 2 Pure Magnesium tablets + 2 Pure Fish Oil capsules

With dinner: 1 SynerVive™ or TestraVive™ tablet

A PFC-balanced dinner (Example: 5-6 ounces of wild caught tuna n drizzled with 2 Tbsp. olive oil on top of 2 cups of spinach + 1/4 cup sweet potato)

Before bed: 2 Pure Magnesium tablets + 2 Pure Fish Oil capsules+ 1 MultiVive™ tablet

A fat and a carb combination (Example: 1/2 a pear sliced and cooked in 1 Tbsp. coconut oil with a few chopped pecans sprinkled on top)

Section 5: The Game Plan

- ☐ Everyone takes these supplements
- ☐ Premium Reset Program add these
- ☐ Hormonal Support Program add these

DAY EIGHT



morning

15 minutes before breakfast: 1 ProbioVive™ capsule, 2 Pure Glutacaps™
With breakfast: 1 Pure Vitamin D softgel, 3 LiverVive™ capsules

With breakfast: 3 Pure Magnesium tablets + 2 Fish oil capsules + 1 MultiVive™ tablet + 1 CoQ10Vive™ softgel

With breakfast: 1 SynerVive™ or TestraVive™ tablet

½ Scoop DetoxVive™ Smoothie + a mini PFC-balanced meal with half of the usual amounts of P, F & C (Example: 1 egg cooked in 1 Tbsp. coconut oil + 1/2 an apple)

A PFC-balanced snack (Example: 2-3 ounces nitrate-free deli turkey with 2 Tbsp. guacamole and 1/2 cup sliced cucumbers)

afternoon



15 minutes before lunch: 1 ProbioVive™ capsule, 2 Pure Glutacaps™
With lunch: 3 LiverVive™ capsules

With lunch: 2 Pure Magnesium tablets + 2 Pure Fish oil capsules + 1 CoQ10Vive™ softgel + 1 MultiVive™ tablet

With lunch: 1 SynerVive™ or TestraVive™ tablet

½ Scoop DetoxVive™ Smoothie. Include a mini PFC balanced meal with half of the usual amounts of P, F and C (Example: 1-2 ounces of nitrate-free deli turkey with 1 Tbsp. mayo rolled up in lettuce with cucumber slices)

A PFC-balanced snack (Example: 3 oz. wild caught salmon mixed with 2 Tbsp. olive oil over 1 cup spinach)

evening



15 minutes before dinner: 1 ProbioVive™ capsule, 2 Pure Glutacaps™
With dinner: 1 Pure Vitamin D softgel

With dinner: 2 Pure Magnesium tablets + 2 Pure Fish Oil capsules

With dinner: 1 SynerVive™ or TestraVive™ tablet

6-8 medium sized shrimp sautéed in 2 Tbsp. coconut oil with 1 cup spinach 1 cup broccoli and 1/2 cup tomatoes

Before bed: 2 Pure Magnesium tablets + 2 Pure Fish Oil capsules

A fat and a carb combination (Example: 1/2 of a small apple and a handful of sunflower seeds)

Section 5: The Game Plan

- ☐ Everyone takes these supplements
- ☐ Premium Reset Program add these
- ☐ Hormonal Support Program add these

DAY NINE



supplements

breakfast

snack

morning

15 minutes before breakfast: 1 ProbioVive™ capsule, 2 Pure Glutacaps™
With breakfast: 1 Pure Vitamin D softgel, 2 LiverVive™ capsules

With breakfast: 2 Pure Magnesium tablets + 2 Fish oil capsules + 1 MultiVive™ tablet + 1 CoQ10Vive™ softgel

With breakfast: 1 SynerVive™ or TestraVive™ tablet

½ Scoop DetoxVive™ Smoothie. Include a mini PFC balanced meal with half of the usual amounts of P, F and C (Example: 1 fried egg cooked in 1 Tbsp. coconut oil + half an apple)

A PFC-balanced snack (Example: 1 beef stick + 2 Tbsp. guacamole + 1/2 cup cucumbers for dipping)

afternoon



supplements

lunch

snack

15 minutes before lunch: 1 ProbioVive™ capsule, 2 Pure Glutacaps™
With lunch: 2 LiverVive™ capsules

With lunch: 2 Pure Magnesium tablets + 1 MultiVive™ tablet

With lunch: 1 SynerVive™ or TestraVive™ tablet

½ scoop DetoxVive™ Smoothie. Include a mini PFC balanced meal with half of the usual amounts of P, F and C. (Example: 2-3 ounces tuna, 1 Tbsp. of olive oil, 1/4 cup chopped grapes)

A PFC-balanced snack (Example: 3-4 chopped shrimp mixed with 2 Tbsp. mashed avocado over 1 cup mixed greens)

evening



supplements

dinner

supplements

snack

15 minutes before dinner: 1 ProbioVive™ capsule, 2 Pure Glutacaps™
With dinner: 1 Pure Vitamin D softgel

With dinner: 2 Pure Magnesium tablets

With dinner: 1 SynerVive™ or TestraVive™ tablet

4-5 ounces chicken topped with half an avocado over 1 cup steamed broccoli and 1/2 cup spaghetti squash on the side with 1 Tbsp. of melted coconut oil on top.

Before bed: 2 Pure Magnesium tablets + 2 Pure Fish Oil capsules

A fat and a carb combination (Example: 1/4 cup berries with 1/4 cup coconut milk)

Section 5: The Game Plan

- ☐ Everyone takes these supplements
- ☐ Premium Reset Program add these
- ☐ Hormonal Support Program add these

DAY TEN

supplements

breakfast

snack

morning

15 minutes before breakfast: 1 ProbioVive™ capsule, 2 Pure Glutacaps™
With breakfast: 1 Pure Vitamin D softgel, 2 LiverVive™ capsules

With breakfast: 2 Pure Magnesium tablets + 2 Fish oil capsules + 1 MultiVive™ tablet + 1 CoQ10Vive™ softgel

With breakfast: 1 SynerVive™ or TestraVive™ tablet

½ Scoop DetoxVive™ Smoothie. Include a mini PFC balanced meal with half of the usual amounts of P, F and C (Example: 1-2 ounces of nitrate-free deli turkey with 1 Tbsp. mayo rolled up in lettuce with tomato slices)

A PFC-balanced snack (Example: 1 chicken leg with 1/4 cup carrot sticks and 1-2 Tbsp. guacamole)

afternoon

supplements

lunch

snack

15 minutes before lunch: 1 ProbioVive™ capsule, 2 Pure Glutacaps™
With lunch: 2 LiverVive™ capsules

With lunch: 2 Pure Magnesium tablets + 1 MultiVive™ tablet

With lunch: 1 SynerVive™ or TestraVive™ tablet

½ scoop DetoxVive™ Smoothie. Include a mini PFC balanced meal with half of the usual amounts of P, F and C. (Example: 1 beef stick, 8-10 pecans, 1/4 cup berries)

A PFC-balanced snack (Example: a hard boiled egg, 8-10 almonds, and a clementine)

evening

supplements

dinner

supplements

snack

15 minutes before dinner: 1 ProbioVive™ capsule, 2 Pure Glutacaps™
With dinner: 1 Pure Vitamin D softgel

With dinner: 2 Pure Magnesium tablets

With dinner: 1 SynerVive™ or TestraVive™ tablet

Sausage skillet: 2 chicken sausages sautéed in 2 Tbsp. coconut oil with 1 cup broccoli, 1 cup asparagus and 1/2 cup carrots

Before bed: 2 Pure Magnesium tablets + 2 Pure Fish Oil capsules

A fat and a carb combination (Example: 1/2 sliced apple cooked in 2 Tbsp. coconut oil)

Section 5: The Game Plan

Day 11:

You should be out or almost out of your DetoxVive™ Powder at this point. If there is anything remaining in your canister, use the rest to make one or two more DetoxVive™ smoothies on Day 11. This can help to wean from the detox process, but it isn't necessary, so if you've already run out, that's okay! And if you haven't run out yet, then use it up, because it's important that you've gotten in the full canister during this reset period.

On this day and upcoming days, continue to focus on drinking lots of water! This will help your body to push toxins through the detox pathways.



Section 6: The After-Party

(Life after your 10-Day Reset With Cassie)

Congratulations!

You've completed your 10-Day Reset and are on the upward spiral for new possibilities in your life. This is an exciting step toward a clean slate, losing weight, boosting your energy levels, your metabolism and vitality.

I bet you've learned new things about your body, perhaps discovered some new foods that have brought color, flavor, and nutrients to you, and maybe identified ones that your body isn't very fond of. You probably have broken through barriers you didn't think you could!

I'm proud of you for sticking with me, and am excited for the new possibilities you've unlocked! I want to help you make the most of them.

Now the question is, what to do next?

It can be easy to fall back into old ways after following a regimented program, but not so fast! You don't want to undo the hard work you put into your reset. Instead, the goal is to support your body's natural detox systems so that you can keep reaping the benefits of the hard work you put into your 10-Day Reset for days and weeks to come.

You can think of this process like hitting the hard restart button on your computer. You don't just do it once and assume your computer will run perfectly moving forward from this point on. You still want to support it with virus protection, regular back-ups and cleaning of malware. That's the frame of mind we need to be in with detoxing.

During and after your 10-Day Reset, you'll be continually bombarded with all sorts of toxins—in the air you breathe, the water you drink, the products you use and the food you eat. And while your body is complex and can eliminate quite a bit of toxins on its own, after you've finished your reset, at some point it'll start to get bogged down again, which can result in experiencing the symptoms that led you to reset in the first place!

Of course you can reset again, but with a few simple, daily steps, you can continue to support each of your body's major elimination systems. That way your body will continue to function at its best and not need to go through a reset as frequently (even though we know you had a blast!).

Section 6: The After-Party

(Life after your 10-Day Reset With Cassie)

Here are some tips for the road ahead:

Immediately after your reset: Take inventory by doing a rundown of your reset. Be clear with what's changed and what you're willing to do moving forward. Keep testing and be curious. Pay attention to anything that comes up, like cravings, suspicious food sensitivities, reactions to foods...be suspicious and pay attention to how your body responds, just like you've done during this reset. As you're adding in foods that were off-limits during your reset, notice how your body responds as you add them in. Continue to eat from the full spectrum of the rainbow, continue to use your VeroVive™ Fruits & Greens powder to keep supplying your body with antioxidants, and continue to take some of the supplements as outlined in this next section.

Post-Reset Supplements

Supplements to take the week following your reset:

We recommend following up your 10-Day Reset with the Post-Reset Kit. Otherwise, take 2 [LiverVive™](#) capsules each day following your 10-Day Reset until you run out.

Once your [DetoxVive™](#) Powder is gone, switch to [Pure Primal Protein™](#) (or [Pure Whey Protein](#) if you prefer a whey protein over a beef protein powder and you are not sensitive to dairy) for your daily protein needs. As you may have found to be the case during your reset, smoothies are a great, healthy, quick option for breakfast or other meals or snacks. You can continue to use DetoxVive™ if you'd prefer, but I wouldn't recommend using it daily as it's good to give your body a break and not always be in detox mode. Also remember, anytime you use DetoxVive™, you'll want to be sure to, at a minimum, use [LiverVive™](#) and [SynerVive™](#) (if you're female) or [TestraVive™](#) (if you're male) for best results and to avoid potentially negative detoxifying reactions that can happen as a result of not supporting all of your systems together.

continued...



Section 6: The After-Party

(Life after your 10-Day Reset With Cassie)

Do your best to continue with the guidelines you followed during your 10-Day Reset...everyday! (The only one you may not continue with is being as strict and regimented with your daily nutrition as you were during your reset.) Since we only had 10 days, we kept the focus mostly on food and supplements, but there are also a few others that we didn't focus on during your 10 days that are outlined here, too.

These are the daily detoxification strategies you'll want to turn into habits for continued results:

- 1.** Get your [Post-Reset Kit](#). This is LiverVive™ and Pure Fish Oil—both of which will continue to support your body as it may be detoxing for weeks after your official 10-Day Reset period! This helps you make the most out of your reset. You'll still have supplements leftover from your reset, but will run out of others, and it's important to continue. You'll also want to continue taking your ProbioVive™ and Pure Glutacaps™. These help to negate inflammation that will inevitably be caused from a variety of things, including and not limited to our environment and not eating perfectly. In general, we recommend three of each of these four supplements per day (one at each meal!)
- 2.** Stay Hydrated. This is the key to supporting your kidneys day in and day out. Aiming for half of your body weight in ounces is a good minimum to be hitting, and you'll likely benefit from even more. It's also a good idea to invest in a water filter, because many chemicals, like chlorine and fluoride, are in our water systems.
- 3.** Avoid foods you're sensitive to. This one may seem like a no-brainer, but you'd be surprised how many people I come across who say they know they are sensitive to something, but they take the hit and eat it anyway.
- 4.** Choose organic when you can. Conventional fruits and vegetables are commonly treated with an array of toxic pesticides that can build up in our tissues over time (which is why we are resetting in the first place!), so opt for organic when possible, or be sure to wash your conventional produce thoroughly. Organic meat is your best bet because animals are fed organically, and since they are what they eat (just like we are), their meat will contain fewer toxins as well. That said, just because organic can be healthier, not all organic food is healthy. (Re: organic cookies! organic candy!)
- 5.** Take it easy on the alcohol. While alcohol can be part of a balanced life, and I certainly don't mean to be a Negative Nancy, the reality is that alcohol is hard on the liver. When you drink alcohol, your liver's primary goal is to detoxify and get rid of it. This means it's not only wearing out your primary detoxification organ, but it's causing your liver to focus on detoxifying the alcohol instead of other toxins you're bombarded with every day. If you do drink, I recommend having a glass of water between drinks to help support your liver.

Section 6: The After-Party

(Life after your 10-Day Reset With Cassie)

6. Consider not only what you're putting in your body but also what you're putting on your body. Your skin is your largest organ, and skincare products are one of the main sources of toxins we encounter in our lives. Every day, we slather chemically-laden skincare products on our skin without blinking an eye. Since our body absorbs what we put on our skin, skincare products, just like food and supplements, should be of the highest quality. I used to not care about skincare, but now I make it a priority to use natural, toxic-free skincare products and makeup. My skincare routine is [Aloe Herb Facial Cleanser](#) to wash my face, then [Anti-Aging Serum](#) all over, and [Anti-Aging Eye Cream](#) under and around my eyes. On days when I prefer lighter coverage (i.e. not for TV segments, but for everyday wear), I use natural [Earth Minerals](#) makeup, and throughout the day I spray the [Toning Mist](#) as a refresher. For sun protectant, I use [Sun Love](#).
7. Switch to natural cleaning products. Nontoxic cleaning products ensure you aren't adding additional toxins to your counters, windows, walls, furniture and floors.
8. Exercise. When you're not in the middle of a 10-Day Reset, you can ramp up your exercise routine! This helps to sweat out the toxins that can settle into your tissues. The exercise I recommend is the metabolism-boosting kind, specifically HIIT (High Intensity Interval Training). These workouts are alternating short periods of intense exercise with recovery periods. It's as simple as doing some exercise and then resting. This kind of exercise will get your heart rate up, and those toxins out!
9. Get a massage. If you need an excuse to get a full body rub-down, then here it is. Massage can stimulate muscles and help remove toxins that have settled into your tissue. On top of that, it is a circulation booster, which helps push those toxins out. Just be sure to drink plenty of water before and after your massage to flush those toxins out of your body completely.
10. Consider the sauna. Saunas and steam rooms stimulate sweating and circulation which helps your body to naturally detox on its own.

When should I do another reset?

Ease the toxic burden on your body daily, and you'll feel better every day. You'll be setting yourself up for success in the long run, too! We recommend repeating the reset quarterly (a 10-Day Reset each time the seasons change) to keep your body in tip-top shape as you enter each season. If you prefer to do it more often, you can safely do the reset once a month. We suggest giving your body a break for at least two weeks each time before starting up another 10-Day Reset.

Section 7: FAQ's

You've got questions. We've got answers.

When is it not safe to reset? If you are pregnant, breastfeeding, underweight, have high blood pressure or are elderly, we would not recommend that you go through a reset program. If you're on prescription medication, please check with your doctor first, because pushing the detox pathways can push medication out, too. If you have a medical condition and aren't certain how the reset could affect it or you, again, we recommend checking with your doctor before beginning the program.

Will resetting help me lose weight? When your body is constantly focusing on trying to eliminate a buildup of toxins, all of your body systems are focusing all energy towards eliminating those toxins. The body's RAM (so to speak) is constantly working on healing the inflammation inside caused by the never-ending toxin exposure. If this never gets resolved, then your body just doesn't have enough energy to heal and lose weight. It will always be "all hands on deck" for healing. And your waistline will not shrink. Your metabolism just can't handle shedding pounds while trying to repair itself. Many people who do this reset are motivated to begin because despite their hard effort, they've struggled to lose weight. They finally discovered that if they aid their body in healing, the weight comes off effortlessly.

Is resetting dangerous? Resetting can be dangerous when you aren't providing your body with the support it needs through specific nutrients and the right balance and amounts of food. This is why my reset program is different. I've emphasized the importance of NOT depriving your body and eating anytime you feel hungry during this reset. This way, your body has the nutrients it needs to get rid of toxins and give you energy, and I've formulated supplements with the key nutrients you need to reset safely.

Do I have to give up coffee, alcohol or my favorite food? Nope! This is your reset which means you are in charge and you get to decide what you will and will not do. Coffee and alcohol aren't recommended because they can place an extra burden on your body as it tries to reset. Because of this, I recommend avoiding them for this 10-day period in order to see the best results and to make the most of our your reset. Ultimately, it's your call! The same goes for your favorite foods: if they're not approved on the recommended foods list, then I'd encourage you to keep them out for the 10 days. If you miss your coffee, we recommend mixing espresso flavored [VeroVive™ Fruits & Greens](#) into hot water. The flavor is great, and if it's the caffeine you miss, it's a good sign that you need this reset. :) You can get by for 10 days!

Section 7: FAQ's

...FAQ's Continued

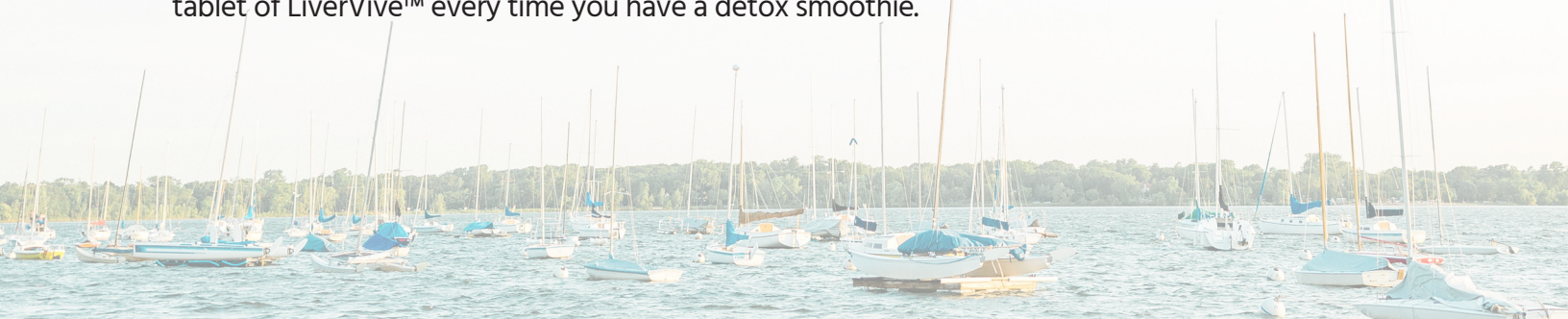
I have an allergy/sensitivity/can't eat _____. Can I still do the reset? Yes! The 10-day program is naturally gluten-free, soy-free and dairy-free, and is overall very allergen-free. The foundation of the program is keeping out any foods you are sensitive or allergic to. I make it easy to follow my template and recommendations with foods that are in line with your needs and preferences. I encourage you to be creative, think outside the box and make this your own! If you need extra help or recommendations on food swaps, you can always ask my team of experts and the community of fellow-resetters in the Private Reset Facebook Group.

Is the detox appropriate for vegetarians or vegans? It sure can be. I formulated the [DetoxVive™ Powder](#) to be vegan, and Vegetarians will find modifications within the program to follow that include eggs. If you follow a strictly plant-foods-based or animal-foods-free vegan diet, the reset program may not be for you because some of the important supplements are from animals (such as fish oil).

Is the program safe for people with diabetes? Yes! It is a whole-foods based program with natural supplementation, and is safe for people with diabetes. That said, if you are under the care of a medical professional, are insulin dependent, or are taking blood sugar regulating medications, I recommend that you consult with your doctor before beginning any new supplements. You may find that your medications need to be adjusted as your body becomes more efficient at regulating blood sugars on its own, and enlisting the support of your doctor will be important to make changes in your medications.

I have [insert your medical condition here], can I still reset? Resetting the balanced way I've outlined for you in this program helps with nearly all medical conditions because at the heart of nearly all health issues is inflammation, and resetting works on healing and getting rid of existing inflammation. That said, it is always a wise idea to consult with your medical doctor before beginning a new program.

What if I get a headache? If you find yourself with a headache, it means you need more liver support than what you're currently getting. If you get a headache, I recommend immediately taking 2-3 tables of [LiverVive™](#) and 3-4 tablets of [Pure Magnesium](#), and then add in an extra tablet of LiverVive™ every time you have a detox smoothie.



Section 7: FAQ's

...FAQ's Continued

What if I have caffeine withdrawals? Well, that's a classic sign that you need this reset! :) You can get by for 10 days without caffeine! Push through by supporting your headache with extra water, and if you need more support, add in [Pure Magnesium](#)—and if your bowels aren't producing one movement per day, use [Magnesium Citrate](#).

What if I miss my morning coffee? That's common, and it's okay. I love coffee just as much as you! For these 10 days, you can blend espresso flavored [VeroVive™ Fruits & Greens](#) into hot (or iced) water for a comforting faux coffee drink.

Can I do the reset again for even better results? Yes. While many of the habits you're developing during your 10-Day Reset are ones that I recommend continuing, I don't recommend doing a reset on a daily basis that is quite as intense as your 10-Day Reset. That said, you can certainly repeat the reset, and I actually suggest doing this since we are bombarded with toxins every single day. It's a good idea to give your body a break for at least two weeks before starting up another 10-Day Reset. You can safely do the reset once a month, and for most people, we recommend doing it at least quarterly. It's a great way to kick off the beginning of each season with a fresh start!

Can I do the program for less than the 10 days? While any length of the reset is surely better than none at all, you'll get the best results by hitting it hard for 10 days to make the most of your reset.

I'm already taking supplements. Should I continue with them on the reset? I don't recommend it. This reset program covers all of your daily essentials and the additional support your body will require during the reset program.

Secondly, I wouldn't want you taking anything that could actually be slowing down your reset results. Quality is a huge issue with supplements. I only recommend taking pharmaceutical grade supplements, which means they are tested for quality and purity. Since supplements aren't regulated, they can contain harmful substances and additives. The last thing you'd want to do during your reset is to be ingesting something that could be doing more harm than good! That said, if they are high quality, such as any of the supplements in the [Real Food Vitamins store](#), it's probably safe to continue them during your reset. I just don't generally recommend it since I wouldn't want you taking too much of something, and I know this program covers all of your nutritional bases.

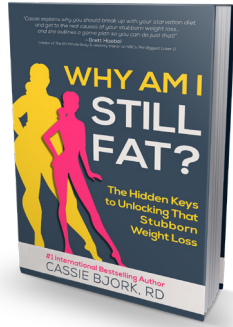
Have other questions? I knew you would! That's why I've included exclusive access to our [Private Reset Facebook group](#) as part of your reset program.



Section 8: Resources

Get the Book!

Unlock your metabolism's true power with the fourteen weight loss keys no one has told you about in my #1 International Bestselling book, *["Why Am I Still Fat? The Hidden Keys to Unlocking That Stubborn Weight Loss."](#)*



Hop on a Supplement Consultation Call!

Let's get on the phone and talk about your goals so we can give you our best supplement recommendations to get you going. Learn more about this limited-time-only service, and book your call Supplement Consultation Call [here](#).



Pick up the Ultimate Real Food Recipe Book and 4-Week Meal Plan! This is the ultimate "field manual" for fat loss and a go-to guide for PFC living made easy! You can have all of my best PFC-balanced recipes, meal plans, insider tips, and lifestyle hacks for shedding pounds, becoming your fittest self, and loving every single day—WITHOUT the stress and frustration of "dieting." You can find both the instant download version and the print version [here](#).



6-Week Bootcamp! My "From Frazzled to Freedom" Online Bootcamp is a 6-week course, jam-packed with 6 modules, including video trainings with me, specific worksheets, and key weekly action steps to empower you to be your best, fittest self right now, and for years to come. Sign up [here](#)!