
MINI REBOOT



WELCOME TO MINI REBOOT

Hello, lovelies!

This mini detox can put you on track to change your eating. I can say from personal experience that doing mini detoxes like this have changed mine. And I feel better than I ever have.

Here is a mini reboot. I love reboots because many of us just need a jump start to start on a better path of eating.

It is timme to feel alive, look younger and jump start your metabolism. A simple 24-hour reboot can do this.

I look forward to getting to know you.

You are on the road to achieving the best version of yourself. This is my goal for you, and myself, every day.

Who am I?



I am Coach AJ, a life-love student of life and health. I am a trained scientist and have also studied many forms of holistic and alternative healing, including the curriculum at the Institute for Integrative Nutrition. (IIN) I firmly believe that with a bit of refocus, we CAN change our thinking and habits to allow our bodies to thrive.

I know for me that I change can be difficult. I have certainly had many challenges along my path. As I continue to learn, grow, and discover my own gifts, I am committed to serving as a resource and inspiration to kindred souls on our life journeys. I seek support others in cultivating self-awareness, discovering fulfillment, and achieve their very best.

Can I support you too?

You swear it will be tomorrow, or Monday, or your birthday. The day you will begin to focus on you and your health. But that day always slips through your fingers. And these 'days' keep passing by. You have a really busy life and taking care of yourself has not only dropped further down your 'to do' list, it fell off of it.

Sound familiar yet?

WHY A DETOX?

At the Institute (IIN), I studied over 100 dietary theories and had the opportunity to learn from amazing teachers and leaders, including Andrew Weil, Mark Hyman, Geneen Roth and Deepak Chopra. During this time, my life changed. As I pursued my education I discovered my own "health blueprint". I found my path to addressing my metabolic syndrome and immensely reducing the pain and inflammation in my body. I also began to understand that the journey to one's wellness was not just about the food on your plate but also discovering what nourishes you in all areas of your life.

I began to detox my life – food, people that were negative and how I handled stress. Now, I am sharig the beauty of detox with you.

EASY DETOX

DAY 1

UPON WAKING

~ drink water (ideally 3 cups) with lemon (and optional a dash of cayenne pepper)

BREAKFAST JUICE (FRESH)

1 cucumber

handful of kale

½ bunch mint

a handful of parsley

Wash all of your ingredients and then juice. After juicing, finish your drink off with the juice of one lemon.

OR

BREAKFAST SMOOTHIE

Serves 1

1 cup dairy free milk (I suggest unsweetened almond milk)

1 scoop plant based protein powder (I like pea protein)

1 tablespoon ground chia seeds

1 banana

1 cup spinach

1 to 2 tablespoon tahini or almond butter

Note: To warm your smoothie add ¼ teaspoon of cinnamon, nutmeg or clove (powdered spice). By adding a warming you are warming your digestion. If you feel cold from drinking your smoothie or juice, then have a hot cup of dandelion or chamomile tea with raw honey to warm your digestion.

SNACK

1 apple with 10 raw almonds

LUNCH

Serves 1

2 cups (or more) mixed greens

3 tablespoons hemp seeds

1 apple cut into small pieces

½ avocado

1 cucumber, chopped

Dressing:

2 tablespoons Braggs Raw Apple Cider Vinegar

2 tablespoons extra virgin olive oil

juice from a lemon

Mix all salad ingredients in a bowl and toss with dressing.

SNACK

1 cup berries (frozen is fine, organic is best) and 10 raw walnuts

DINNER

EASY SALAD

Serves 2

4 cups spring mix

1 cup garbanzo beans

1 carrot, chopped

1 cucumber, chopped

1 pear, chopped

1 avocado, sliced

4 tablespoons raw apple cider vinegar

Add your mixed greens, vegetables to a bowl and top with rinsed beans and avocado. Add raw apple cider vinegar.

BEFORE BED

Drink chamomile tea with lemon and a little raw honey

CLEANSING & DETOX 101

HELPFUL TIPS FOR CLEANSING

Start a journal to document this amazing process. Realize that you are going to shed what does not serve you both physically and emotionally.

Eat/drink every 3 hours to stabilize your blood sugar.

Consume 1 green drink a day such as 1 teaspoon chlorophyll in water or add 1 teaspoon green food powder to your smoothie or coconut water. Regular bowel movements are important for proper detoxification; if you are not “going” then try drinking senna tea or more lemon water to better support your liver and alkalize your body.

HELPFUL TIPS FOR SELF-CARE

Take a bath each night with Epsom salts. Try adding a few drops of essential lavender oil.

Make sure you are sweating daily - try light exercises like jumping on a rebounder, sitting in a sauna, or swimming.

GET PREPARED

They say if you do not prepare in advance for your project, you are really preparing to fail!

Clean out the junk in the refrigerator and the pantry. This process will really help you to get mentally prepared to change your body and change your life.

Get support. Maybe find a friend to do the Reboot with you.

Set a goal and write it down where you see it everyday. Try a Post-it note on your bathroom mirror.

7 TIPS TO A MAGICAL CLEANSE & DETOX

Ditch old ideas that do not serve you

Rest

Hydrate

Believe in yourself -you can accomplish anything you desire

Forgive

Love more

Laugh daily

WORK WITH ME

I look forward to working with you. Please contact me for your free Wellness Consultation 30 minute strategy session to discuss how I can help you effectively lose weight, detox with ease, and achieve endless energy. You can request this on my website.

With love,

Coach AJ

www.WildAliveWellness.com