

# [TRANSCRIPT] PRE-CLEANSE: GETTING STARTED

Hello hello! Welcome to the “Reboot and Reset Your Body” guided group cleanse!

For those of you who don't know me, my name is Emily, and I'm super excited you're here!

We're going to have a great time together and I can't wait to get started.

So in today's audio, I'm going to give you a brief overview about the cleanse including what you can expect during the 4 weeks and what my intentions are for you.

As I was creating this program, I was a bit hesitant to use the word “cleanse”. There are so many different types of cleanses out there and more often than not, I find that people associate that word with juicing, feeling weak & hungry, pooping every 5 minutes...just an unpleasant experience all around.

Lucky for you, this is NOT that kind of cleanse and I'm guessing that's one of the reasons why you're here.

This cleanse is more gentle and the beauty of it is that unlike other cleanses, this one is actually safe enough to continue for the rest of your life.

In fact most of the participants of this program (or “Cleansingtons” as I call them!) have told me that they felt so good during the cleanse that they've stuck to a modified version of it even after it ended, which is super awesome.

Today I'm going to give you a brief overview of what you'll learn during the 4 weeks and I'm going to finish off with my intention for you, just to make sure we're all on the same page.

So first I want to talk to you about the food piece. During this cleanse, you're going to ditch the processed foods and enjoy whole real foods. By whole real foods, I'm talking about fruits and vegetables, clean animal protein (if you're not vegetarian), nuts, seeds, and healthy oils.

During the cleanse, we're also going to abstain from gluten, dairy, soy, artificial and natural sweeteners, coffee, soda, energy drinks, and alcohol.

Take a deep breath, I know that sounds like a lot.

For some of you, this is going to be a huge adjustment. That's why I'll be giving you the materials ahead of time so you can look them over before the cleansing portion of the program starts.

Also, I'll be giving you a helpful little guide so if you DO choose to continue drinking coffee or if sometime in those 14 days you DO choose to drink alcohol, you'll know how to do so in a way that won't completely derail your progress.

For best results, I do recommend you stick to the cleanse guidelines as closely as possible for the 2 weeks of cleansing.

But the reason I included these modifications is so if you DO choose to take a little “mini vacation” from the cleanse (note, I don’t use the word “cheat”) you’ll be LESS likely to get discouraged, feel guilty, or want to give up.

For some of you, this way of eating might be brand new and for others, especially if you’re a returning participant, this way of eating might be really familiar.

So wherever you are right now, is totally fine! Everyone who signed up is at a different starting point and I want you to acknowledge yourself for being here, no matter where you are.

Just the very fact that you signed up and committed to this program because you want to get healthier and feel better, speaks volumes and I just want to thank you for being here and acknowledge you for taking a stand for your health and doing something really really good for yourself.

Okay, so that was the food component of the program.

The next piece I’m going to talk about is setting yourself up for success by creating an environment that supports YOU in your efforts to get healthy.

It really helps to have support and accountability when making diet and lifestyle changes so that’s why I created a private Facebook group page for you to celebrate your successes, share your challenges, post pictures of your meals and encourage and inspire one another.

The community support from the Facebook group is one of the parts of the program that my Cleansingtons said they enjoyed the most. There is something very powerful about going through the same experiences with other people.

I highly recommend that you participate on the Facebook group page as much as possible if you want to get the best results. I want you to go on there daily and post your experiences and also comment on other peoples’ experiences.

Take advantage of this community- it’s a small group so it’s a great way to get to know each other better and personally I think it’s a lot more beneficial to be a part of a small group than these other programs that have thousands of people because you won’t get lost in the mix and reading about other peoples’ experiences won’t be as overwhelming.

If you don’t have Facebook, please be sure to get the people in your household or your close friends and colleagues on board to support you. A lot of participants find that it’s easier to do the cleanse with someone else for that added support and accountability.

Just to give you a heads up, registration closes the Thursday before the program officially kicks off so if you want to get someone in your personal life on board, please make sure they go to [www.4weekreset.com](http://www.4weekreset.com) to sign up.

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As for the support you'll be getting from me, I'll be active on the Facebook group page too, I'll be sending you a couple emails during weeks 1 & 2, and during weeks 3 & 4 (which are the 2 weeks of cleansing), I'll be sending you short emails every single day to help you stay on track.

I want you to feel like you are fully supported during the cleanse by both me and your fellow Cleansingtons, so please take advantage of this opportunity to be a part of this motivated community of your peers on Facebook.

Okay, so in addition to the food piece and support aspect, you'll also learn how to get into the right mindset for success and you'll also implement healthy habits into your life.

That's actually what you'll be doing during the first 2 weeks of the program- creating a solid foundation in your mind and in your daily routine (before you begin focusing on the food piece) so that once Week 3 rolls around, you'll already feel prepared to make changes to what you eat.

The last thing I want to talk to you about today is my intention for you during this cleanse.

I created this program to help you transform your relationship to food and alleviate any health issues that you're currently struggling with through making diet and lifestyle changes.

I also created this program to help you discover how foods affect you so you can feel empowered after the cleanse to make better choices.

In one of my past cleanses, I had a participant whose psoriasis cleared up tremendously during the program (you can see her before and after pictures on [4weekreset.com](http://4weekreset.com)).

I also had another Cleansington who didn't have any weight to lose, but signed up because she suffered from excessive gas and bloating after every meal. Her symptoms went away during the cleanse and as a result, she determined that she had a gluten sensitivity and now she feels so much better because she no longer eats gluten.

I want you to come away from the program with a better understanding of how your food and lifestyle choices directly impact your energy, mood, weight, and overall well-being.

This understanding really comes down to AWARENESS. I want you to gain a better awareness of what, why, and when you think, feel, or behave a certain way.

One of the things that I bring up a lot during the cleanse is the idea of slowing down and really being present in the moment because this is ultimately what will help you make better food and lifestyle choices.

When you're racing through life and on the "go go go" path, you're operating on autopilot and completely disconnected from your body or the reasons behind your decisions. I mean, we all do this because we live in a fast paced society. So what happens is if you

don't make the conscious effort to slow down and be present, life can be a really huge distraction if you let it.

During this program, I hope you'll take this opportunity to turn inward and really listen to your body and get to know yourself better.

This practice takes time to develop and might be challenging at first, but in these 4 weeks you'll gain a better understanding of yourself than you did when you arrived and that will set the foundation for a healthier life.

So my friends, that's all for now. I hope you've found this audio helpful and I'm SO excited to get to know you better in the weeks ahead.

Make today an awesome day and I'll talk to you soon.