

WHAT IS YOUR BODY TRYING TO TELL YOU?

Listen. It happens to the best of us. Even when we know better. We look in the mirror one morning and think, "What happened!". Maybe your skin is dry, dull, or even red. Your belly is flopping over your pants. Your hair is thin and brittle. You have no energy and you look worn out.

Often times we know it's what we're eating or the stress we're under, but we just can't seem to get it under control. Sometimes we just tell ourselves it's not that bad or we'll figure it out later. But later never comes and sometimes it's worse than we think. Sometimes we need a little intervention.

If you're wondering how far off track you really are, take this quick assessment and see what your results say. Check the box for any that frequently apply to you.

Your General Health

- Do you frequently get sick?
- When you get sick, do you have trouble "bouncing back"?
- Do you have autoimmune problems?
- Do you feel like you are less strong and energetic than you used to be?
- Are you frequently tired?
- Do you experience severe afternoon slump?

_____ total

Your Body

- Are you gaining weight, especially around your belly?
- Do you put on pounds easily and have trouble taking them off?
- Have you gained 10 pounds or more over the past few years?
- Are you frequently bloated?
- Do you often suffer from gastrointestinal problems such as constipation or diarrhea?
- Do you feel that you're aging more quickly than you should?
- Is your skin dry, or are you developing fine lines or wrinkles?
- Is your skin blotchy or dull?
- Do you have psoriasis or eczema?
- Are your eyes red or dull?
- Is your hair thin or lifeless?
- Are your fingernails dry and brittle?

_____ total

Your Mood/Mental State

- Are you frequently angry or unhappy?
- Are you often anxious?
- Do you frequently experience "brain fog"?
- Do you enjoy sex less than you used to?
- Do you enjoy your friends and family less than you used to?
- Do you enjoy life less than you used to?

_____ total

Your Sleep Health

- Do you sleep badly?
- Do you crave sleep?
- Do you wake up feeling unrefreshed?

_____ total

Your Toxic Load

- Are you frequently exposed to toxins from smog, traffic, household cleansers, or other sources?
- Do you frequently eat non-organic fruits and vegetables or non-pastured meat and eggs?
- Do you drink unfiltered water?

_____ total

Now count your score...

If your score is 0 to 4, Congratulations! you're in far better shape than most people. Our bodies have an incredible innate ability to cleanse themselves. However, with the amount of toxins we are exposed to on a daily basis through the air we breathe, the water we drink, and the food we eat, it's important to make sure we are supplying our bodies with the nutrients it needs to continually flush these toxins out.

The great thing is we can help our bodies handle these toxins by giving it the proper nutrients it needs to do its job. And how do we do this? The best way is through food. Some foods are more efficient than others in assisting our bodies.

Here are my top 10 favorite cleansing foods you can easily add into your diet to take your health to the next level.



Turmeric



Citrus Fruits



Cruciferous Vegetables such as broccoli, cabbage, cauliflower, brussels sprouts, and kale



Carrots



Avocados



Beetroot



Apples



Tea, particularly green tea, dandelion root tea and milk thistle tea



Coffee



Garlic

You can read more about these cleansing foods [here](#).

So even if you're at the top of your game you could still benefit from incorporating more cleansing foods into your diet.

Below you'll find two of my most popular recipes with my top cleansing foods.



If you want to learn more about cleansing and get over 60 recipes packed with cleansing foods check out my latest book.

[learn more here](#)

If your score is 5 to 9...

If your score is 5 to 9, you're entering the danger zone and it's time to do something before things get worse. Don't ignore the signs your body is sending you. Your body knows exactly what it needs and when it needs it and it is trying to tell you it's missing something...or you're giving it things it doesn't want or need.

The only way to get back on track is to start taking better care of yourself. And the simplest way to get started is by making healthier food choices. Start by...

- + Consuming more vegetables and [low-carb fruits](#)
- + Cutting back on processed foods and take-out
- + [Assessing your sugar and carbohydrate consumption](#) and cutting back as needed
- + Limiting [alcohol consumption](#) (1 drink a day for women and 2 drinks a day for men)
- + Adding more [healthy fats](#) to your diet
- + Focusing on [clean proteins](#)

When you're looking to add more vegetables and fruits and healthy fats to your diet I find smoothies and soups the easiest way to pack a lot into one meal. Check out two of my most popular recipes below.



If you're looking for a plan to pack some serious nutrition into your diet in a short period of time for maximum benefits and quick results check out my latest book, *Cleanse and Reset*.

[learn more here](#)

If your score is 10+...

You probably already know this... your body is screaming for help—you're just getting by when you want to be awesome—it's decision time right now. You're less than perfectly healthy and it might be time for a quick intervention. You desperately need a reset ... just as I did when I crashed and burned.

The good news is you're in the right place... I can help.

When I needed a reset I created a short, easy, 5-day plan to pack as many healthy foods into diet in order to flood my body with the nutrients it was begging for. Within the first few days my energy and clarity starting returning and the bloat and lifeless skin diminished. When it worked so quickly and profoundly for me I knew I had to bring my plan to people who needed it most. And thus my *Cleanse and Reset* was born.

If you're sick of how you feel then decide that now is the time to take your life back. I know what it's like to be in this place. The whole reason I developed my *Cleanse and Reset* was to help me get my life and health back on track quickly... because I didn't have weeks or months... I needed some immediate relief and I know this plan can help you.

Never forget... You matter—so here's to becoming the best, happiest you that you can be. Here's to feeling better than you have in years, or maybe in your entire life.

Get started today with my 5-Day *Cleanse and Reset*!



Decide, commit, and go. You can do this!

[click here](#)

CAULIFLOWER VICHYSOISE

Prep time: 15 min | Cook time: 25 min | Yield: 4-6 servings

Ingredients:

2 tbs ghee or pasture-raised butter
1 garlic clove, minced
2 leeks, white and pale green parts only, thinly sliced
4 cups Chicken Bone Broth or Dr. Kellyann's Collagen Broth
½ cup canned unsweetened full-fat coconut milk
3 cups cauliflower florets
½ tsp dried thyme
1 tsp Celtic or pink himalayan salt
½ tsp arrowroot powder, blended with 1 tbs water, plus more if needed

Directions:

In a large stockpot, melt the ghee over medium-high heat. Add garlic and leeks

and reduce the heat to medium-low. Cook, stirring, for 6 to 8 minutes, until softened.

Raise the heat to medium-high and add the broth, coconut milk, cauliflower, thyme, salt, and pepper. When the soup begins to simmer, reduce the heat to medium-low and simmer for 15 to 20 minutes, until the cauliflower is cooked through.

Purée with an immersion blender, blender, or food processor until smooth and creamy. Return to the stockpot and stir in the arrowroot mixture. Simmer for 3 to 5 minutes, until the soup thickens, adding more arrowroot if a thicker soup is desired. Serve warm, garnished with freshly ground black pepper.

[You can find more delicious soup recipes here](#)

BEET BERRY DETOX SHAKE

Prep time: 5 min | Yield: 1 serving

Ingredients:

1 cup coconut or almond milk, unsweetened and carrageenan-free
1 packet of Dr. Kellyann's Vanilla Collagen Shake or 1 scoop Bone Broth Protein in vanilla
¼ cup grated beets
1 cup fresh or frozen berries, this is especially good with raspberries and blueberries

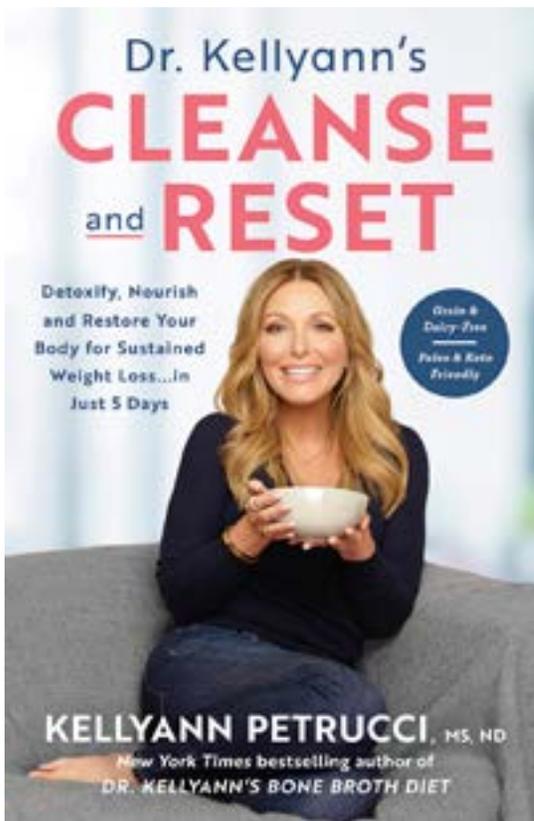
1 tbs avocado or MCT oil
Dash Celtic or pink Himalayan salt,
Ice, add to blender or pour shake over

Directions:

Pour liquid into blender first then add all other ingredients. Blend until smooth and creamy.

If shake is too thick, add additional coconut or almond milk

[You can find more delicious smoothie recipes here](#)



GET STARTED TODAY

With my rejuvenating 5-day cleanse, you'll learn the exact steps I took to cleanse my body of the toxins that were slowing me down and holding me back. In my new book, I'll fill you in on the months leading up to my crash and burn wake-up call. You'll learn how and why I developed a cleanse and reset that my body and mind were so desperately in need of.

In just five days, you're going to look and feel better than you have in ages. You're going to start to feel like YOU again! Forget feeling sluggish and bloated every day. I'm going to teach you how to feel cleansed and energized again.

You're going to; lose the extra belly fat, firm and tone your skin while restoring its healthy glow, bring healing to your unhappy gut, banish the toxins, heighten your mood and enjoy your life again

My *Cleanse and Reset* releases on December 3rd but you pre-order now and enter your receipt information [here](#) and we will send you a

DIGITAL QUICK START GUIDE

so you can get started before the book launches!

Plus get these additional bonuses...

- + QUICK START GUIDE
- + SHOPPING LIST
- + SAMPLE MEAL PLAN
- + BLANK MEAL PLAN

Plus these tips and tricks...

- + INTERMITTENT FASTING
- + FAT BURNING HORMONES
- + AVOIDING DIABETES
- + MEASURING BLOOD SUGAR
- + KEEPING YOUR GUT HEALTHY
- + BONE BROTH DIET COCKTAILS

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