

The Core of the Alkaline Reset Cleanse Lesson Two Workbook



ALKALINE RESET WORKSHOP

The Alkaline Reset Cleanse (ARC) is the most powerful, natural, life-changing Cleanse on Earth, and in Lesson Two I show you exactly what to do to bring it to life!

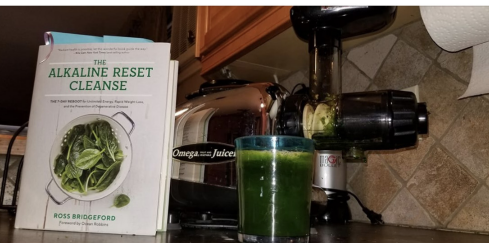
When you put the Alkaline Reset Cleanse into action it restores balance to your body, wiping away years of stress and poor diet, turning back the clock and creating the internal environment in which your body thrives...

In just seven days, you can transform your health & your life forever...

Jennifer Gordon
Visual storyteller · 12 February at 23:09

This is not a diet but I life style wake up call.. 45 years old, 50 lbs overweight for the last 3 years, debilitating fatigue and depression (2016 trying to adjust to being divorced with two kids 9 and 12 after 23 year relationship, then whammo.. sole caretaker for my mom who became ill in Feb. 2017 and died in 8 months.. Grieving and healing all of 2018.) .. 2019 NEW BEGINNINGS... Pre-ordered this book in Oct 2018, received Dec 31st and the journey began January 1st, 2019!

Now after reading this book and slowly incorporating into my life 6 weeks in.. 19 lbs gone
.. Body aches gone.. Better sleep.. Brain fog lifting.. Working out and not crashing afterwards.. Feeling energized.. All this just on the pre cleanse.. About to take on this 7 day cleanse.



You and 132 others · 31 Comments

Marilyn McNeal Fergus · Ross Bridgeford
24 February at 12:12 · 🌍

We finished the cleans yesterday. My daughter lost 10 pounds in the last two weeks, I lost 5 and my husband lost 10. I had quit sugar and gluten in January so my weight loss had already started prior to the 2 weeks of the cleans, but I did break through a plateau I have been on for 7 years. My greatest thrill is that my husband's blood sugar level dropped from 191 to 113. Thank you for creating this program!

Angelique Baars
1 hr

I did it!!! Day zero is here after a Cleanse week. And I feel so much better
❤️❤️ More energy, better skin (my co-workers noticed and some ask about how I did it so I told, ofcourse 😊) First day was not easy, I had

Scotty · With Ross Enigse.
May 16 · United Kingdom

Morning guys.
Days 36 week 6 of an alkalisng cleanse.
Been 80-90% on average from start to finish.
Water daily average was 3-4 litres now 4-5.
Waist was 36 inches now 32.
Weight was 13 stone (182lbs)(83kg)
Now 11st 8 (164lbs)(70 Kg)
Normally work in stone and lbs let me know if calculations are wrong lol.
I may finish on Friday this week though 31 days ago I said I would commit to 5 days only lol.
Thank you for your support whether you knew it or not

Kate Bonsor
Conversation starter · 20 February at 18:56

Ok. Update. Completed 7 day ARC and lost nearly 10lbs. So well on my way to goal with 14lbs to go. Still feel headachy but it's getting better. Best bit is I don't crave any processed/gluten food at all. Actually just checked on conversion app and it's 10.2lbs. Hooray

You and 33 others · 13 Comments

Kate Bonsor
Conversation starter · 5 hrs

3 weeks on alkaline plan (including 7 day ARC) and weight lost so far is 17lbs!! 7lb to get to my personal goal.

You and 14 others · 4 Comments

Nancy Meikle-Mousseau
1 February

I am on the pre pre cleanse and just getting in the groove. Made the lentil and quinoa stew today. Looks great! Delicious ♡ Making Bliss Balls tonight. My family think I'm nuts. They'll see. This is the right time for me. Started my pre pre early January and lost inches and 4 pounds. Feel much better.
62 and have so much more to do in my Life so going Alkaline is the only way for me 😊

Eugenia
November 20 at 11:29pm

I've been running but still in the game! I'm down 23lbs!! Greens juice every other day...and focused on low meat, no refined sugars, very low gluten and dairy. Feeling great and sporting my small clothes! 30 more pounds to go!

Tom
3 hrs

Great news this morning. My wife, who is a Type 2 Diabetic (adult onset many years ago) started the alkaline diet one month ago today. She has lost 18 lbs (I think that's about 1.3 stones for the UK and Australian members in the group), which was exciting for her.

She had her regular doctor checkup as well. He was shocked when he downloaded and reviewed her blood sugar levels from her monitor and the amount of insulin she is taking. She has dropped from 50 units a day (yeah, I know!) to just 10 units in 30 days!

The doctor couldn't believe that kind of change. He's never seen a patient do that--she's reversing her diabetes. He said to continue what she's doing and to carefully monitor blood sugar.

At this rate, it's entirely possible that she will eliminate her diabetes altogether. Yes, the alkaline lifestyle works! But we already know that, right? 😊

Like · Comment

Call | h, Parmi M. and 19 others

View 7 more comments

Nicole · Wow. That's fantastic!
Like · Reply · 34 mins

Christine · Yeh that is fantastic and so inspiring. I don't have type 2 diabetes but it has inspired me to keep going for my health's sake.
Like · Reply · 1 · 7 mins

Tom Yates
September 16 at 6:05am

More good news! My wife's goal was to reverse her Type 2 Diabetes; and I posted earlier she is well on her way. Mine was to reverse hypertension. In the past, my blood pressure (BP) would average 145-157/95-110, which is really bad. Now it's my turn to share success.

Today I had my regular checkup with my doctor to review my blood pressure. I presented my numbers from regular home BP readings. He was amazed, even more so when he looked at the BP reading the nurse took minutes prior to chatting with me. He asked her to take it again at the end of our visit, "just to double-check."

He said rarely has he seen this kind of drop in so short a time. "This just doesn't happen; very impressive." My BP was 117/72! This was within the averages I had seen at home. The rule used to be 120/80. Now doctors want to see it below those numbers.

"You are no longer hypertensive. Keep doing what you are doing. I couldn't be more pleased with the results I'm seeing. I don't need to see you for six months."

Please don't misunderstand. I'm not sharing to "wave a flag" or "toot a horn" shouting, "Look at me! Look at me!" I share these successes because rather than discourage anyone, I want to give members of this group hope. Following an alkaline lifestyle works--it improves your health. Stick with the principles. Success comes from consistency and a commitment to keep taking one more step. I look forward to hearing the success of others.

Stoke Poges, United Kingdom

Hello Alkie friends! I have not been posting for a while, my new job just got pretty busy, but I did want to share something amazing with you today. Since July I've been eating 80-100% alkaline to heal my body and gut from all the adrenal fatigue and stress of my last job. I also had a bunch of food intolerances which is probably caused by leaky gut and inflammation in my intestines. I had Candida too...

Now, I feel amazing, did a fabulous hike to Machu Picchu, have a lot more energy, don't need that much sleep AND I lost 4 kgs in the last 4 months. I didn't need to lose weight but my body always readjusts my weight when I do this properly. I am now 55 kgs, which is the weight I had when I was 20 years younger. My skin is glowing, hardly any breakouts and people always comment on how well I look! It's so easy to say no to food you know it's bad for you and I make all the restaurants and hotels work hard to give me food I want to eat. That's so satisfying and I'm not embarrassed by being "fussy" any more! 😊

Keep up the good work Everyone, it's definitely worth it! Happy Saturday!

Rosslyn
Yesterday at 10:12am

Hi Gang! It's been a long time since I posted, but I want to share some excellent news with you all. My doctor has declared me diabetes-free! Alkaline works! Still losing weight and feeling amazing. Thanks Ross!

Rose · Hi Gordona. I am a 55 year old yoga and Pilates teacher with strong arthritis genetics (or so I was told that's why). Following Ross over the past year has reversed all joint stiffness and digestive issues (all inflammation based health issues, including sleep and energy issues). An alkaline lifestyle is worth staying devoted to. I'm healthier and stronger than when I was in my 30's and 40's. Good luck.
Like · Reply · 1 · 1 hr

Hans Snook shared his first post.
New Member · 20 hrs

I've been on Ross's Alkaline program for three months now and it's done wonders for my osteoarthritis. Almost back to normal, but now need to exercise! Ross is brilliant!

The Core of the Alkaline Reset Cleanse

Lesson Two Workbook



ALKALINE RESET WORKSHOP

In Lesson Two I walked you through the 'Five Steps of the Alkaline Reset Cleanse'. Of course, there is a lot more depth to the Cleanse than this, and in the Alkaline Reset Cleanse Coaching Program™ there's in-depth video training, step-by-step checklists, meal plans, shopping lists and everything else you need to make it as done-for-you as possible (with the Coaching Program you basically just need to show up and it's done!).

But, having said that, the training from Lesson Two is everything you need step-by-step to get an understanding of how to do the Cleanse, and super-importantly, what NOT to do. Sometimes, it's the mistakes that people make, the things they miss or misunderstand that scupper their efforts.

If you've ever done any kind of cleanse or detox program before, you'll know that when you do it wrong it can be really quite horrid!

In fact, with a lot of cleanse and detox programs, the way they are set up - doing it *right* can be horrid too!

Not with the Alkaline Reset Cleanse. My Cleanse is effortless, enjoyable, delicious and positive. It's built around abundance and lightness and the experience is joyous. It's a wonderful week.

And that segues rather well into Step ONE of the Alkaline Reset Cleanse...

Step ONE is called 'Nourishing NOT Punishing'

What I mean by this is that the Alkaline Reset Cleanse (ARC) completely flips practically EVERY other detox and cleanse protocol on its head. With most detoxes they focus on restricting – all of the energy is put into cutting everything out to 'purge' toxins out of the body and no energy is focusing on getting stuff in. You basically try to starve the toxins out.

That is NOT what the body wants.

It makes it SO hard, full of cravings, pain, fatigue, headaches, suffering, massive reliance on will-power and the sheer drive and urge needed not to cave. Your nutrient intake goes to practically zero, it shuts your body down into a starvation mode and makes your life a living hell for the duration of the program.

That could not be MORE the opposite of doing my Cleanse.

The ARC is full of positivity, abundance, lightness, energy and you're working with your body as a TEAM, together, which is what it should be all about. My philosophy is that if you want your body to work harder, rebuild, repair and regenerate it needs MORE nutrients – not for you to starve it! On the ARC you are focusing on getting an ABUNDANCE of nutrients, as much nourishment into your body as possible, for the period of seven days – tons of goodness – to support your body. A big rule of the Alkaline Reset Cleanse is you should NEVER GO HUNGRY.

If you're hungry you're doing it wrong. During the Cleanse please see any sign of hunger as your body asking you for more nutrients – more tools to keep doing its job of healing, repairing and cleansing.

As I shared with you in Lesson One – one of the most important things for me is for you reconnect with your body, to fall back in love with your body and start seeing you and your body as one whole – on the same team. So many people are disconnected, and feel like their body is the enemy.

The Cleanse will repair this and bring you back into alignment. And this is so important. Always remember – the Alkaline Reset Cleanse is about giving the body an abundance of nourishment for seven days, with all of your body's energy allowed to go into healing, repairing, restoring, rebalancing and thriving.

Step #2 is Mega Fuelling with Juices Soups & Smoothies

On the Alkaline Cleanse your meals throughout the day consist of alkaline juices, soups and smoothies for seven days. These recipes are delicious, varied and SO nutrient dense.

The juices are delicious, refreshing and massively energizing. The smoothies are filling, nourishing and the soups are warming, satisfying, soul food.

There is so much variety here – and the different roles of these three meals makes each day a breeze, give you so many different flavours and textures and they're such clean, nutrient-dense meals your energy after each of them goes up to a whole new level.

You are going to love how these meals make you feel. And as we go through the anatomy of these juices, soups and smoothies you'll also quickly see how the shopping, and prep of these recipes is going to be HALF of what you would have in 'normal' life – so for those of you who are time-stressed, you can relax.

You'll also see from the ingredients that I mention, they are simple, cheap and easy to find. There is nothing funky in my ARC – you can keep it simple, and for most people, the weekly shopping budget when they do the ARC is so much cheaper than their normal weekly shop.

So now I want to take you through the anatomy of each of the juice, soups and smoothies so you can hit the ground running and avoid so many of the big mistakes people will make when they try to just jump straight into an alkaline cleanse without the proper coaching and guidance.

Let's jump right in...

The Alkaline Reset Juices

Juices are a powerful part of the ARC. They are so nutrient-dense and they have an instant impact on your energy, mental energy and they bring life to every cell in your body. They are so wonderfully powerful, and the most effective way to deliver the maximum amount of nutrients, with almost no energy needed by your body to digest and use and spread the nutrients to where they need to go.

You might be wondering if it's sensible to juice because the fibre has been removed – but this is the whole point – this is the benefit of the juice – the fibre has been removed which means your body can easily use every single nutrient in there.

And don't worry about that fibre – you'll be getting plenty on this plan from the smoothies and

soups – you will not be lacking fibre believe me!

So typically what goes in one of my alkaline juices? Well, in a couple of pages I share one of my favourites with you my Triple A Juice (the triple A stands for Alkaline, Anti-Inflammatory and Antioxidant Rich) – it's so delicious, sweet and powerful.

Typically when you're thinking an ARC Juice think ingredients such as cucumber, celery, spinach, lettuce, kale, beetroot, carrot, bell pepper, turmeric, ginger, tomato, lemon, lime, basil, cilantro, parsley – there are so many options!

Of course, you wouldn't put all of those in at once! But a basic green juice of celery, cucumber, spinach and lettuce is great too! You then add some water, coconut water or even a nut milk like almond if you like to water it down to taste and you're away.

In the Alkaline Reset Cleanse Coaching Program™ there are dozens of done-for-you meal plans (each with an itemized shopping list) for your Cleanse based on the goal you're going after (weight loss, reflux, digestive healing, hormone rebalance etc). and a recipe book to go with it that contains tons of delicious juices (and soups, smoothies etc). So you'll never get tired of trying new combinations!

You'll notice two things here:

One: it's mostly green – that's important – remember the Powerhouse Fruits & Vegetable study from Lesson 1 – the top 15 most powerful foods on earth are all leafy greens

Two: No fruit – this is also essential. We don't have time to go into all of the depths of this today, but the research shows that when fructose is consumed either a) without fibre or b) quickly and in high doses – it puts huge stress on the liver which then creates a ton of inflammation, fat cells, uric acid and more. Please don't put fruit in your juices. Fruit in juices is both without fibre AND consumed quickly AND in high doses.

Please – on the cleanse – leave the fruit out.

There is a lot more to this topic and I will cover it in the FB live tutorial so do [join the FB group here](#).

The Alkaline Reset Smoothies

The smoothies are amazing on the ARC. They will contain many of the same ingredients as the juices but you can get even more creative with these! Plus of course they're thicker, contain the fibre, you can add lots of fats and therefore they are really filling and satisfying too.

Alongside those ingredients from before think avocado and non-dairy nut milks as your base, and then alongside the veggies, think things like nuts, seeds, coconut oil, cacao, maca, chia seeds, a plant-based protein if you want more protein...and so much more!

You've got my 'All Day Energy Smoothie' in a couple of pages time to show you an example, but you can keep things as simple or complex as you like.

A basic ARC smoothie would be something like avocado, cucumber, spinach, lettuce, coconut oil and almond milk. That is simple, nutrient-dense and delicious and will keep you going for hours thanks to the combination of fat, fibre and protein.

I typically have smoothies for breakfast, or if the juice and your turmeric tea has kept you going through brekkie, for mid morning snack and then again for an afternoon snack. And again, make two times what you need. These store in the fridge for 48 hours quite happily so you can build up a bit of a safety net for when you get a bit hungry later.

Alkaline Reset Soups

These are what I consider your more 'regular' meals on the ARC. You can make raw alkaline green soups, or regular warm soups. You can make them smooth or chunky. And of course the options and variety here are endless. On the ARC Coaching Program™ my Soothing Gut Healing Soup is a smooth, warm soup which has such depth and richness from the turmeric, pumpkin, lentils and more...and the Tuscan Bean Soup is so flavourful, herby, and chunky and makes the perfect filling dinner.

I've included my Anti-Inflammatory Soup later in the workbook for you to try – I think you'll love it! The soups can be cooked in a more 'regular' manner, in a pan with coconut oil and so on or they can be simply blended from raw ingredients.

I tend to go more for the raw, cool soups at lunch (note you can still warm the 'raw' soups up a little – they're still considered raw if they're warm, just don't 'cook' them so to speak) and then the chunkier, warm, soul-lifting soups at dinner. Whereas you're 'drinking the other recipes – these soups are EATEN with a spoon and there is something psychologically important about that. It feeds the soul.

These soups can be bulk-made and stocked up in the fridge or freezer, which is something you can do to make the week-day at work a little easier, and again, they are always there then if you need another meal or get a little snack attack.

Now, I want to remind you again, you'll be consuming as much of these recipes as you need – you never go hungry. The situation you CANNOT have on the Cleanse is being hungry and stuck – either without something quick to have OR even worse, without the ingredients!

Now in Lesson 3 I am going to take you through the steps to get all of your planning done for your Cleanse in an hour or less – to save you hours each day throughout the cleanse and guaranteeing you DO NOT find yourself hungry and the cupboards and fridge bare.

Lesson 3 is priceless, even just for that part, so you need to tune into that.

So for the seven days of the ARC you're consuming a combination of refreshing juices, filling smoothies and comforting, warm, delicious soups.

Never hungry, no willpower needed, no cravings, no starving yourself, no rumbling tummy or mood swings, no headaches or fatigue. Instead you simply feel full, satisfied, light and positive.

Step #3: Real, Whole Foods

Something that really bugs me about a lot of other cleanse or detox programs is their reliance on supplements and miracle, magic bullet products – when the goodness in whole, natural foods is so ridiculously abundant. With the Alkaline Reset Cleanse you don't need an army of supplements. You just need nature.

The thing with supplements is the clue is in the name. They are there to supplement. They are intended as a safety net. So while I love them, see their importance and place in our on-going lifestyle – during the cleanse you are getting SO MUCH of what the body really needs, in the naturally occurring quantities that nature provides – you really don't need to spend a fortune on supplements.

The juices, soups and smoothies have it all.

The ONLY thing I would recommend adding is a good quality omega 3 supplement and a good quality coconut oil supplement. The rest are completely up to you.

In the Facebook Live Masterclass + Q&A we will cover a bit more about supplements, but for now I just want you to remember – this is about Nature Not Products

Step #4 is Zero Acidic, Inflammatory or Oxidative-Stress-Causing Foods or Drinks

When you think about other plans or programs and you think about the foods you are supposed to eat and those you're supposed to avoid – it can get confusing and a lot to remember. Not on the ARC.

You're eating JUST the alkaline juices, soups and smoothies – with the foods I gave you in Lesson 1 (and it's all in the Workbook for Lesson 1 too). And that's it!

When you think about that – it means you DON'T eat everything else! This keeps it super simple during the seven days of your ARC!

Without having to think about it you're going seven days without ANY of the acidic, inflammatory, oxidative-stress-causing foods that have led you to the situation with your health you're now going to wave goodbye to!

NOW, this might be worrying you as giving up all of these foods cold turkey for a week might be daunting. But this is why video ONE is so important because it teaches you how to get started and put the groundwork in now – for the Seven Days BEFORE the Cleanse so you barely even notice you've given these foods up!

And finally Step FIVE is Mega-Hydration

We covered it in Lesson 1 because hydration is so important to PREPARE your body for the Cleanse and now we need to get even more serious about hydration as we go into the 7 days of the ARC. WATER is probably the most critical nutrient to enable toxin elimination, healing of the digestive system, kidneys, liver, and to assist in the stress-free regulation of your pH throughout the detoxification process.

During the ARC you're not only getting hydrated from the juices, soups and smoothies – but you're also consuming up to 100-120 flz (which is 3-4 litres) of water each day too.

If the goodness in the juices, soups and smoothies is unclogging you – the hydration washes it away. You can't skip this step.

And be warned – JUST THIS LEVEL OF HYDRATION ALONE WILL SKYROCKET YOUR ENERGY! It's just plain awesome!

In our Facebook Live Masterclass I'll cover some of the steps to make this level of hydration SO easy for you, get past all of the hydration challenges I know you might have and we'll go deep on the other four steps too.

And if you've followed the steps in Lesson 1 to take you from wherever you are now with your hydration to gently, day by day, step by step move you towards this goal of 100fl oz, this will be on autopilot by the time you start the ARC.

--- Your example printer-friendly ARC Recipes are overleaf...

**[CLICK HERE to Go to the Alkaline Reset Community
& Join the Discussion](#)**

Triple A Juice

Ingredients

2 handfuls of spinach
2 handfuls of kale
1/2 cucumber
1 stick of celery
1cm ginger
1cm turmeric
1 red bell pepper
1/2 beetroot
1 carrot
Filtered water to taste

Instructions

Juice everything together and enjoy!

Anti-Inflammatory Soup

Ingredients

200g Pumpkin, roughly chopped
4 Carrots, roughly chopped
1 Sweet Red Potato, roughly chopped
4 Tomatoes, roughly chopped
3 Cloves Garlic
1tsp Mustard Seeds
1 Red Onion
300ml Vegetable Stock
200ml Coconut Cream
1 Handful of Fresh Coriander (Cilantro), roughly chopped
1 Inch Fresh Turmeric Root
1 Inch Fresh Ginger Root
1/2 Red Pepper (Capsicum/Bell Pepper)

Optional Topping:

1/2 Cup Cashews
2 Tbsp Pumpkin Seeds
1 Clove Garlic, minced
Optional: thinly sliced red chilli
1 Cup of Lentils

Instructions

- 1) Start by chopping the red onion, garlic, ginger (peeled) and turmeric (peeled) roughly. Gently heat a little coconut oil in a pan and very gently get the onion started, and once it's cooking a little, add the turmeric, ginger, mustard seeds and garlic – being careful not to burn the garlic.
- 2) Now add the root veggies (carrot, pumpkin, sweet potato), the red pepper and the tomatoes and stir it all around to coat the veggies in the oil and flavours (you should be able to smell that delicious turmeric now)
- 3) Add the stock and then add the lentils. If you're using dried lentils, you will need to add an extra 50ml of stock to allow for an additional 10 mins cooking time, but if you're using tinned lentils (please buy organic), add them now and move onto the next step.

All-Day Energy Smoothie

Ingredients

1/2 a ripe avocado
2 handfuls of spinach
1 handful of kale
½ cucumber
200ml almond milk
3 tbsp coconut oil
50g soaked almonds
25g soaked cashews
1 tbsp sunflower seeds
1 tbsp chia seeds

Instructions

- 1) If you are reading this a few hours (at least) before you're going to make this energy-booster, start by soaking your almonds and cashews for at least an hour or so, preferably overnight. If you want to make it now, try to soak them for at least 20 minutes!
- 2) Start the blending with the avocado, liquids and cucumber
- 3) Next add the oil and the leaves
- 4) Finally add the soaked nuts, the seeds and blend at a high speed until smooth

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The Foundation of Your Cleanse

Lesson One Workbook

ALKALINE RESET
WORKSHOP



LOOKING AHEAD IN THE CLEANSE KICKSTART WORKSHOP

Lesson Three - Your Cleanse Plan & Making It Last a Lifetime

After the first two lessons you've got the groundwork to do your cleanse. And in this lesson we put it all together for you - the nuts and bolts, the step-by-step. This is where we plan YOUR Cleanse in and get you taking action! I also show you what to do AFTER your Cleanse to make these benefits last a lifetime without feeling like you're on a diet for the rest of your life! By the end of this video you will have everything mapped out and ready to go.

The Finale! – Moving Forward and Next Steps

This lesson is all about you moving forward. I'm a big fan of learning, and I am SO excited to have this opportunity to teach you on this series so you can learn not only about doing the cleanse, but about the foundations to your health too.

That being said - all of the learning in the world won't move you forwards and do the cleanse for you! So this fourth lesson is all about you moving into action and putting this into practice with me. I have had thousands of students go through the Alkaline Reset Cleanse with HUGE success and I want you to take your place in that army too - and that's what this lesson is all about.

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