

# The Foundation of Your Cleanse

## Lesson One Workbook



### ALKALINE RESET WORKSHOP

Getting to the health, energy and body of your dreams is a lot easier than you've been led to believe – and doing an alkaline cleanse is the quickest, easiest and most powerful way to get you there.

Over the next 7 days you're going to learn that when you realign with your body, when you reconnect with it and when you focus on nourishing it and loving the process, **AMAZING** things will happen. Incredible, lifechanging levels of energy, health and vitality are not only possible - but almost inevitable.

**And today we get started! This is Lesson One and in this lesson we covered the most important step – the FOUNDATION of your Cleanse - the BEFORE Phase.**

We learned what is the root cause is behind why your health is not where you want it to be right now, and we got started moving forwards for your next seven days with our “7 in 7 Actions”

Today's lesson was focused on how we prepare your body for the Cleanse so by Day 1 your body is primed and in a peak state ready for the seven days ahead.

We learned from Jennifer & Eugenia that **HUGE** change is possible when you put the foundations into place, that these consistent, simple, yet powerful **7 in 7 Actions** can create massive shifts in your body and will make the results from your Cleanse so much more powerful.

Remember: the focus right now is just on **getting started!** A big part of the BEFORE philosophy is *adding in the good stuff as a priority over worrying about taking the bad stuff out of your diet!*

**Keep that in mind as you get started, it takes all of the pressure and stress away, which is so important because for this to become sustainable and effortless - it HAS to be enjoyable and easy!**

### Lesson One Exercise: Getting Clear & Creating Your Dream Future:

Why do you want or need to do the Alkaline Reset Cleanse?

What is your ultimate vision for your health a year from now?

What will life be like if you achieve this by this time next year?

What will your life be like if you DON'T achieve this?

### Where Are You Now?

how would you rate your health out of 10 & your energy out of 10?

how would you rate your confidence in your body externally  
(i.e. what you see in the mirror)

how would you rate your confidence in your body internally  
(i.e. your ability to grow old feeling strong and vital)

Knowing the answers to these questions, having your goal and your vision of what you want to create for your health at the front of your mind as you go through this training will make everything SO MUCH more effective!

### The Alkaline Reset Cleanse Foundation: The Triple A

The body's primary goal – the single thing it is aiming to do, 24/7/365 is to maintain B\_\_\_\_\_ in the body.

The three factors at the root cause of every condition, challenge & sickness are:

1. A\_\_\_\_\_
2. I\_\_\_\_\_
3. O\_\_\_\_\_ S\_\_\_\_\_

And the antidote to these, the Triple A is:

1. A\_\_\_\_\_
2. A\_\_\_\_\_
3. A\_\_\_\_\_

By combining these three A's we can give the body the tools it needs to reverse the damage, repair, restore and rediscover it's balance.

### Top Triple A Foods List for the Cleanse

These are the foods you'll be eating a LOT of during the Cleanse. Don't worry if you are allergic, intolerant or averse to any particular ingredient you can always swap it out for something else.

There is a LOT of flexibility to the Cleanse once you've understood and mastered the fundamentals and the foundation and that's exactly what I am teaching you in this video series. Put it this way, there is almost NEVER a reason you are not able to do a cleanse and make a huge success of it!

## TRIPLE A FOODS LIST:

Spinach	Almonds	Onion
Avocado	Kidney Beans	Cabbage
Kale	Bok Choi	Celery
Broccoli	Squash/Pumpkin	Buckwheat
Asparagus	Chinese Cabbage	Chia
Tomatoes	Beetroot	Quinoa
Limes	Carrot	Grapefruit
Lemons	Silverbeet (Collard Greens)	Coconut Oil
Garlic	Basil	Flax Oil
Turmeric	Parsley	Avocado Oil
Ginger	Coconut (Cream, Milk & Water)	Nut Milk
Watercress	Cauliflower	Seeds: pumpkin, sunflower etc.
Lettuce	Spring Onion (Scallions/ Salad Onions)	Chickpeas
Cucumber	Bell Pepper (Capsicum)	Black Beans
Arugula (Rocket)		Coriander (Cilantro)
Cinnamon		

These are the typical ingredients that will make up a lot of the recipes on the cleanse.

And these are the foods to start incorporating NOW as you kick off and begin your BEFORE the Cleanse phase.

It's important also to remember that this BEFORE phase can last as long as you need it to, until you're ready to do the full Alkaline Reset Cleanse. This enables you to get started now and start getting results now - easily and effortlessly - rather than staying as you are and living in pain and frustration with your health for the days and weeks leading up to when you can start your Cleanse.

## The Seven-in-Seven: The Core Actions of What to Do BEFORE Your Cleanse

The Before Phase of the Cleanse is all about my 20/80 approach to health – based on the principles of Pareto's Law whereby in any pursuit, 80% of the outcome is always a result of 20% of the input.

In other words 80% of your health results can come from 20% of the things you do.

And that's what the BEFORE phase is all about – this is the core of the 7 in 7 and how it's possible to get such incredible results in just 7 minutes per day.

It's about identifying and focusing on the 20% ONLY. It's about getting the biggest benefit for you with the least amount of effort needed – to build momentum, build confidence and start getting results.

In the Alkaline Reset Cleanse Coaching Program there are about a dozen of these you can choose from and focus on in the Before week, but we don't have time to go through all of them now – it would take a while!

So let's go through some of the most popular so you can pick your 7-minute steps that

you can follow over the next seven days of this workshop!

## Before the Cleanse Strategy #1: Super Hydration

Don't fall into the trap of thinking 'Oh I know, Ross, drink water, yep, got it'. Believe me when I say this, the vast, vast majority of people are chronically dehydrated while also knowing that drinking enough water is vital. It's not just vital, it's essential – you cannot be healthy and dehydrated. You will never reach your health potential unless you are properly hydrated.

How much is enough? During the BEFORE week it's essential that you work up to an average of around 100fl oz or about 3 litres by the end of the week. You don't need to go from zero to 100 in one day – build up, take it a bit at a time and build a plan for yourself from Day 1 through to Day 7 to go from where you are now to 100 flz by the time you start your Cleanse.

And my biggest suggestion to make this habit forming is my strategy of 'Linking Habits'. This is so simple but so effective because the biggest challenge for most people with hydration is that they simply forget to drink enough.

What I want you to do is make a list of 5-10 the things you do on a daily basis without fail and without even thinking about it. You wake up, that's one. You clean your teeth twice a day. You make breakfast, lunch and dinner – we're up to 6 already.

The simple idea here is – when you want to form a new habit, link it to an existing habit that you already do on autopilot. When you wake up – have a water. When you clean your teeth have a water...as soon as you get to your desk, have a water...

When you do this – getting to 100fl oz will become automatic and effortless.

Think herbal teas, juices, smoothies, broths – these all count. Think flavouring water with fruits and veggies – cucumber and mint, strawberry and lime...get creative! You can easily reach your hydration targets when you plan it out.

And I assure you – if you need more energy, more mental energy, to lose weight or gain weight, if your digestion is sluggish and painful – JUST changing your hydration with these simple automatic habits is going to change your life alone. And it will build a platform of energy that you can take into your cleanse for those truly transformational changes!

## "Before" Strategy #2: Daily Greens

How many serves of leafy greens did you eat yesterday or today? If you're like most people it will be 0-2. Most don't get 2. Yet leafy greens are by far the most powerfully alkaline, anti-inflammatory, antioxidant rich foods on earth!

In the 2014 study, Defining Powerhouse Fruits & Vegetables – the researchers studied the nutrient content of hundreds of fruits and vegetables by their vitamin, mineral and antioxidant content and ranked the top 41. The top 15 were ALL leafy greens. Yep – you HAVE to get lots of leafy greens every day. The goal by the end of your BEFORE week is to get 5 4-5 serves a day, and here's my top tips for doing this.

## #1 Green Juices & Smoothies:

Without question the easiest way to tick this box every day before you've left the house. A green juice of cucumber, celery, spinach, lettuce and so on will give you 4-5 serves of greens in one glass.

## #2: Side Salad with Every Meal:

So easy, just keep on having whatever you're having for lunch and dinner - you can still have your normal family faves (note that this means you don't end up cooking one meal for you and one meal for everyone else) – but the simple rule is – you have a side salad with each meal. It doesn't take more than 2 minutes – simply grab 2 big handfuls of lettuce, spinach or whatever leafy green you want, drizzle it with a health oil and lemon and you're done. This will add 3-4 serves of leafy greens to your day.

In the ARC Coaching Program we love to swap and share ideas to sneak in the greens – it's another example of how powerful the community is – we've got dozens of simple every-day ideas in there.

Can you imagine how amazing you're going to feel getting an extra 4, 5 or 6 serves of these unbelievably powerfully nutrient dense greens into your life every single day? Just stop for a second and picture how amazing you will feel each morning leaving the house energised and alive. The greens go straight to your cells and the energy burst is like nothing else. If you're used to the fake energy pick me up of caffeine – this is going to blow you away. And the best part is, the more you do it the better it gets. So look forward to your newfound energy and mental clarity – its amazing.

## “Before Strategy #3: Turmeric

Turmeric is hands down THE most anti-inflammatory food on Earth, and if you have any health challenge right now – you will have inflammation in your body. Getting a serve of turmeric every day is a game changer too – and a life changer for many. If you're in any degree of pain right now, or if you have hormone imbalance, fatigue or excess weight – you will see a huge difference by the end of the Before week if this is all that you do. And when that pain and inflammation is gone – the extra resources your body will have available to work elsewhere in your body will mean a lot of your other challenges and symptoms will disappear too!

Turmeric has been found to be as or more effective than 14 different prescription drugs and there are now over 800+ studies proving it's efficacy and power. Don't take this one lightly – it could truly be a life changer.

And getting it can be so delicious! My biggest tip get turmeric daily is to make a simple turmeric & ginger tea each morning.

All you need to do is bring your water to a simmer, grate or use a vegetable peeler to peel slices – of turmeric and ginger into the pan (about 1cm of each), simmer for 3 minutes, squeeze in some lemon and serve. Simple, powerful, job done.

Here's the recipe:

# Turmeric & Ginger Refresher Tea

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## Ingredients

600ml of filtered, preferably alkaline water  
1 inch of fresh root ginger  
1 inch of fresh turmeric root  
1/4 lemon

## Instructions

1. Grate the turmeric root and ginger root into a pan, add the water and bring to a simmer.
2. Simmer for 3-5 minutes, and when you're ready to serve, squeeze in the lemon juice.
3. Serve warm.

## “Before” Strategy #4: Transitioning & Adding In More Than You Take Away...

Finally, this strategy – working hand in hand with the 20/80 rule is essential to the Before Phase – everything is about transitioning, and we’ll go deeper on this in Lesson 3 which you are going to LOVE.

To start your before week I really want you to focus on first and foremost on ADDING the good stuff. Not worrying about taking anything away. When you focus on taking away you switch your brain to feelings of being deprived and it NOTICES, and makes you AWARE of what your missing and it STRESSES you out. Instead you simply have the goal to ADD these new, nutrient dense foods IN. How much more relaxed and less overwhelming does that sound?

Stick with that for the first 3-4 days, and then as you start to pick up confidence and momentum, you can THEN start to turn your thoughts to tapering off and transition down just two things – sugar and gluten.

Note, you don’t have to give these up! You don’t have to go cold turkey. What I want you to do is work to gently minimize.

What are the easiest, most sugar-dense foods you eat each day – what could you swap them for? The same for gluten – for most people 80% of the sugar and gluten is coming from just a small handful of foods. Swap those out even for a few days, and it will really make a difference.

And as a quick tip – remember – that most people’s cravings for sugar are often mistaken – they’re really a craving for salts. Your body utilizes salt for energy in a different way than sugar, it’s the minerals in the salt that provide the connectivity in the body and this supports your body’s energy function, so when you’re feeling tired and craving sugar – this is often a craving for salt. So get yourself some healthy salt – think natural, Celtic, sea, Himalayan salt – we’re not talking regular table salt here, that is a totally different, pro-inflammatory, acidic substance – we’re talking natural, trace-mineral-rich, alkaline salts. A quick snack with a sprinkling of these alkaline salts can make a huge difference. Think half an avocado with olive oil and sea salt, or a stick of celery with almond butter and salt. Whatever you fancy, get a pinch of salt in and you’ll see the sugar cravings disappear right away.

The goal here is to start your cleanse with the heavy lifting of sugar already dealt with – if you can minimize your sugar for just a few days it will make a huge difference and put your Cleanse on such a powerful path.

When you shift just these couple of sugar heavy foods you’ll find the brain fog clears almost right away, and your body becomes SO much more effective at generating energy – you’ll love it. People see sugar as an energy source, but it’s really really not. It’s a source of fatigue and you’re about to see what I mean! Get ready for ENERGY!

## Your Easiest Path on the “Before Week”: The 7 in 7 In Action

Now, the easiest way to bring all of this to life is to follow my “7 Minute Morning” – the Before Morning Routine which is so simple, and takes 7 minutes and it’s something I want you to commit to for just the next seven days as we go through this series which is:

### Morning Action Step 1 (1 minute)

Wake up and hydrate – ideally, I’d love it if this were lemon water, but simple filtered water is fine – up to 500ml or 15fl oz

### Morning Action Step 2 (4 minutes)

Make a fresh green vegetable juice or smoothie – for the juice think cucumber, celery, spinach, lettuce, bell pepper – whatever you like, and you can water it down with water, coconut water or even a nut milk...and for the smoothie think all of those things on a base of avocado, nut milk and coconut oil. Tweak it, add extras like nuts and seeds, plant-based protein powders – even a little stevia to sweeten it in this before week if you need to – but get this daily green drink in.

### Morning Action Step 3 (2 minutes)

Your Turmeric & Ginger tea – either doing the recipe from before, or instead of water you can use coconut or almond milk and after simmering blend the whole thing up for a turmeric latte.

JUST THIS morning routine for 7 days - 7 minutes a day for 7 days - will make a noticeable, remarkable difference to your energy, it will start to clear the mental fog, fatigue and bring a brightness to your face. I promise you – by the end of this week people will be noticing a difference in you!

I urge you to take action and put these simple 7 in 7 steps into action. How years have you already spent in pain and frustrated? How many years not feeling good? In a matter of days, with the ARC we can change all of that, we can put that all in the past forever. And that’s what we’ll be learning in Lesson 2 – the step-by-step of the Alkaline Reset Cleanse.

So right now I want to hear from you! I would love for you to join my free community “Living Alkaline with Ross” on Facebook and share with me what your biggest reason for doing the Cleanse NOW is. Why is NOW the time for you?

It’s a supportive, super-friendly community of like-minded, wonderful people and I’d love you to be a part of it too.

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

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ALKALINE RESET  
WORKSHOP



## LOOKING AHEAD IN THE CLEANSE KICKSTART WORKSHOP

### Lesson Two - Doing the Alkaline Reset Cleanse

In the next lesson I'm going to show you the core framework of the Alkaline Reset Cleanse - that sets it apart from all of the other cleanses and detoxes out there. How to do it, how not to do it, what it looks like, why, when and how. This is how to do it - step-by-step - so you can get the remarkable results the ARC brings...effortlessly.

### 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.

### Lesson Four - 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 forward 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.

**CLICK HERE to Go to the Alkaline Reset Community  
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