



# Spring Mind Body Reset

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## FAQ

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#### **How will I feel on the Reset?**

Results vary but the benefits can range from increased energy, weight loss, better complexion and less bloating. Some people report a headache in the first few days but this is normal when eliminating sugar or caffeine from one's diet. After the first week, your body will adjust and you will experience more energy. Remember, common sense is key so it is important to scale your calories up using our snack guide.

#### **Will I lose weight?**

Removing processed food and lower calories means you may lose weight. For those wanting more than 1200 calories, we have added options to increase as needed with healthy snacks.

Bonus: Cutting out processed food means more energy, radiant, clear skin, and a bigger smile. Well we're not sure about the last one, but feeling great and looking great will have you smiling big in no time.

#### **Is it safe for kids?**

Yes! Our plan is nutritionist approved and safe for your kids. The best part is they get to eat what you're eating! You can reset your body without having to make separate meals. Just be sure they receive the recommended calories for their age and activity level and be sure to have Reset approved snacks available.

#### **What about headaches?**

If you're eliminating or reducing caffeine, you might experience a headache. It will take a couple of days for your system to adjust. Be incremental. Wean yourself off coffee a little at a time. Some participants still enjoy a cup of black coffee per day and still have great results. Non-coffee drinkers might have a reaction to the lack of sugar that could cause a headache. This too shall pass. If necessary, fuel up on an extra snack from our list to alleviate symptoms.

#### **I'm hungry. What should I eat between meals?**

Don't starve yourself. There are many approved snacks that will keep you on track. An apple with nut butter is a popular choice. Fresh guacamole with cut vegetables is a great snack too! And use our snack list to help you fight cravings instead of giving in to sugar.



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#### What about restaurants?

It's likely that you will find yourself at a social event or a restaurant over the Reset time. The purpose of the Reset is to build healthy habits and make better choices about food. There's always a good choice available even at the greasiest of diners. Help can be found in the Facebook group. Let us know where you are going and we'll suggest some good choices. And ask your server questions. They know the menu secrets and if you share with them your goals, they will assist you in menu selection. And look for our pocket restaurant guide later in the Reset.

#### More questions?

We're here to help. Contact [thefresh20.zendesk.com](https://thefresh20.zendesk.com)