

90-Day *Reset*



with

Sakinah B.

Reset...Reclaim...Renew

Holistic Healing for Women

Supplement
Guide

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Introduction

I am pleased that you have chosen the 90-Day Reset with Sakinah B. program. I consider it an honor, and I do not take your decision lightly.

This program is designed to help you Reset, Reclaim, and Renew your relationship with your health.

Inside is a course-compatible supplement to assist you and guide you through this course. It is even better when used in conjunction with the Reset with Sakinah B. Planner. You will find a guide to using the planner to maximize its benefits for you both inside and outside of this course.

Busy women need a space to remember themselves. We care for so many others while we tend to put ourselves on the back burner. No more! You have so many people relying on you, that you **MUST** take care of yourself first so you can be your best for them. That is what this course is all about...teaching you how to care for the person closest to you...YOU!



Sakinah B.

SB

Course Overview by Week

01

- Accountability partners
- Mindset
- Water intake

02

- Importance of Sleep

03

- Colon Health
- What is leaky gut?
- Gut biome
- Fiber

04

- Top allergens
- Food Sensitivities
- Knowing the Difference

05

- Cooking Class

06

- Grocery Store Tour

07

- Vitamins and Minerals

08

- Cooking Class

09

- Intermittent Fasting
- Carbs

10

- Intermittent Fasting & Carbs Continued

11

- C.H.O.P.P.E.D. Cooking class

12

- Celebration & Testimonials

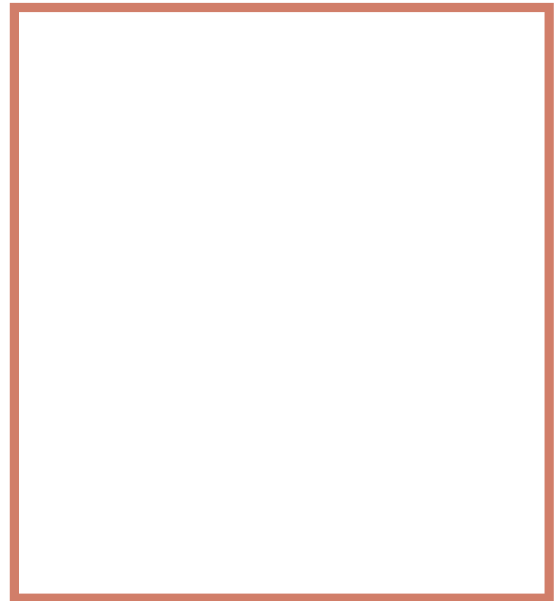


Before & After Progress

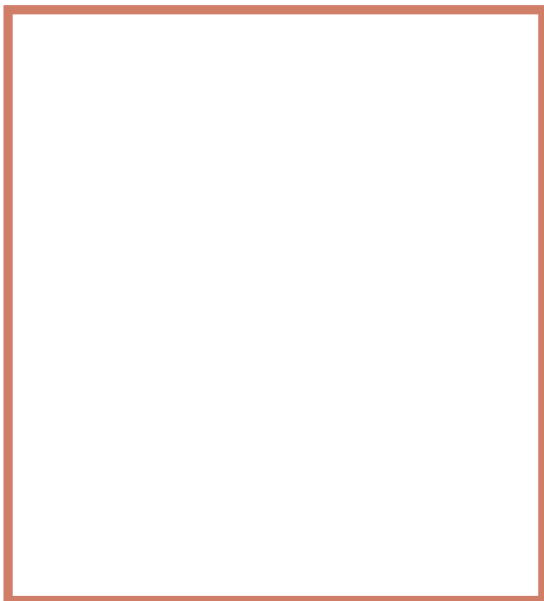
"Keeping track of your progress is extra fuel to keep you motivated and moving forward. Take before pics within 1 week of beginning the challenge and after the last day of the challenge.



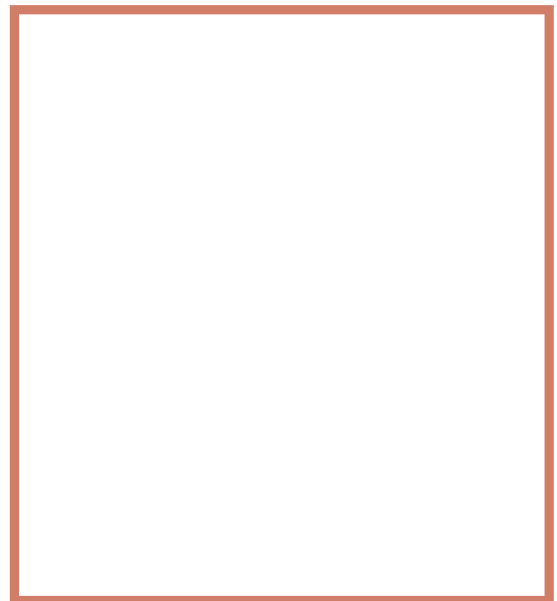
Before face



After face



Before full body



After full body



Place a dot on each triangle to indicate your level for this week. If you are feeling good about that aspect of your life place the dot closer to the edge. If you feel it needs work, place the dot closer to the middle.



Water Intake

(also in the Reset planner)

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNDAY

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>





Bowel Movement Chart

Check For Consistency

MONDAY

☐☐☐☐

hard norm soft liquid

BM's/day

TUESDAY

☐☐☐☐

hard norm soft liquid

BM's/day

WEDNESDAY

☐☐☐☐

hard norm soft liquid

BM's/day

THURSDAY

☐☐☐☐

hard norm soft liquid

BM's/day

FRIDAY

☐☐☐☐

hard norm soft liquid

BM's/day

SATURDAY

☐☐☐☐

hard norm soft liquid

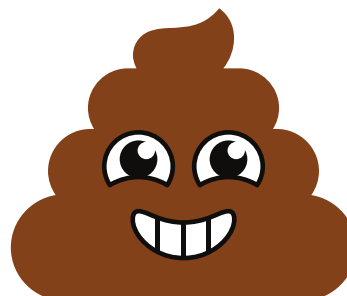
BM's/day

SUNDAY

☐☐☐☐

hard norm soft liquid

BM's/day





Your Accountability Partner

Community is the lifeline of sustained success!

Accountability Partner Name:

Phone #

Email

Connect on Facebook - Facebook Handle?

Likes

Dislikes

What is your accountability partner's why?



Your Accountability Partner

Community is the lifeline of sustained success!

What are 3 goals they would like to achieve in this course:

How can you support their goals?



Goal for this Week...

Steps to help me get there.



Mindset

7 Attitude Blockers to a Healthy Mindset

1. I am too busy.

2. It's all or nothing.

3. I will do it later.

4. Sweeping superhero.

5. My happiness can come later

6. I am not seeing progress fast enough



Mindset

7 Attitude Blockers to a Healthy Mindset

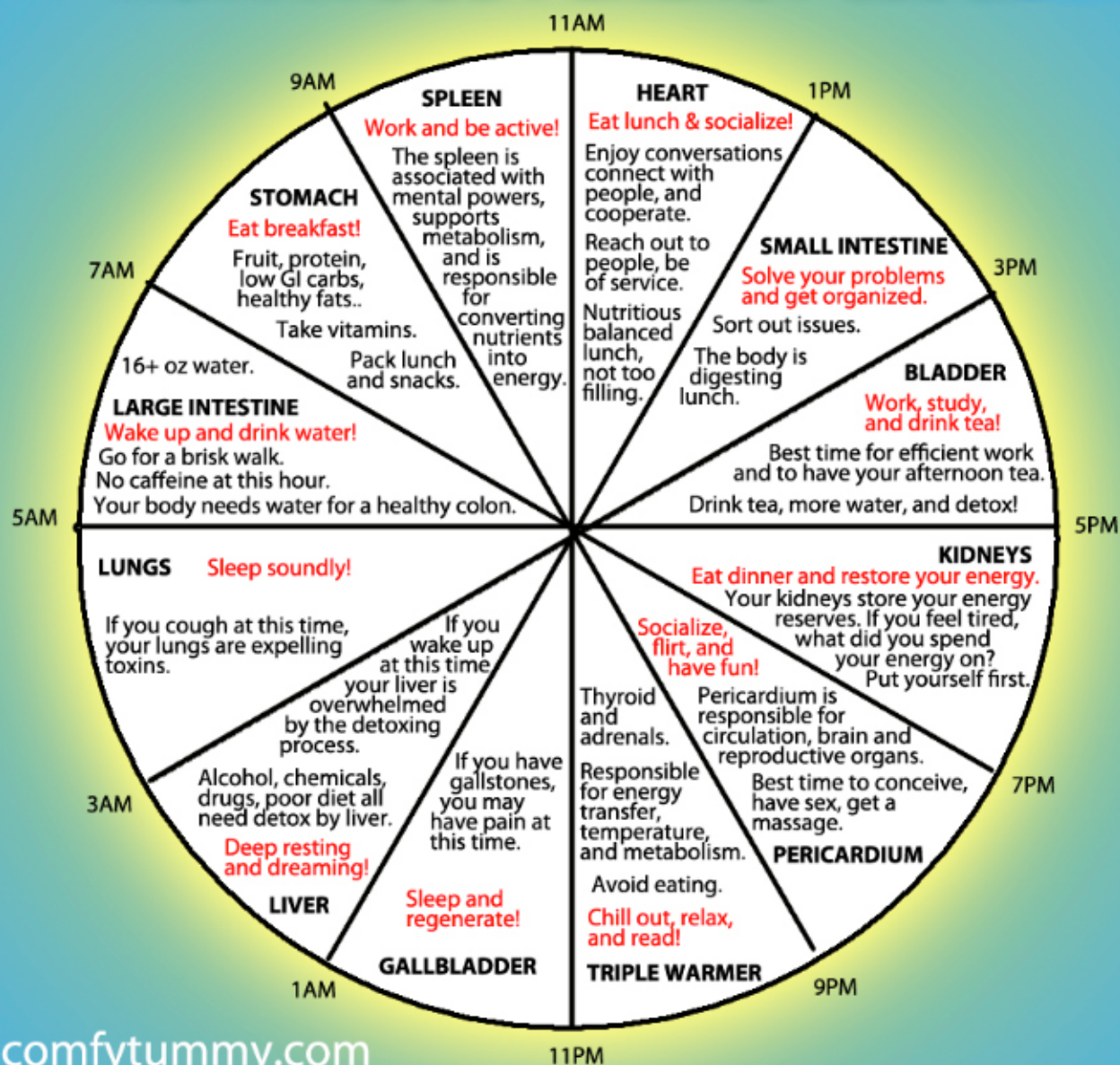
I've tried so many other systems and fad diets, this probably won't work either.

Check all that apply to you.

- ☐ I am too busy
- ☐ It's all or nothing
- ☐ I will do it later
- ☐ Sweeping superhero
- ☐ My happiness can come later
- ☐ I am not seeing progress fast enough
- ☐ I've tried so many other systems and fad diets, this probably won't work either



HUMAN BODY ENERGY CLOCK



Foods for Liver Health

Certain nutrients are considered foundational, yet most people will be deficient in these. Please check with your doctor if you are currently on certain meds before beginning new foods that may interact with your meds.

Liver protective foods

- Coffee - lowers abnormal liver enzymes
- Leafy greens - keeps fat levels in check
- Fish - brings down inflammation and replaces it with good fat
- Oatmeal - fiber helps you feeling full and the carbs give you energy
- Avocado- slows liver damage and is packed with fiber (liver protectant)
- Sunflower seeds - filled with vitamin E it is an antioxidant that may protect the liver from further damage
- Olive Oil - good fat that helps to lower weight
- Garlic - may reduce weight and fat in those with liver damage
- Green tea - helps with sleep so the liver can work and repair itself, lower cholesterol and disrupt fat absorption by the liver

[illegible]

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

