



# Gentle Reset Guide

Your Journey, Your Time



Welcome to your Reset Day with Jo's Juicery! Whether you're easing in with The Pause or diving into a 3-Day Nourish & Reset, this guide is here to support you every step of the way.

## Set Your Intention (Not a Rule)

We believe in gentle nourishment, not perfection. Begin your day by checking in with yourself. Why are you choosing to reset today? Maybe it's to feel lighter, more energized, or simply to slow down. Whatever your reason, remind yourself that this is a gift to your body—not a restriction. If you feel hungry or need more support, feel free to add a light meal like a veggie-packed salad or warm bone broth. Your journey is your own—listen to your body and go with the flow.

## Gentle Sample Schedule

### 8:00 AM – City Buzz

*Functionality:* Bright morning lift, immune support, hydration, aids digestion.

### 10:30 AM – Garden Detox

*Functionality:* Detoxifying, chlorophyll-rich, supports liver function.

### 1:00 PM – Root Awakening

*Functionality:* Detoxifying, nutrient-dense, antioxidant-rich, supports blood flow

### 3:30 PM – Daring Bee

*Functionality:* Immune defense, beta-carotene boost, anti-inflammatory, stable energy.

### 6:00 PM – Dandy Life or High Tide

*Functionality:* Hydrating, mineral-rich, supports kidney & liver health.

**(HT)** *Functionality:* Alkalizing, anti-inflammatory, rich in vitamins C & K, supports digestion.

### 8:00 PM – Breathe Deep

*Functionality:* Supports the nervous system, aids in restful sleeps.

## Tips for a Smooth Reset

- Stay Hydrated – Drink plenty of water between juices.
- Breathe Deep – Take moments to pause and center your mind. Try doing some light breath work.
- Move Lightly – Engage in gentle stretching, walking, or yoga to complement your reset.
- Reflect – Journal about your feelings throughout the day and be honest with yourself.
- Rest – Give your body the opportunity to recharge completely.
- Glance at a Mirror - Partner with a friend to get you through the day.

- Modified meal pairing - Enjoy broth soup with a few pieces of broccoli florets or a small green salad.

## What to Expect

During or after your reset, you may notice increased energy, enhanced mental clarity, and better digestion. Some individuals might experience mild detox symptoms, such as slight headaches or fatigue, particularly if they are reducing caffeine or processed foods. This is a normal part of the process and typically subsides quickly. Be gentle with yourself and rest when necessary.

## After Your Reset

Gradually reintroduce solid foods, starting with fresh fruits, vegetables, and whole grains. Continue to stay hydrated, and if you can, include one juice each day to maintain your nourishment. Remember: this isn't just a quick fix—it's a journey toward long-term wellness, setting goals, and developing new habits.

Enjoy your Gentle Reset! For optimal results, drink plenty of water throughout the day and listen to your body's needs. Visit [www.josjuicery.com](http://www.josjuicery.com) to order your next **Pause & Reset Kit**



### *From Me to You!*

*The Pause kit isn't just a one-day juice experience. It's a chance to step out of the autonomic rhythm—the unconscious cycle of doing without truly noticing—and check in with yourself. Yes, it delivers six bottles of vibrant, nutrient-dense juice, but the real magic happens in the quiet moments between each sip, where awareness awakens and you begin to see the other parts of your life that are ready for a pause—or a change.*

What are your goals for tomorrow? What intentions do you want to set? As you move through your day, notice what comes up.

- Did cravings surface, what's your go to?
- Did you feel restless, fatigued or moody?
- Did you experience moments of stillness, clarity or anxiousness?
- Were you sensitive or easily disturbed?

**The Pause & The Nourish and Reset kits** invites you to listen—really listen—to what your body and mind are asking of you. Are you ready?

In a single day, you can flood your body with nourishment while exploring what might be weighing you down (You may already know). Maybe you'll notice how certain habits, like mindless scrolling or **constant robotic busyness**, have been keeping you in the same place.

It's not just our diet we change—it's our behavior and actions. The kits offer you space to reflect on what you truly crave, and how small, intentional shifts can open the door to bigger changes.

Yes, it's raw delicious juice. But it's also an invitation—to stop, reset, and make room for something new.

Joanne

Jo's Juicery