

"Radiant health is possible; let this wonderful book guide the way."
— Kris Carr, *New York Times* best-selling author

THE ALKALINE RESET CLEANSE

THE 7-DAY REBOOT for Unlimited Energy, Rapid Weight Loss,
and the Prevention of Degenerative Disease



ROSS BRIDGEFORD

Foreword by Ocean Robbins

Ross Bridgeford

The Alkaline Reset Cleanse: The 7-Day Reboot for Unlimited Energy, Rapid Weight Loss, and the Prevention of Degenerative Disease



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A powerful seven-day, whole-food cleanse to completely reset and reboot the body, targeting the Five Get better at Systems (endocrine, digestive, immune, detoxification, and pH balancing). With seven highly nourishing days filled with real, entire foods--specifically selected and planned to make it easy, pleasurable, and energizing--the Alkaline Reset Cleanse will assist you to lose weight, bring back your immunity, soothe digestion, and present you abundant wellness. At base, our bodies make us fighters because the body will drop everything to make balance happen. It really is this consistant state of emergency from which sickness and disease emerge. The Alkaline Reset Cleanse is a different way of thinking about your body and how we can quickly replenish, heal, and reboot ourselves back again to optimal health. We have to supply the body the tools it needs to repair, replenish, rebuild, and thrive. But through our dietary and lifestyle options, we often put our body into a condition of emergency. So whenever we put one program out of balance, we are essentially making our body combat itself. For over a decade, health coach Ross Bridgeford has guided a large number of people through his alkaline cleanse applications. In The Alkaline Reset Cleanse, he provides distilled his program down to a straightforward and instantly manageable seven-day program, filled with shopping lists, recipes, and encouraging suggestions from anyone who has already succeeded. We have to wipe the slate clean. Your body's number-one goal is to keep homeostasis and stability throughout our Five Expert Systems: endocrine, immune, digestive, detoxification, and alkaline buffering (pH balancing). Stability equals life.



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