



FREE GUIDE

The 14-Day Reset Guide

Simple daily habits to support your digestion, energy and routine.



Small habits, repeated for 14 days, add up. This guide gives you five daily basics and one easy tip a day. Check off each one as you go. No special equipment, no complicated rules.

How to use it

1. Read the five daily basics on page 2.
2. Each day, try that day's tip and tick what you did on page 3.
3. On Day 14, keep the habits that felt best.

The five daily basics



1

Water through the day

Start with a glass before coffee, and keep a bottle with you.

2

More fiber from whole foods

Oats at breakfast, beans a few times a week, fruit with the skin on.

3

Greens whenever you can

Spinach in your smoothie, fresh herbs on every plate, vegetables at lunch.

4

Move every day

A 10-minute walk after meals, and movement breaks through the day.

5

Rest well

7 to 9 hours of sleep, with screens off before bed.

THE HONEST VERSION

Your liver, kidneys and gut already do this work every day. A reset doesn't replace them. These habits simply support them.

Your 14-day checklist

Day	Today's tip	Water	Fiber	Greens	Move	Sleep
Week 1 • Build the base						
1	Drink a glass of water before your coffee.	☐	☐	☐	☐	☐
2	Have oats at breakfast.	☐	☐	☐	☐	☐
3	Add spinach to a smoothie or eggs.	☐	☐	☐	☐	☐
4	Take a 10-minute walk after a meal.	☐	☐	☐	☐	☐
5	Add beans to one meal.	☐	☐	☐	☐	☐
6	Put fresh herbs on your plate.	☐	☐	☐	☐	☐
7	Check in: which habit felt easiest?	☐	☐	☐	☐	☐
Week 2 • Keep the good going						
8	Eat a fruit with the skin on.	☐	☐	☐	☐	☐
9	Eat your vegetables first at lunch.	☐	☐	☐	☐	☐
10	Screens off 30 minutes before bed.	☐	☐	☐	☐	☐
11	Try a vegetable you don't usually buy.	☐	☐	☐	☐	☐
12	Keep a water bottle with you all day.	☐	☐	☐	☐	☐

Want extra support?

These habits work on their own. If you'd like products built around the same idea, two of our wellness packs pair naturally with this guide.



Detox Pack

A focused 14-day cleanse with CleanStart, then Liquid Chlorophyll ES, Probiotic Eleven and Nature's Three for ongoing gut support.*



Clean & Green Pack

CleanStart plus Power Greens, Probiotic Eleven, Nature's Three and Chlorophyll stick packs, for fiber, greens and gut balance.*



Learn more and shop: packs.mnawellness.com

Free 30-day follow-up. Order through us and we'll check in for 30 days to answer your questions, in English or Spanish.

Questions? Call or text (857) 600-2141 • mna.natr@gmail.com

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. This guide is educational and is not medical advice. Talk to your healthcare provider before starting any supplement, especially if you are pregnant or nursing, have a medical condition, or take medication.

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