

7 DAY FULL BODY AND MIND RESET LIVE CHALLENGE WITH SAM & ANIA

Includes-

7 day sugar detox with recipes
& shopping list

Daily Breathwork

Daily Self Care Journal

Supplement guide
(to boost the detox)

SAMANIA

7 DAY FULL BODY AND MIND RESET

WELCOME

Hey there, Superstar!

Woohoo! 🎉 You've just taken the first step on a super exciting journey, and we couldn't be more thrilled to have you on board. Seriously, virtual high-fives all around!

Over the next 7 sunrises (and sunsets), we're diving into yummy recipes, fun home workouts that'll make you sweat and smile, calming breathwork sessions, chill meditation vibes, and cozy journal times. Think of it as a mini-vacation for your body, mind, and soul... without leaving your house!

We totally get that making changes can be a tad bit overwhelming (and a sprinkle of scary). But guess what? You're not alone. We're right here with you, cheering you on, every step, jump, bite, and breath of the way.

Imagine us as your personal squad of positivity, dishing out motivation, sprinkling encouragement, and maybe sharing a few jokes along the way. 😊

This challenge? It's more than just 7 days. It's about getting a taste of how awesome life can feel when we give our bodies and minds a little extra TLC. And who knows? Maybe some of these fun habits will stick around for the long run.

Before we hop on this rollercoaster, take a sec and give yourself a pat on the back. Heck, do a happy dance if you want! 🕺💃 Starting is half the battle, and you've just nailed that.

So, tie up those laces, grab your favorite mug, and let's kick this off. Here's to 7 days of fun, laughter, rejuvenation, and feeling oh-so-fabulous!

Catch you on the flip side!

Cheers and big hugs

SAMANIA

7 DAY FULL BODY AND MIND RESET

PREPERATION DAY

Before we dive deep into our 7-day adventure, let's talk preparation. Success, as they say, is where preparation and opportunity meet. And the good news? You've already seized the opportunity by joining this challenge. Now, let's gear up!

1. Clear the Deck:

Start by decluttering your kitchen. Go through your cupboards, fridge, and anywhere else you stash food. If you find processed foods, treats, or any other potential temptations, consider donating them or setting them aside, out of sight. Clean space, clean mind!

2. Foods to Phase Out:

In our upcoming challenge, we're taking a break from certain foods to give our bodies the best chance to reset. This includes:

- Dairy
- Caffeine
- Gluten
- Bread (yes, even the delicious sourdough!)
- Processed sugars & sweeteners
- Any kind of processed foods
-

But here's a pro tip: Instead of going cold turkey, try reducing your consumption of these items over the next few days before the challenge starts. Gradually easing off will help prevent those dreaded energy crashes and cravings.

3. Why Reduce Before We Begin?

Our bodies can sometimes react strongly when we suddenly remove certain staples from our diets, especially things like caffeine and sugars that we might be more used to. By tapering off gradually, we're giving our bodies a gentle heads-up and making the transition smoother and more comfortable.

4. Stock Up:

While you're clearing out, make space for all the vibrant, nourishing foods you'll soon be enjoying. Fresh fruits, veggies & lean proteins are about to be your best friends! Stay tuned for our full shopping list.

Final Thoughts:

Remember, these preparatory steps are all about setting you up for success. It's not about deprivation but about creating an environment where you can thrive. So, sip on that last cup of coffee, enjoy a slice of bread, but do so knowing that we're paving the way for an amazing, transformative journey ahead.

Here's to new beginnings and the exciting journey that awaits!

7 DAY FULL BODY AND MIND RESET

DAILY COMMITMENTS- MAGIC MORNING ROUTINE

TONGUE SCRAPER

Use the tongue scraper first thing in the morning upon waking. This removes all the toxins and mucus that has released through your tongue whilst you have been sleeping and this prevents you from swallowing them back into the body.

OIL PULLING

After tongue scraping use coconut oil like you would a mouth wash. Swish around the mouth. Do this 3-5 minutes to remove bacteria and mucus. Do not swallow the oil, spit in into some tissue and put in the bin, not down the sink.

8 MINUTE ENERGISING BREATHWORK

Do this advanced energising breathwork afterwards. This is important, please create time for this.

ACTIVATED CHARCOAL OR ZEOLITE

Next, add 5 grams (1 tsp) of AC or Zeolite to a glass of water & consume

EXERCISE OR DANCE

If you got our 11.11 workouts, GREAT! do one of them next, if not, do any form of exercise or yoga you enjoy or simply dance for at least 10 minutes!!... Just get your body moving!!

JOURNAL

Then, Complete the journal questions provided for each day

HAVE A BEAUTIFUL DAY

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DAILY COMMITMENTS

DO'S

FOLLOW

follow the recipes guide as much as possible, We have included multiple delicious meals for you to choose from, So find ones that you like and stick with them, my personal favourite way to do this detox is the blueberry protein smoothie for breakfast and lunch and then a salad in the evening with either chicken or fish. Also, this detox is not meant to starve you, in fact the purpose is to flood your body with nutrients, so feel free to have a bigger portion of any meal if you are hungry.

DRINK

drink plenty of water, 2-3 litres a day at least, this will help your body release the toxins.

SWEAT

If accessible, a sauna can be a great addition to your detox. it increases circulation, helping your body move heavy metals and toxins out of your body, and also promotes relaxation and a sense of wellbeing.

SUPPLEMENT WISELY

If you are incorporating activated charcoal or zeolite in your detox, do so in the recommended dose. These supplements can very beneficial for your digestive health and have excellent detoxification benefits. However, it's important to use them as directed and stay mindful of your body's responses. More is NOT BETTER.

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DAILY COMMITMENTS DON'T'S

AVOID PROCESSED FOODS:

Steer clear of any processed and high-sugar foods. These will completely counteract your detox efforts and spike your blood sugar levels.

NO CAFFEINE AND ALCOHOL:

Obviously no alcohol is allowed during the challenge, and if you are like me, that can be hard! but removing coffee, now that's EVEN HARDER!! but I always feel great after doing it, and remember you can still get your caffeine fix from plain Matcha or normal green tea which will actually enhance your detox wahoooo!

AVOID OVEREXERTION:

Listen to your body. While exercise is beneficial, pushing yourself too hard can be counterproductive. Balance is key.

DO NOT CONSUME ANY.....

Gluten, Wheat, Bread, Dairy, pasta,
Sauces (tomatoe, bbq, mayonnaise etc)
Fruit juice, like orange juice or apple juice,
Energy Drinks, Soda Drinks
Breakfast cereals, granola, breakfast bars
Candies, chocolates, cakes, cookies etc

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DAILY COMMITMENTS

EVENING BLISS RITUALS

LYMPHATIC DRAINAGE DRY BRUSHING

INSTRUCTIONS FOR DRY BRUSHING:

1. **Choose the Right Brush:** Use a brush with natural, firm bristles and a long handle to reach all areas of your body.
2. **Start Dry:** Begin with your skin dry, ideally before you shower or bathe.
3. **Brushing Technique:**
 - Start at your feet and move upwards towards your heart using long, smooth strokes. Brush each section of skin several times, overlapping as you go.
 - Continue brushing up your legs, then move to your hands and up your arms.
 - When brushing your chest and upper back, focus the strokes towards your heart.
 - Be gentle on more sensitive areas like the abdomen, chest, and the neck.
 - Use circular, clockwise motions on your abdomen.
4. **Duration and Frequency:**
 - Spend about 3-5 minutes dry brushing your entire body.
 - It's recommended to dry brush daily, preferably in the morning, to kick start the lymphatic system, and evening before your detox bath
5. **Post-Brushing:** Shower or bath after dry brushing to wash away dead skin cells. Follow with coconut oil to nourish your skin.

BENEFITS OF DRY BRUSHING:

- **Stimulates Lymphatic System:** Dry brushing helps to stimulate the lymphatic system, aiding in the body's natural detoxification process.
- **Exfoliation:** It removes dead skin cells, leading to smoother, brighter skin.
- **Increases Circulation:** The brushing action increases blood circulation to the skin, which can contribute to healthier, glowing skin.
- **Reduces Cellulite:** Regular dry brushing may help to soften hard fat deposits below the skin, reducing the appearance of cellulite.
- **Energizing Effect:** Many people report feeling energized after dry brushing, likely due to increased circulation.
- **Stress Relief:** The act of dry brushing can be meditative, reducing muscle tension and calming the mind.

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DAILY COMMITMENTS

EVENING BLISS RITUALS

RELAXING DETOX BATH

The super detox bath combines the therapeutic properties of Epsom salts, baking soda, and lavender oil to create a relaxing and detoxifying bathing experience. This bath is designed to aid in the body's natural detoxification processes, soothe muscles, and promote a sense of calm and relaxation. It's especially beneficial after a session of lymphatic dry brushing, enhancing the detoxifying effects and aiding in lymphatic drainage.

INSTRUCTIONS:

1. **Bath Setup:** Fill your bathtub with warm water (not too hot). Ensure the temperature is comfortable for a prolonged soak.
2. **Add Ingredients:**
 - Add 2 cups of Epsom salts to the bath.
 - Mix in 1 cup of baking soda.
 - Finally, add 10-15 drops of lavender essential oil for a soothing aroma.
3. **Soak:** Submerge yourself in the bath for at least 20-30 minutes. Use this time to relax, meditate, or simply enjoy the peacefulness.
4. **Hydrate:** After the bath, rinse off with cool water and pat your skin dry. Drink plenty of water to stay hydrated.

BENEFITS:

- **Epsom Salts:** Rich in magnesium, Epsom salts help to relax muscles, relieve stress, and can aid in removing toxins from the body.
- **Baking Soda:** Alkalizes the body's pH and promotes the elimination of toxins. It also helps with skin irritation and provides a softening effect.
- **Lavender Oil:** Known for its calming properties, lavender oil can reduce stress and anxiety, promoting a more restful sleep.
- **Lymphatic Support:** Following dry brushing, this bath helps in further stimulating the lymphatic system, aiding in the removal of toxins through the skin.
- **Overall Relaxation:** The combination of warm water, Epsom salts, and lavender creates a deeply relaxing and therapeutic environment, which can help in reducing overall stress and promoting wellbeing.

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OPTIONAL SUPPLEMENT SHOPPING LIST

PHYSILLIUM HUSK

take 3 grams prior to every meal

VITAMIN D3 + K2 MK7

take as directed on label (4000iu per day)

FISH OIL- OMEGA 3

take as directed on label

ACTIVATED CHARCOAL/ ZEOLITE

5 grams with a glass of water upon waking every morning

APPLE CIDER VINEGAR (WITH MOTHER)

30 mins after the charcoal have your ACV drink

VANILLA WHEY OR PEA PROTEIN ISOLATE

For the smoothies if you choose to have them.

TONGUE SCRAPER

Use first thing in the morning every morning

DETOX BATH

epsom salts, baking powder, lavender oil

DRY BRUSH

for lymphatic massage

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SUPPLEMENT RECCOMENDATION

Enhance Your Detox Experience with Optional Add-Ons

Maximize the Impact of Your 7-Day Detox Journey

To help in this journey, we have carefully selected a range of supplements and tools that can complement and enhance the detox process. While these add-ons are entirely optional, they are designed to support and amplify your detox results.

Make Informed Choices

While we believe in the benefits of these supplements and tools, we understand that everyone's health journey is unique. We strongly encourage you to do your own research or consult with your healthcare provider to ensure these add-ons are right for you. Your health and safety are paramount, and making informed choices is crucial.

Exciting Partnerships and Exclusive Discounts

To make accessing these add-ons easier and more affordable, we're excited to announce our partnerships with two amazing companies. These partnerships allow us to offer you high-quality products that align with our detox principles.

As part of our community, you have exclusive access to special discount codes for these products:

- **SAMANIA:** Use [SAMANIA] at [[mybestpharm](#)] for a 15% discount on their range of supplements and wellness tools.
- **SAMANIA:** Enjoy a discount at [[natvita.pl](#)] with the code [SAMANIA], where you can find 10% off top-quality health aids to complement your detox journey.

Your Journey, Your Choices

Remember, these add-ons are optional. Whether you choose to incorporate them or not, your journey through this detox will be a powerful step towards better health.

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SUPPLEMENT RECCOMENDATION LINKS

Mybestpharm.pl

They have a wonderful selection of premium supplements, the ones i would choose to support me on this detox is this.

HOLISTIC HEALTH BUNDLE

- Use [SAMANIA] at checkout for a 15% discount on their range of supplements and wellness tools.

Natvita.pl

These have a large selection of almost all of the add ons you could use for the detox, even the detox bath ingredients and the activated charcoal or zeolite.

heres some links to help you.

OMEGA 3, VIT D3, K2, E, IN ONE

EPSOM SALTS

LAVENDER OIL

PSYLLIUM HUSK

ACTIVATED CHARCOAL

ZEOLITE

- At [natvita.pl] use the code [SAMANIA], where you can find 10% off top-quality health aids to complement your detox journey.

For any remaining add ons with no link, please find them in your local health store or favourite online store.

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ZEOLITE CLINOPTILOLITE

**This is an optional addition to your detox, and can replace the activated charcoal to give a greater heavy metal detox.
read below for more of its benefits,**

How Does Zeolite Work?

Zeolite is an alkaline mineral that is very porous and is one of the very few minerals that is negatively charged by nature. Since most toxins, such as heavy metals, radiation, and pesticides, are positively charged, zeolite is pulled to the toxins, like a magnet, and sucks them up into its structure. These dangerous substances become trapped in zeolite's cage structure, and are then safely and gently carried out of the body.

What Does Zeolite Bind to?

Zeolite has a strong negative charge and thus is attracted to positively charged molecules. Since most of the things that don't belong in our bodies are positively charged, zeolite can be an effective detox method for a number of toxic elements that are draining our health. Here are a few of the things zeolite binds to:

Heavy Metals- Heavy metals are toxic metals that accumulate in our bodies over time and put an enormous burden on our immune and nervous systems, and make our bodies work overtime to stay healthy. Eventually our bodies lose the ability to keep up with the excess demand and symptoms such as chronic fatigue, brain fog, irritability, and a host of other symptoms and conditions can manifest. Zeolite can target hidden metals such as lead, cadmium, and arsenic among other in your body and trap them in its cage-like structure for safe removal. Once the heavy metal burden is lifted your body can start functionally at its peak potential again.

Environmental Toxins- In the 21st century we face an unprecedented number of toxic stressors in our daily lives. From the air you breathe, to the food you eat - toxins are everywhere. Over time these toxins accumulate in your body wreaking havoc on your health. Fatigue, brain fog, weight gain, a weakened immune system, and countless health issues are common side effects when these toxins build up. Since these toxins have a positive charge most of them will fall victim to zeolites strong binding capacity for safe removal from the body.

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ZEOLITE CLINOPTILOLITE

Mould- Mould toxicity is increasingly becoming recognised as a serious problem and a player in a number of serious chronic conditions. Even if you are not currently exposed to mould in your home or workplace it is possible that mould from a previous exposure is multiplying in your body. Mould spores can linger and continue replicating in your body for years even in the absence of external mould exposure. Zeolite is an incredible detoxifier of mould and is a must have in any mould detox protocol.

Radioactive Materials- After being exposed to ionising radiation, radioactive materials are left in your body and will stick around for years if you don't take action to remove them. Chances are you've got a fair amount of radioactive materials hanging around in your body which have accumulated over the years from CT scans, Mammograms, X-Rays, naturally occurring radiation like radon, medical radiation procedures, nuclear fallout, etc. Zeolite is a fantastic tool to help remove leftover radiation from your body.

Microbial Pathogens- Zeolite can bind to number of pathogenic microbes including Candida and a host of viruses. Zeolite has antiviral properties due to its potential ability to absorb viral particles.

Zeolite and Your Immune System

An effective two-step approach to optimising the immune system is one: remove immune-drainers, and two: add immune boosters. Without removing toxic elements that are compromising immune function step two is very limited. Metals, environmental toxicants, moulds, radioactive materials, and pathogenic microbes are a few of the immune-draining toxic elements that many of us have picked up over the years and are harbouring in our bodies. Zeolite can absorb many of these toxic elements and remove them from your body, freeing your immune system to focus its energy on other issues.

If you want to take your detox to the next level, Zeolite is my favourite way to do it, but please do your own research.

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FINAL WORD

The Journey Begins: A Message as We Embark Together

We want to extend a heartfelt message of gratitude and anticipation to each one of you. The decision to join our 7-Day Sugar Detox Challenge is the first step towards embracing a healthier, more vibrant version of yourself, and we couldn't be more thrilled to embark on this journey with you.

Accommodating Everyone's Unique Journey

We understand the beauty and complexity of individuality. Each one of you is special in your own way, with unique needs, preferences, and life stories. Crafting a program that resonates with everyone's distinctiveness is indeed a challenge, but it's a challenge we've approached with care, thoughtfulness, and a deep desire to create a positive impact on your lives. In this challenge, we've done our utmost to accommodate the diverse needs of our participants. However, we recognise that no single program can perfectly fit everyone's individual journey. This is where our commitment to you truly shines.

Our Promise of Support

Throughout the next seven days, we pledge to be there for you, every step of the way. Through our daily live online workshops, we aim to provide support, guidance, and a listening ear. These sessions are not just about imparting knowledge; they're about building a community, sharing experiences, and growing together.

We encourage you to participate actively, ask questions, share your insights, and connect with fellow participants. Your voice is invaluable in making this experience as enriching and supportive as possible.

Embrace Your Unique Path

As we navigate through this detox journey, remember that your path is your own. Embrace it with an open heart and a curious mind. Celebrate your progress, learn from the challenges, and trust in the process. We are here to support you, but the true power of transformation lies within you.

Looking Forward

As this chapter of preparation concludes, we eagerly anticipate the start of our detox journey. We're honored to be part of your path to wellness and can't wait to see the amazing transformations that await.

Let's embark on this adventure with excitement, hope, and the knowledge that together, we can achieve remarkable things.

With Love,

Sam & Ania