



ALPHA RESET

Reset Your Body, Reset Your Life

This Process Has
Transformation Clients
Melting Off Body Fat...

What is it?

5

DAYS

to
Restart,
Reset And
Redefine
Your Life

5 DAY RESET

5 Days To Restarting Your System



Drew Canole is not a doctor nor is anyone at Fit Life.TV. Please consult with a doctor before taking on any new regime.

This Process Has Transformation Clients Melting Off Body Fat... What Is It?

By Drew Canole

By now, you already understand how important diet is to muscle growth and fat loss.

The foods you eat are literally the building blocks for all muscle growth you experience.

This is a basic fact.

But even if you're eating the exact right foods in the perfect quantities, *none of it matters if you're not digesting them*. The truth is most people are not digesting the effectively the foods

they eat and consume– and this, more than anything else, is why most people really struggle to change their bodies significantly. They remain stuck... shaking their fist at the “Fit Heavens” to give them just one chance to have the delicious, sexy body they’ve always wanted but could never have.

The approach we take with our Legacy Club clients is called the “**Alpha Step**” because it’s the beginning step in any new workout regime or fitness goal.

It’s the most important aspect to your success. This has changed thousands of peoples lives and if you let it in, it is about to do the same for you. :) (pinky swear)

How is my digestion screwing up my results?

After indulging in lots of consistent, heavy food intake, your body’s digestive system becomes overworked and underpaid, which eventually leads to it going on strike– among a huge range of other problems –

5 DAY RESET

Let me break it down a little more for you. :) This is how it all works....

Due to mucus build-ups and over-taxed digestive systems, full break-down of foods becomes nearly impossible after a while...

...which means your body is unable to extract from every food you eat all the essential macro-and-micro nutrients it needs to function normally...

...which means you won't have the resources to build muscle and lose fat. Period.

Alpha state... this is where everything just flows. Your body doesn't have to work hard... it's like a well oiled machine. You can train like an animal, eat like a horse, sleep like a baby and grow like a weed.

If putting on muscle and/or losing fat doesn't come easy to you, chances are pretty solid that you are suffering from poor digestion right now.

The most common symptoms of poor digestion are:

Infrequent, insignificant, or inconsistent bowel movements.

It sounds strange, but your bowel movements are maybe the best indicator of how well you'll be able to pack on muscle and lose fat. Ideally, you should be having bowel movements every day at the same time (one or more a day minimum), release about 10 to 12 inches a day, and they should all be very smooth

with easy, quick clean-up. In other words – they should be big, come out easy, and quick to wipe. (They should also float)

Smelly and frequent gas.

If you're farting a lot, and it always smells awful, you are not breaking down the foods you eat. This is not a normal symptom you have to live with!

Tired and bloated sick feeling after meat and egg meals.

After every Juice Up Your Life meal you eat, you should feel energized and alert – not tired, bloated, and sick. It's normal to start having this feeling after 10 to 13 weeks on the Diet – and the solution is given

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How It Works...

Essentially this means that, for a period of five days, you will actually be eating almost *no* food – and the food you *do* put in your system is strategically used to clear your digestive tract. There is also no weight training allowed during this week.

I know a lot of my clients get nervous when they hear this...

...don't worry you are not going to lose muscle when doing this.

How the reset is performed:

Days 1, 2, and 3:

Drink as much water as possible throughout the day, preferably with a little bit of lemon juice squeezed in (unlimited amounts) I also, put a dash of Pink Himalayan sea salt in it... ([SEE VIDEO](#))

Drink up to 2 cups of fresh fruit and vegetable juice every three hours (from 10 to 12 cups a day). "Fresh" means **1.** straight out of a juicer from real fruits and vegetables, and if that's not possible, **2.** any juice at all that says it is from 100% fruit or vegetable juice. (The juice from a young coconut is the cheapest and easiest to get 100% fresh anywhere in the world, and freshly squeezed orange juice is the next easiest – but anything fresh that you can find is perfect.)

Do not drink the juice unless you feel you need it!

Take 1 tbsp psyllium husk with two cups of water immediately after waking up and immediately before bed. Check the ingredients on many popular fiber supplements and you will find they are made from psyllium. If you are unable to get ANY psyllium at all, and you know this for a fact, then any non-flavored fiber supplement will do.

I also recommend a good probiotic and one of my favorite new supplements is [Moringa Leaf](#).

Day 4:

Same as first three days but interject egg whites into it. I have two servings at 4-6 egg whites for breakfast and dinner. Have the whites on an empty stomach. Continue to have your juice as normal, just minus two cups to take place of the whites.

Day 5:

Same as day 4 but now you can add white protein. (White fish and chicken are possibilities.) Have this for dinner. Keep your juice intake at minus 2 cups... same as day 4.

Days 6 and 7:

Slowly ease back into regular Juice Up Your Life diet, eating roughly 50% to 75% of your regular intake each day. Jumping immediately back into the meal plan we customize for you in the legacy club membership.

When to fast:

Immediately before beginning your routine (week 1)

Chances are, you're not fully digesting your foods properly now.

Very few people do.

By doing a 5 day fast before jumping into the full weight training and diet routine, you will significantly enhance the results you see in the following weeks.

In fact, the results you experience will feel almost unnatural. This is one of the big keys to maximum muscle growth and fat loss at the same time – your body will, for the first time in a long time, actually be breaking down, digesting, and using all the nutrients you provide it.

I can't promise great results if you skip out on the 5 day fast.

What to expect during/after the fast:

Sluggish, tired in the first three days

Your body will likely end up feeling pretty sluggish and tired for at least the first three days of this program. Your brain may get a bit foggy, and in some cases, you may even experience sores developing in your mouth.

This is normal. Your body is doing some big-time work clearing out your digestive system behind the scenes in this time.

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6 Recipes That Will Leave Your Taste Buds Begging For More...

Lean, Mean and Green

This juice is great for colds and nausea. It is also great for smoother, age-defying skin.

- 1 lemon
- 1/2 cucumber
- 1 bunch of watercress
- 2 carrots
- 1 ginger root

Zip Zap Zing Juice

This a powerful juice to drink before a meeting and when you need extra brain power. This will give your brain the zip- zing that it needs to focus on the task at hand and get stuff done.

- 1/2 cucumber
- 1/2 beet
- 2 stalks of celery
- 1/2 lemon
- 1 ginger knuckle
- 1 handful cilantro
- 1 handful of chard

My Juice

This is my favorite fruit juice.

First of all, I love the flavor of apple juice, and when the ginger is added it gives it an amazing kick.

Of course, I'm the guy who would chew on ginger if it was around me. Mmmm.

This is a great one for cold prevention as well.

- 4 apples
- 1 ginger piece

Beat The Street Juice

This a juice I like to drink before a long run. This gives me sustainable energy and it tastes delicious.

Be careful at first, though, if you are not used to beets.

- 1 beet
- 4 celery stalks
- 1 lemon

Nite Nite Sleep Tight Juice

Having trouble sleeping?

This will have you falling to sleep faster than you can count five sheep.

- 2 bok choy
- 1 cucumber
- 2 handfuls of spinach
- 2 leafs Kale
- 1 lemon

Passion Juice

Whether you want to impress your significant other, or just loving yourself, try this juice on for size. It will make your taste buds stand up and start hugging each other like crazed hippies.

- 1 pineapple round
- 1 bunch of grapes
- 8 strawberries
- 1/2 of a lemon
- Garnish with a piece of the strawberry

5 DAY RESET

Just A Couple More Things For You... (Videos)

5 Days To Restarting Your System

[Fat Sick & Nearly Dead](#)



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