



# RE:SET25

**Simple Guidelines for a Healthier You**

# Your Guide to a Healthier Lifestyle



**RE:SET25** is all about building and maintaining daily healthy habits to benefit your body now and in the future. It's a simple yet effective way to focus on proper nutrition, regular exercise, quality sleep, and staying hydrated. With the holidays behind us, now is the perfect time to give your body the TLC it deserves!

We'll share **25 tips** over **25 days** in 2025 to help kickstart your healthy living journey. There's no calorie counting or restrictive dieting involved—our approach is about making practical, manageable changes one step at a time.



Adding Juice Plus+ to your daily routine makes this even easier. **Juice Plus+ Capsules** and **Complete Shakes** are simple, plant-based solutions to increase your intake of fruits, vegetables, berries, omegas, and protein. Backed by over 40 clinical studies published in peer-reviewed medical journals, our Juice Plus+ capsules have been shown to support overall health on multiple levels.

Best of all, you're not alone on this journey. We'll be with you every step of the way—**offering guidance and inspiration and celebrating your success**. Together, we're part of a motivated, health-living community ready to take charge of our well-being.



## Let's crush our health goals in 2025!



# RE:SET25

## Guidelines

### What to Add:

- + More PLANT foods & Juice Plus+ Capsules daily
- + 1-2 Complete by Juice Plus+ Shakes daily
- + Drink half your body weight in fluid ounces of water daily
- + 10 deep breaths & 7-8 hours of sleep daily
- + 30 minutes of exercise daily

### Reduce or Eliminate:

- Caffeine & alcohol
- Eating after 6 pm
- Processed foods
- Gluten and dairy
- Artificial and refined sugar

# Why Juice Plus+ capsules?



- + Deliver a unique blend of 30 different fruits, vegetables and berries
- + Support cardiovascular wellness
- + Support healthy lung function
- + Support healthy skin
- + Are the most thoroughly researched nutritional product of their kind

**Whole food based**



**Gluten-free**

**Great for all lifestyles**



**Made without  
GMO ingredients**



**Clinically Proven**

**Vegan**



**Kosher**



**Certified for quality  
and safety by NSF**



# Why Complete by

# Juice Plus+ Shakes?

Complete by Juice Plus+ is a clean-burning, macronutrient-rich, plant-based shake mix with non-GMO water-washed soy as its primary protein. This complete protein provides all essential amino acids for muscle building and overall health.

Complete Shake mix has a variety of other plant-based protein blends, ancient grains, and plant powders that contribute to cellular health. With a balanced mix of proteins, carbohydrates, and fats, Complete is also sweetened with natural plant-derived sweeteners and contains a high-quality fiber blend, contributing to its low glycemic index. Complete helps with sustained energy and a more “full” feeling.





## Why reduce or eliminate dairy?

Dairy products like milk, yogurt, cheese, and ice cream are major contributors to inflammation in the standard American diet. Cow's milk, designed to help calves grow rapidly, contains proteins like whey, BSA, and casein that aren't suited for the human body. These proteins can trigger antibodies, leading to chronic, low-grade inflammation that affects the gut, disrupts liver detoxification, and may manifest as allergies, asthma, skin issues, or other subtle health problems.

Reducing or eliminating dairy and opting for plant-based alternatives like almond, cashew, or rice milk may improve congestion, asthma, allergies, and skin health.



**RE:SET25**





## Why reduce or eliminate alcohol?

- + **Better Sleep:** Alcohol disrupts sleep; skipping it means deeper, more restful nights.
- + **Improved Hydration:** Alcohol dehydrates, so cutting it out helps your skin and overall health.
- + **Weight Management:** Alcohol is high in empty calories. Reducing it supports your reset goals.
- + **More Energy:** No more sluggishness—enjoy steady, all-day vitality.
- + **Sharper Focus:** Alcohol-free means clearer thinking and better concentration.
- + **Liver Health:** Giving your liver a break allows it to focus on other essential functions.
- + **Reduced Inflammation:** Less alcohol means less inflammation for better overall health.
- + **Stable Blood Sugar:** Eliminating alcohol helps balance blood sugar and improve insulin sensitivity.
- + **Enhanced Performance:** Alcohol-free workouts lead to better stamina and endurance.
- + **Improved Mood:** Fewer mood swings, more emotional balance, and a happier outlook.

**RE:SET25**



## Why reduce or eliminate gluten?

Gluten is a general name for the proteins found in wheat products such as wheat berries, durum, emmer, semolina, spelt, rye, barley, and other grains. It gives these foods their squishiness or elasticity. We all know why we love it—think of your favorite slice of pizza. But why is it not good for some people? It can be hard to break down to be used as a protein source by our bodies, because it is tightly held together. Not only is it largely unusable, but when proteins don't get broken down properly, the immune system can see it as an invader and send signals for the body to attack it, creating inflammation.

**RE:SET25**





**RE:SET25**

## **Why reduce or eliminate processed foods?**

Processed foods are packed with unhealthy fats, simple sugars, salt, and harmful additives that lack essential vitamins, minerals, and fiber. This leaves us unsatisfied while introducing toxins that promote weight gain and addictive eating habits. Processed foods flood the bloodstream with sugar, which the body quickly stores as fat. When blood sugar drops, we crave more carbs, creating a cycle that makes maintaining a healthy weight and avoiding chronic disease incredibly challenging.

Replace processed foods with whole fruits and veggies, unsweetened plant milk, natural nut butter, beans, lentils, quinoa, oats, and more. By combining clean eating with the powerful nutrition found in our plant-based Juice Plus+ capsules and Complete shakes, RE:SET25 can cleanse your body, jumpstart your metabolism, and support lasting vitality.



# Why exercise daily?

Daily exercise is essential for adults as it **improves overall health, boosts energy, and reduces the risk of chronic diseases** like heart disease, diabetes, and obesity. Regular physical activity **strengthens muscles and bones, supports mental health by reducing stress and anxiety, and enhances sleep quality.** It also helps maintain a healthy weight, improves mobility, and increases longevity.

Incorporating exercise into daily life promotes a higher quality of life and better physical and mental well-being.



RE:SET25



**Why reduce or**

**eliminate**

**eating**

**after 6:00 PM?**



## RE:SET25

Before diving in, note that this rule doesn't apply to growing children, athletes exercising more than three hours daily, or pregnant and breastfeeding women, whose metabolic rates and growth needs are higher. For the rest of us, aligning with our natural circadian rhythm is key.

A study in *Cell*\* shows that all organisms, including humans, have circadian clocks that synchronize biological functions with the time of day. The gut microbes critical for digestion and nutrient synthesis also follow these rhythms. By day, they help us process food and repair cells; by night, they aid in detoxification and system reset.

Disrupting this rhythm can alter gut microbes, leading to obesity and metabolic issues. Digestion peaks during daylight, with the body less equipped to process food after sunset. As a guideline, avoid eating past sunset or at least four hours before bed, aiming for a 12–16 hour overnight fasting window. Consuming most calories between 10 a.m. and 4 p.m. aligns with this rhythm, reducing nighttime cravings within days.

\*1. Xue Liang, Frederic D. Bushman, Garret A. FitzGerald., Time in Motion: The Molecular Clock Meets the Microbiome Liang, Xue et al. *Cell* , Volume 159 , Issue 3 , 469 - 470

# Why get 7-8 hours of sleep each night?

Adults need 7-9 hours of sleep, according to the National Sleep Institute, while children require even more.

## **Sleep deprivation leads to:**

- + **Increased cortisol:** Causes fatigue, weight gain, irritability, and more.
- + **Decreased HGH activity:** Affects fat storage, muscle, bone strength, and heart health.
- + **Lower glycogen synthesis:** Results in low energy and poor performance.
- + **Reduced detoxification:** Sleep triggers detox and waste removal, which is crucial for health. Prioritizing sleep supports body functions that enhance both physical and mental well-being.



**RE:SET25**



# Why drink more water daily?

**Dehydration affects every system in your body, including your organs, brain, and muscles.** Signs of dehydration include hunger between meals, constipation, fatigue, trouble focusing, muscle cramps, headaches, and dark urine.

Experts recommend drinking **at least half your weight in ounces**, but the best way to track hydration is by checking your urine—clear or light-colored is ideal. For athletes, weigh yourself before and after workouts to see how much fluid you need to replace.

## Hydration tips:

- + Drink 8-16 ounces of water first thing in the morning.
- + Carry a water bottle and refill it at least four times a day.
- + Add fruits, cucumbers, or herbs like mint for flavor.
- + Avoid sugary sports drinks unless you're working out over an hour.
- + Eat water-rich fruits and veggies for extra hydration.

