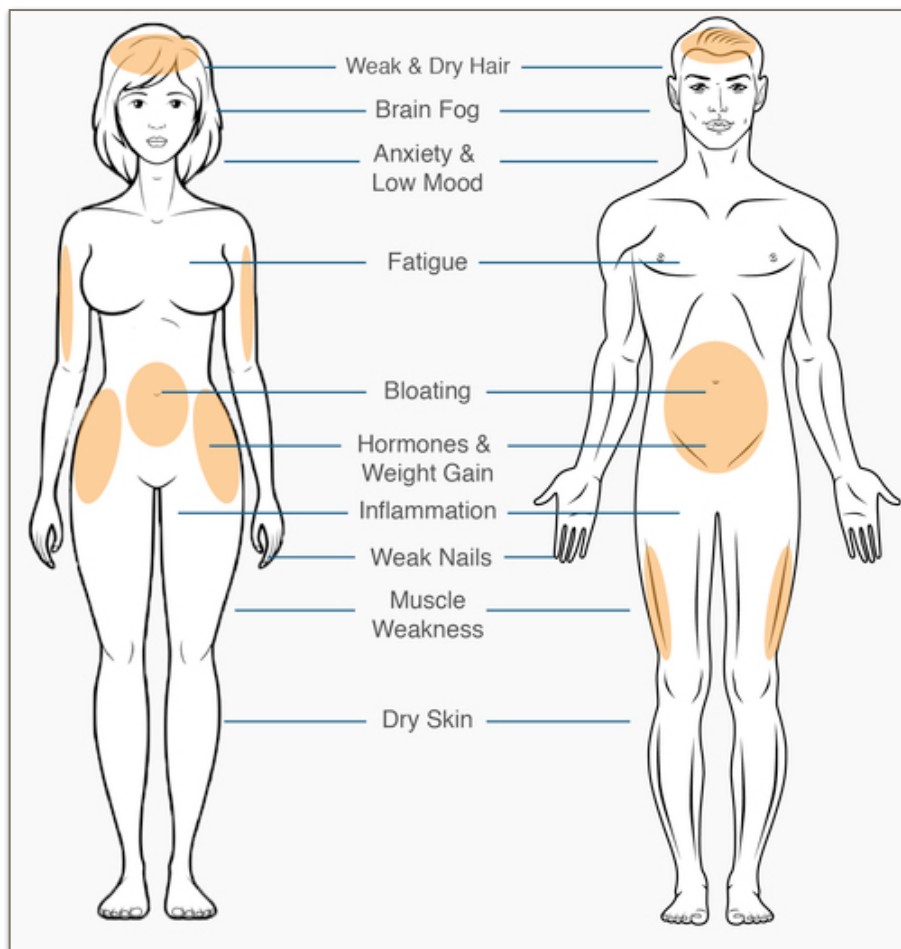


# ONE DAY RESET

**“The Full-Body One Day Detox to Look & Feel Amazing!”**



## Can You Really Change Your Body in Just 1 Day?

Have you ever felt bloated, puffy, swollen, or that you were retaining water?

Or have you ever eaten a little too much at an event, cheat meal, or maybe even overindulged with an entire cheap weekend?

Or do you just feel inflamed, have some stiffness or joint pain, or get frequent tension in your head, neck, shoulders, lower back or legs?

*“After this simple 24-hour reset I lost 3 lbs, my stomach looks flatter, and I no longer feel bloated or have any brain fog!”*

**- Janice, Age 33**

If you answered yes to any of the questions above, the *One Day Reset*® is the perfect fit for you to get back on track!

The *One Day Reset* will help you drop toxic water weight, decrease inflammation, eliminate brain fog, and reset your body & mind.

In just one day you really can complete a 24-hour turnaround that will get you back to living a healthier lifestyle...

## How It Was Discovered...

The *One Day Reset* actually came about when many of my body transformation and wellness clients begin doing a single day detox (a *modified version of Days 1 & 2 of the Dr. Cabral Detox*) after a weekend cheat meal.

The reason for this is that they woke up feeling bloated, they had brain fog, and they just wanted to quickly lose the 2 to 3 pounds they gained over the weekend...

Typically, in order to lose that weight it would've taken until Friday, or about 4 to 5 days after that weekend's cheat.

**“What used to take 4-5 days can now be accomplished with the *One Day Reset*...”**

- STEPHEN CABRAL

It's actually quite smart on their part because they use the same method of thinking to reduce inflammation just like on days 1 & 2 of the 7, 14, or 21-day *Dr. Cabral Detox* (more on that later).

But with one day of using the daily nutritional support shakes, my clients found that they were able to quickly turn their body and mind around in less than 24 hours...

As I said earlier, many of the same clients who had been doing a *One Day Reset* had previously used the *Dr. Cabral Detox*, which is how they came up with the idea of doing the one day liquid fast until dinner...

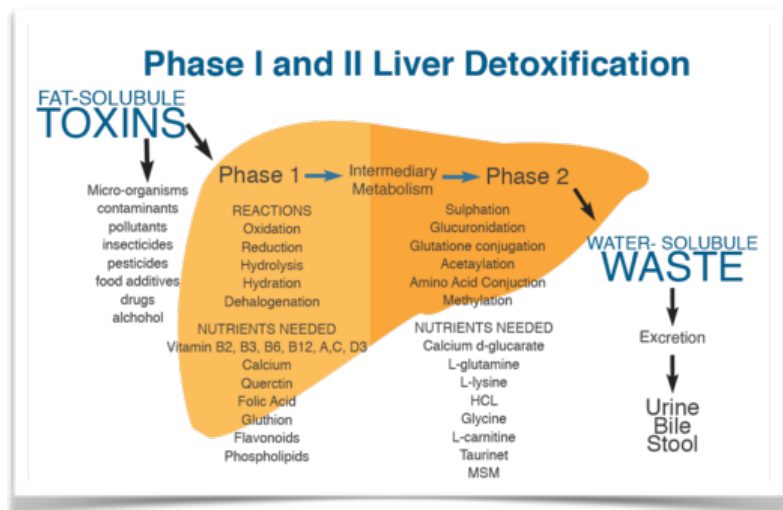


*“It feels like someone stuck a pin in me and deflated all the puffiness, swelling, and water weight...”*

- Lisa, age 24

## Here's Why It Works So Well...

Very quietly for the past 4 years I've helped thousands of people in my Boston practice, Cabral Wellness Institute, to lose weight and get well using a very specific detox protocol that takes advantage of a process called, "Autophagy."



It's a scientific natural process that your body does all on it's own...

The problem is that most people never allow it to happen and work to its maximum potential. But, if they did they would see near miraculous wellness, weight loss, and anti-aging benefits and results.

Before 4 years ago, I only used this 7, 14, or 21-Day Detox with the people I cared for in my practice suffering from auto-immune disorders. Not only did their symptoms start to subside in this short period of time by rebalancing

their body and using this process of autophagy, but they lost about 5 lbs per week as a "fringe benefit."

Once I saw these unheard of results, I set up 4 focus groups over 1 year and confirmed the results with a wide variety of clients ranging from wellness to weight loss to general health.

And the results from those focus groups were so incredible, I knew I had to share this system with others. After all, my mission is to help as many people to live their best life possible, and to do that they must feel good in both body and mind...

This is why for the first time I released the Dr. Cabral Detox to the public this past January and it's helped so many people we even just sold out of product this October! (You can see the full protocol at [DrCabralDetox.com](http://DrCabralDetox.com))

## The Noble Prize Winning Secret

I just touched on this a minute ago, but the real secret to the Dr. Cabral Detox is the process of maximizing the natural process of autophagy that happens when your body doesn't have any new food coming in...

Essentially all autophagy is, is your body cleaning its own blood and killing cancer cells, dead tissue, parasites, etc., that happens when no new food or toxins are coming in -

*"I also really love that my stomach and midsection have gotten considerably thinner..."*

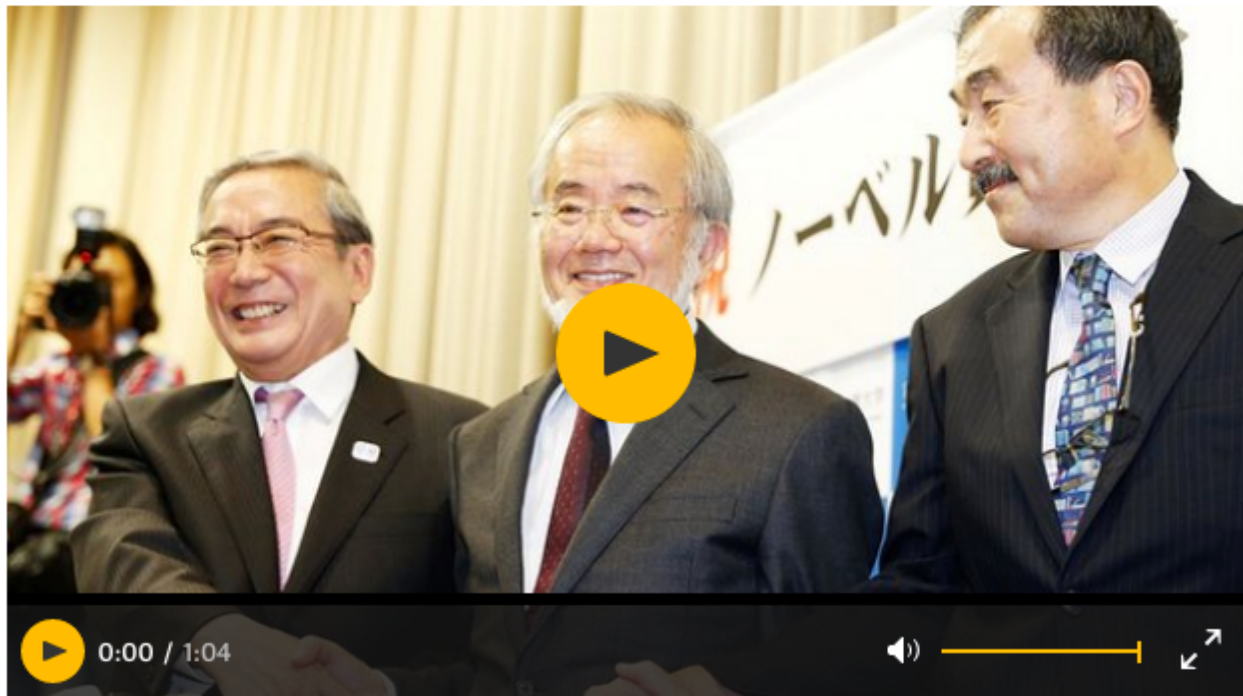
**- Alyssa, Age 27**

And believe it or not, the Noble Prize this year actually went to research on this same topic!  
(photo below)

## Nobel prizes

# Yoshinori Ohsumi wins Nobel prize in medicine for work on autophagy

Japanese cell biologist is named 2016 laureate for his discoveries on how the body's cells break down and recycle their own components



Nobel Prize in medicine winner: 'There's no higher honour' - video

Although it's not a very well known topic now, you will soon be hearing about it in the media and other Natural Health practitioners will eventually begin using it in their practice once they learn more about it...

But you don't have to wait that long!

## How to Get Started

The best part of the *One Day Reset* is that it is so easy to complete...

Besides the great results, ease of use is probably the thing about it that has made it so popular and why my private clients and online members keep coming back to it - and well as sharing it on social media with others.

But, don't let the simplicity fool you...

The *One Day Reset* is very specific in how it works.

You will be drinking 3 delicious vanilla shakes every 3-4 hours so that you're never hungry during the day.

But these aren't any "ordinary" shakes...



## The Difference Is in the Formula

They are called All-In One shakes that provide you with all the vitamins, minerals, electrolytes, antioxidants, methylated b-vitamins, natural detox co-factors, and a hypo-allergenic vegan protein.

*"It's good to be back to my old self and not feeling so achy, irritable and inflamed!..."*  
- Ted, Age 37

This means you're getting a massive amount of nutritional support every 3.5 hours that's packed full of all the micronutrients your body needs to support natural detoxification and autophagy.

This was "my secret" formula I was using for 4 years before releasing it to the public in 2016.

Remember, you don't need to know the science behind how it works for it to work - just know that your body is using the power of a liquid fast, while still getting the protein & nutrients it needs to keep your metabolism boosted and your body's own natural detox system supported...

*(The nutrients in the Daily Detox Shake were specifically chosen based on proven scientific research to support your body's ability to clean and purify itself by strengthening liver function, which is the main "filter" for cleaning your blood.)*

## The One Day Reset Meal Plan

The other great thing about the *One Day Reset* is that you don't have to go the whole day without eating any whole food!

The Dr. Cabral Detox does include 2 liquid fast days to maximize wellness, anti-aging, and/or weight loss benefits, but the *One Day Reset* diet is not meant to be as strong.

It is simply a way to switch gears, and reset your body and mind - but still get great results!

So, after the 3 shakes during the day, you will get to enjoy a tasty dinner consisting of 1-2 cups of vegetables, 1-2 TBSP of olive oil as a dressing (you may squeeze *lemon on top as well*), and a *handful of lean protein (vegan, vegetarian, or animal based)*

*(Check out the simple cheat sheet on the right for the easy to follow One Day Reset meal plan.)*

## One Day Reset Meal Planning

### Upon Waking

8oz of room temp or warm water (with a squeeze of lemon if desired)

### Breakfast

1 scoop of Daily Support Shake + 20oz of water

### Lunch

1 scoop of Daily Support Shake + 20oz of water

### Mid-Afternoon

1 scoop of Daily Support Shake + 20oz of water

### Dinner

1-2 cups of vegetables (ideally cooked)

1-2 TBSP of olive as dressing (do not cook in oil)

\* You may also add herbs and a squeeze of fresh lemon in your dressing

4-6oz of lean protein (grilled, baked, broiled, slow cooked)

\* About 1 handful of beans, lentils, chickpeas, fish, poultry, meat, or 2 eggs

## THE ONE DAY RESET BY STEPHEN CABRAL, ND CHEAT SHEET

Dr. Cabral's *One Day Reset* is simply the fastest way to decrease bloating, inflammation, weight gain from a cheat day, water retention, or any other issues where you need to get your body & mind back with just an easy 24-Hour turn around!

### BREAKFAST



#### 1 Hour After Waking

Simply Mix 1 scoop of Dr. Cabral's **Daily Nutritional Support** powder with 20oz of water, shake, and drink slowly over 30/60-minutes.

### LUNCH



#### 3.5 Hours After Breakfast

Repeat breakfast directions of **Daily Nutritional Support** powder with 20oz of water.

### MID-AFTERNOON



#### 3.5 Hours After Lunch

Repeat the same simple shake directions of **Daily Nutritional Support** powder with 20oz of water.

### DINNER



#### 3.5 Hours After Mid-Afternoon Shake

Enjoy a delicious dinner that includes 2c of veggies, 1-2 TBSP of a healthy fat & a lean protein of your choice.

FOR THE COMPLETE ONE DAY RESET PLAN VISIT:

**OneDayReset.com**

## Don't Over Think This...

My number one recommendation is to simply go about your normal day and then sip on your all-in-one shakes about every 3-4 hours.

Then you'll just come home and enjoy a healthy dinner that night.



It's simple and it works - and that the point!

Your body needs a day to calm down, relax, recharge, and not use all of its energy for digestion or taking on new food toxins...

So whether you decide to go on after the One Day Reset and use the Daily Nutritional Support Shake on a daily basis for breakfast or mid-afternoon (90% of our private clients all use it as their breakfast and love the continued results!), it's best to at least keep 1 bottle on hand for when you need it.

## Guaranteed Results

One thing I've always believed in is guaranteeing results...

Ever since I started working, I felt compelled to always guarantee my services. I honestly believe that if you know what you do works, why not guarantee it?

So, after 20 years and over 150,000 client appointments completed in my two Boston, MA practices, I know what works. I see it everyday...

But even more so, I want you to experience the same results that my private clients get. Last year, I made it my mission to spread the word about what works in the real world and this is just one way I am trying to stay true to that promise.

So, when you complete the *One Day Detox* I want you to do so with no risk.

I know people have been burned in the past and are skeptical, which is why I want to make it simple.

If you don't love the result, simply return your Daily Nutritional Support Shake for a full refund. No hassles.

### Guaranteed.

But, the truth is it will work for you. And you will love it...

*"I use the One Day Reset every time I feel like I'm in a funk and I need to clear out negative thoughts and energy... I also don't mind that I feel less bloated and noticeably leaner in just one day ;)"*  
- Sam, Age 43

## This is What You've Been Looking For

This really is what you've been searching for...

The Dr. Cabral Detox and the *One Day Reset* is one of the fastest growing healthy ways to change your body and your life. People all across the US, Canada, and the UK are using these 2 plans to completely transform their body and eating.

Don't miss out on what so many other people know about and use as their "secret weapon" for getting well, reducing inflammation, and dropping toxic water weight, while decreasing the bloating & brain fog fast...

I'm probably more excited than you are right now, because I know the potential the *One Day Detox* has to help you start fresh and reset your body!

I see it everyday and the success stories that come in are amazing...

That's why I invite you right now, to join me and the community and begin your healthy transformation by starting with the *One Day Reset*!

To get started simply click the link below to have the Daily Nutritional Support all-in-one powder shipped directly to you:

<http://DailySupportShake.com>

I can't wait for you to experience the *One Day Reset* and the scientifically proven (Nobel Prize Winning!) discovery of autophagy and how it can help you change your body - and life!



*"In just one day I started to feel less bloated, had a clearer head, elevated mood, increased energy, and an overall sense of well-being.."*

**- Brie, Age 33**



Yours in Health & Ayubowan,

Stephen Cabral, ND  
Board Certified Naturopathic Doctor  
[DailySupportShake.com](http://DailySupportShake.com)