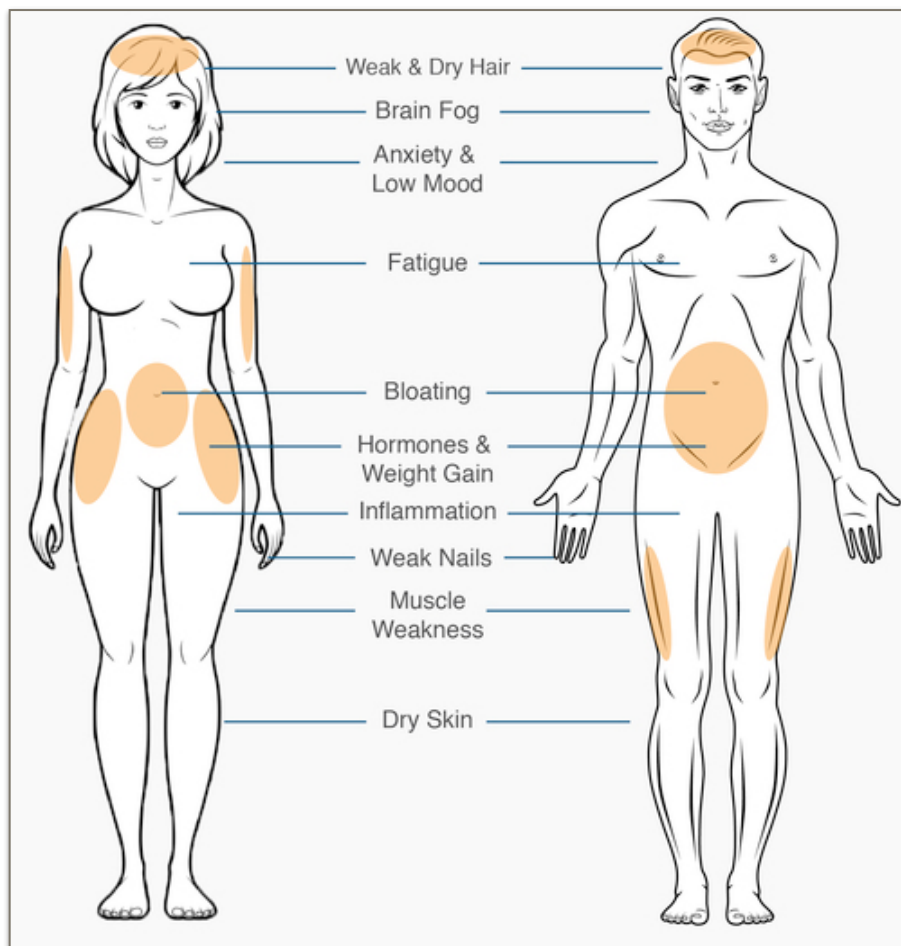


ONE DAY RESET

“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 an entire cheap weekend?

“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

Or do you just feel inflamed, have some stiffness or joint pain, or get frequent tension in your head or body?

If you answered yes to any of the questions above in the one day reset is the perfect fit for you!

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 on track 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 after a weekend cheat

The reason for this is that they felt bloated 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 is cheat.

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

- STEPHEN CABRAL

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...

Many of the same clients who had been doing a one-day reset had previously used the doctor brawl detox, which is how they came up with the idea of doing the one day liquid fast until dinner...

It's actually quite smart on their part because they use the same method of thinking to reduce inflammation just like on days one to two of the 7, 14, or 21-day Dr Cabral Detox.

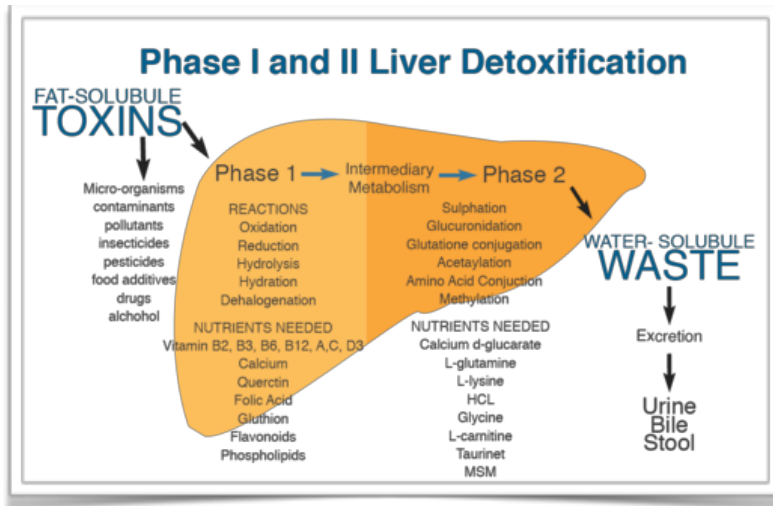


“It feels like someone stuck a pin in me and deflated all the puffiness, swelling, and water weight...”

- Lisa, 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 lose 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.

And the results from those focus groups were so amazing, 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 (you can see the full protocol at 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...

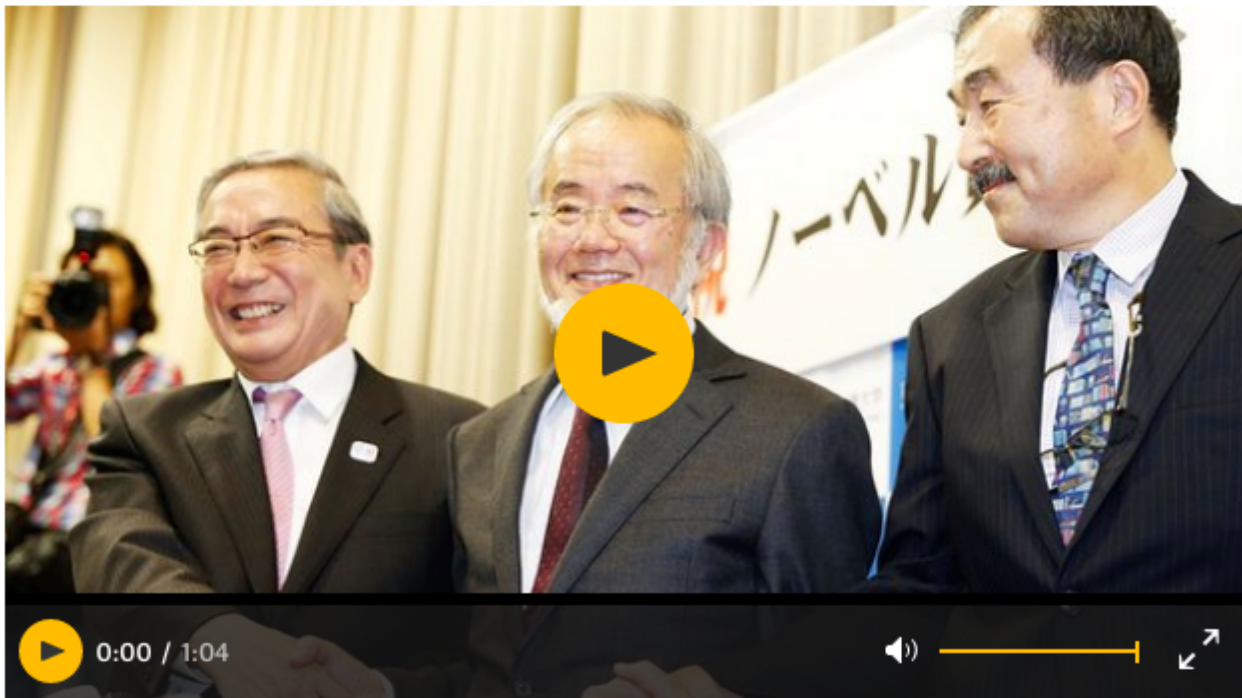
Essentially all autophagy is, is the natural process of your body cleaning the blood and killing cancer cells, dead tissue, parasites, etc., that happens when no new food or toxins are coming in...

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

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 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 is so easy to complete...

besides the great results that's probably the thing about it that has made it so popular and why my private clients and online members keep coming back to it, as 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 cofactors, and a hypo-allergenic vegan protein.

This means you're getting a full meal every 3 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 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 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 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.

So, after the 3 shakes during the day, you will get to enjoy a tasty dinner consisting of cooked 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 infographic on the right for the easy to follow One Day Reset meal plan.)

Sample One Day Reset

Upon Waking

6-8oz of room temp or warm water with a squeeze of lemon if desired

Breakfast

1 scoop of Daily All-in-One Shake + 20oz of water

Lunch

1 scoop of Daily All-in-One Shake + 20oz of water

Mid-Afternoon

1 scoop of Daily All-in-One 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 - Vegan or Paleo (grilled, baked, broiled, slow cooked)

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**](http://OneDayReset.com)