

A FREE GUIDE

3 STEPS TO PREP FOR YOUR LIVER CLEANSE

by Health Coach **Ruthie Daugherty**





WELCOME!

YOU'RE TAKING A POWERFUL STEP

Congratulations on choosing to reset your system with our final community 3-Day Liver Cleanse of the year. Your liver works hard-filtering toxins, supporting digestion, and balancing energy. But it can get overwhelmed.

This guide is your roadmap to prepare your mind, body, and environment so you can get the most from your cleanse. Follow it, lean into the process, and get ready to feel lighter, clearer, and more energized.

Coach Ruthie

STEP 1

PREPARE YOUR MIND & SCHEDULE

Why this matters:

Your mindset sets the tone. When you prepare intentionally, you won't be "winging it."

What to do:

- ✓ **Mark your calendar for the 3-day cleanse** — treat it like a sacred appointment
- ✓ **Journal your "why"** — what you hope to receive (energy? clarity? rest?)
- ✓ **Share your plan with someone you trust** — accountability matters
- ✓ **Join our cleanse group** — encouragement and support will help



STEP 2

STOCK UP ON BASICS

Why this matters:

Having the right fuel and environment makes the cleanse doors open smoothly.

Essentials to prep:

- ✓ **Fresh fruits & vegetables** (greens, citrus, beets, apples)
- ✓ **Plenty of water & herbal teas** (dandelion, ginger, peppermint)
- ✓ **Your cleanse kit** (order it now)
- ✓ **Simple meal ideas** (soups, smoothies, steamed veggies)
- ✓ **Lemon water, mineral drops, healthy fats** (avocado, olive oil)



STEP 3

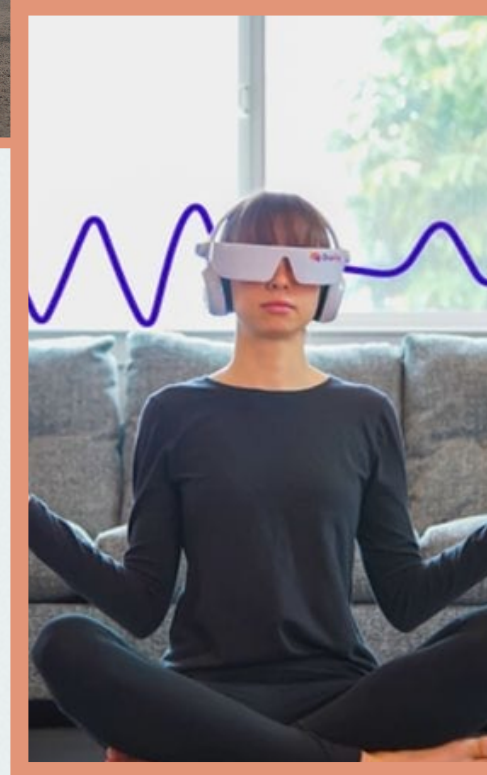
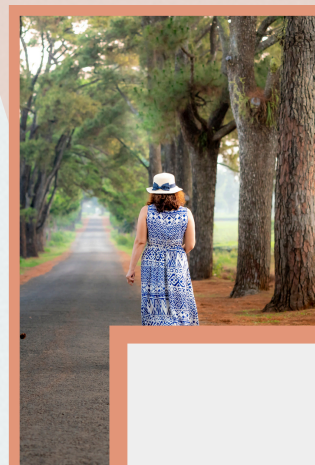
CREATE A PEACEFUL ENVIRONMENT

Why this matters:

Cleansing is holistic: mind, body, and spirit all detox together.

Daily habits to adopt:

- ✓ **Begin your morning with prayer or devotion** — set the tone for your day with quiet reflection in God's Word (I listen to my Bible app, devotion, and BrainTap session before even getting out of bed)
- ✓ **Gentle movement** (walking, stretching, rebounding)
- ✓ **7–9 hours of sleep**; aim to rest between 10 p.m. – 2 a.m.
- ✓ **Journaling** your feelings, wins, and challenges
- ✓ **Declutter your space** (especially kitchen & rest areas)





BONUS TIPS

FOR YOUR BEST CLEANSE

- Start your day with gratitude
- Avoid processed foods, alcohol, caffeine
- Share your journey in the group, you're not alone
- Always listen to your body, rest when needed
- Celebrate small wins; every moment counts



LIVER CLEANSE JOURNAL

A guided space for reflection during your
3-Day Cleanse

DAY 1

Morning Prayer / Reflection ... [journaling space]

Thoughts before I begin ... [journaling space]

How I feel after lunch ... [journaling space]

What surprised me today ... [journaling space]

DAY 2

Morning Prayer / Reflection ... [journaling space]

My intention for today ... [journaling space]

How my energy feels ... [journaling space]

Wins + challenges ... [journaling space]

DAY 3

Morning Prayer / Reflection ... [journaling space]

What I'm grateful for ... [journaling space]

What changed in me ... [journaling space]

How I'll carry this beyond the cleanse ... [journaling space]



CONGRATULATIONS

on completing your 3-Day Cleanse!

Use this journal as a reminder of your journey.

Your reflections are powerful – they show you not only where you've been, but where you are headed next in your wellness path.

Keep going. Keep resetting. Keep rising.



BONUS: START YOUR GRATEFUL JOURNAL

One of the most powerful ways to shift your energy and mindset is through daily gratitude. A simple practice of writing down what you're thankful for each day helps lower stress, improve sleep, and cultivate a sense of joy and peace, no matter what's going on around you.

Start with just a few minutes in the morning or before bed. You don't need anything fancy, just a quiet moment and a notebook.



HOW TO MAKE A SIMPLE DAILY JOURNAL

Use this simple structure to start your own daily journal. Write just a few lines a day and notice how your thoughts, focus, and mindset shift over time.

Date: *[Write today's date]*

Mood Check-in: *[How are you feeling today? One word or a sentence]*

Top 3 Goals: *[What are your 3 main focuses for the day?]*

To-Do List: *[List the key tasks you want to complete]*

Gratitude: *[One or more things you're thankful for today]*

Keep your journal somewhere easy to access. The more consistently you use it, the more grounded and clear you'll feel.

DATE	MOOD
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Daily Journal

YOUR THOUGHTS

GOALS	TO DO
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LET'S TAKE THE NEXT STEP TOGETHER

YOU'VE PREPPED FOR YOUR CLEANSE, AMAZING WORK!

If you're ready to go deeper and experience the full benefits, here's how you can continue your journey with me:

You can now:

-  Book your FREE 15-minute **wellness call**
-  Explore the **Reset Revolution 30-Day Program**
-  Check out my **recommended wellness products**

👉 All in one place:

<https://resetrevolution.healthcoachruthie.com/home>



Welcome to the Reset Revolution!

Feeling stuck, tired, or just not like yourself?

If you're over 40 and struggling with fatigue, weight gain, inflammation, or brain fog, **YOU'RE NOT BROKEN.**

You're just ready for a reset.

Introducing the **Reset Revolution** - a powerful 30-day natural transformation for women ready to reclaim their energy, clarity, and confidence.

[Start Your Wellness Journey Today](#)

Reset Revolution: 30-Day Wellness Program for Women Over 40 | Health Coach Ruthie

Transform your body and mind with Health Coach Ruthie's 30-day wellness reset—cleanse, detox, and thrive naturally. Join the Reset Revolution today!

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