



The NativeBody Reset Manual

5 simple practices to help you reset your relationship with food, refuel your mind and body, and reconnect with your native self.

By Dr. Chad Walding, DPT, Co-Founder of NativePath



**GET ON THE PATH.
STAY ON THE PATH.**



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Testimonials

From Those Who Have Done the NativeBody Reset



"I know I couldn't have stuck with it if I hadn't seen immediate results. I not only saw immediate results, but felt them! **Within 1 week I had so much energy, and by the second week my headaches and joint pain were nearly gone.** After 30 days of the NativeBody Reset I am completely convinced that pre-packaged food was killing me. The weight loss is amazing, but I am a much healthier person."

- Sharon

"I have lost 15 pounds and I am amazed how it **basically just melted away before my eyes** in such a short time. I will never drink a diet or sugar drink again!"

- Rita W.

"**In the past 30 days I went from a body weight of 238 to 227.** I am full of energy and have not had any bad moods or depression feelings since my second week. My sleep has become more pleasant with the return of dreams. This would mean I'm falling into a deep REM sleep that I haven't had for 18 years. I would recommend this lifestyle to everyone to finally take control of their life."

- Ben

"**My insides feel cleaner** (if that makes sense). I lost a total of 6 pounds as of yesterday morning."

- Gina F.

"Before the Reset, I was on medication for acid reflux and taking 4 to 8 Advil just to get through the day. I had already gone gluten free but still felt there was something wrong. During the 30 days, I have taken the acid reflux medication 1 time and 1 Advil tablet on 1 day. My headaches are gone. Joint aches are at a point I can go back to the gym. All this and a benefit of getting rid of 12 pounds. **I am never looking back.**"

- Debra L.

"When I began the Reset, I weighed 230 pounds, thirty days later I weigh 215 pounds. It began with ceasing sugar and carbs, eating meat with veggies cooked in butter or coconut oil...basically every thing we have been taught about eating, low fat, breads, no salt....is upside down. **Reading labels has become fascinating!** Discovering that much of what we think of as food really isn't, makes me angry. These foods aren't nourishing and I personally feel that they're the cause of many people becoming ill."

- Janine S.

"I lost my 6 excess pounds within the first week (yes, I cheated and weighed myself). **More important than the weight loss was the elimination of my "love handles"**, you know, those rolls of fat on my sides. I am slowly gaining more energy and feel good about myself."

- Janice F.



“Not only have I reduced in size & weight (9 pounds) but I did it without feeling deprived!”

- Joline B.

“I decided that I was so tired of being overweight and being a couch potato. I have just finished the 30 day Reset and boy oh boy how my diet has changed mine and my husband’s daily life. We both have lost a total of 9 pounds each over the last month. **My energy level is great. I now exercise everyday. I no longer have digestion or bowel problems.**”

- Libby M.

“I’m down exactly 10 pounds and 3 inches off my waist. I feel so much better. I have experienced lower back discomfort for a long time and now that is practically totally eliminated. Energy level is up, sleeping much better. **I have been pretty much a sugar addict and a lot of my weight is around the middle... that is going down fast!**”

- Jo Anne M.

“I am 59 years old, 5’ 7” and in the past 2 years I gained 30 pounds. I have tried numerous programs, with no results. **This program has not only helped me lose the first 10 pounds, but has taught me how to eat right and not worry about you counting calories or points.**”

- Caron S.

“Results? Oh my, unbelievable again! **20 pounds lost, 2 dress sizes - and ENERGY!!!!** So, I am 64 going on 44, living in a small, rural northern Michigan community (long winters), and have discovered how I am going to keep on keeping on.”

- Adele W.

“I have lost 8 pounds over the month and had to take my belt up a notch. **I finally broke 160 which I have not been able to do for 2 years!**”

- Pam W.

“I have energy when I eat clean and now I have sustained energy and a greater respect for my health.”

- Laura M.

“So far my husband has lost 25 pounds and I have lost 10 pounds. We are eating better than ever before; food tastes better than ever before. My husband was a sugar-holic — little did we know he was sabotaging himself every day for 60+ years by eating not 1 but 2 bowls of cereal every morning. He has not had a sugar craving since day 1. It is amazing. I was a daily wine drinker and always suspected my craving for wine by mid day was because of my diet. And so it was. **Just as my husband has had no sugar cravings, I have not had any desire to drink alcohol.**”

- Kim L.

“I lost 19 pounds and I feel so much better. Just a knee replacement 3 months ago and it is healing so much better than my last replacement. I have energy, I’m sleeping better and even exercising isn’t so bad. I use to dread it because I would be in so much pain. My joints were swollen and stiff. **But I have noticed that my inflammation is better and I’m not so achy any more. I wake up in the morning in such a great mood eager to start my day.**”

- Susan M.

“Not only did I lose 18 pounds but **I now have energy, no gastrointestinal symptoms, sleep very well, and exercise. In fact, I joined a gym.**”

- Annette S.

“My energy is increasing! I don’t look or feel my 62 years. My hair is not gray and my wrinkles are disappearing.”

- Suzanna C.

“I have much less fat in my midriff area...now only a tiny muffin top, **size change from 18 to a loose 16 but not quite 14...I will get there!**”

- Lauren W.



The Realization That Started Everything

It was 2008—I'd just walked into the #1 heart hospital in Texas.



Not as a patient, but as a newly graduated physical therapist. This was my first internship, and I was nothing short of excited...I was about to change people's lives!

When people got out of heart surgery, I was the person who would lead them through exercises to get their strength back. But as soon as I got to their room, their first request was to go to McDonald's for a Big Mac. Might I mention... this McDonald's was on the first floor of a **heart health hospital**.

Despite my lack of nutrition knowledge at the time, this felt wrong. Fast food after a major heart surgery just didn't seem right.

But alas, I took them anyway. Who was I to say no? I wasn't their doctor. I was just a physical therapist.

So off we went. I wheelchaired them to the elevator, clicked the button for the first floor, and as we exited, the sight I saw made the pit in my stomach grow. Doctors bustled about in their crisp white coats—all carrying their own orders of Big Macs, McNuggets, fries, and sodas.

I couldn't believe my eyes.

How could people who performed heart surgeries day-in-and-day-out be eating the very thing that led to those heart surgeries? And the even bigger question: ***How did a McDonald's end up in a hospital in the first place?***

That was a turning point for me. I went from someone who knew very little about nutrition to someone who couldn't stop learning about it. I became obsessed—reading and listening and watching anything I could get my hands on.



This passion snowballed into me sharing what I had learned with my patients. And in a short time, the transformations started speaking for themselves: decade-long pain faded away overnight, stubborn belly fat melted off within weeks, and chronic disease somehow reversed itself.

When I saw these results with my own eyes, I knew I needed to tell more people about it. So my wife and I started hosting nutrition seminars in our tight-knit community in Austin, Texas.

In just a few short months, we saw a “domino effect” unfold across our entire community. What started with one person turning their entire health (and life) around was now being experienced by 10, 100, and then over 1,000 people. Once we saw over *1,000 more people* turn their health around, we knew it was time to put our knowledge and experience into something that anyone, *anywhere*, could implement.

Which brings us to what you’re holding now —

THE NATIVEBODY RESET: A 30-DAY PROGRAM

equipped with the education, tools, and resources to...

- ☒ **Reset your relationship with food**
- ☒ **Make movement something you actually *look forward to* each day**
- ☒ **Upgrade important lifestyle factors like sleep, hydration, and community**

This reset is the equivalent of me moving in with you for four weeks and showing you what to do and not do for your health. In doing so, we’ll achieve your health goals and lengthen your healthspan (the number of years in which you are healthy and free from disease). Because living well into your 90s isn’t a mark of success anymore—*unless* those years are spent free of chronic diseases like diabetes, heart disease, cancer, and Alzheimer’s.

We want to maximize the years we have on this earth. This is step 1 on the path to doing so.

So congratulations on taking this first step. It’s going to be a rewarding, eye-opening, and very exciting 30 days. And remember—you can do anything for 30 days. This just so happens to be something that can completely alter the course of you and your family’s life. Let’s do this!

To Living Native,

Dr. Chad Walding, DPT, CNS



PART 1

Welcome to the NativeBody Reset



THE NATIVEBODY RESET

Is the NativeBody Reset Right for You?



If you're wondering whether or not this Reset is for you, ask yourself the following questions...

- Do you **try to lose weight** but find it impossible to do so?
- Do you **crave sugary foods** and processed snacks?
- Do you experience mid-day **energy crashes**?
- Do you have **high blood pressure**?
- Do you experience **brain fog**?
- Do you have **difficulty concentrating** or remembering things?
- Do you have **prediabetes** or **type 2 diabetes**?
- Do you have **swelling** in the legs, hands, or feet?
- Do you have **high cholesterol** or **high blood sugar** levels?
- Do you have **insulin resistance**?
- Do you suffer from **joint pain** and **inflammation**?
- Do you have **osteopenia** or **osteoporosis**?
- Do you have **acid reflux**?

- Do you have **gut health issues** like indigestion, bloating, gas, IBS, or leaky gut?
- Do you have **non-alcoholic fatty liver disease (NAFLD)**?
- Do you have **heart disease**?
- Do you get more **colds** than you'd like to admit?
- Do you have **allergies** or **sinus infections** that you can't seem to get rid of?
- Do you have **mood swings**?
- Do you have high levels of **emotional stress**?
- Do you experience **mental health symptoms** like anxiety or depression?
- Do you have **skin issues** like acne, eczema, or psoriasis?
- Have you been told that certain diseases "**run in the family**" and therefore, there's nothing you can do to prevent them?
- Do you ever feel **lonely** or **isolated**?

And lastly (but most importantly!)...

- Do you think you **could feel better** than you currently do?



If you answered yes to any of these questions, this Reset is for you.

Welcome!

I'm so happy to have you.



What Is the NativeBody Reset?

Over our next 30 days together, we will transform the way you eat, move, and live. And one of the first steps in doing so is letting go of the limiting health beliefs that no longer serve you (and that have, quite honestly, kept you feeling stuck for years). We're going to replace them with new, freeing beliefs.

You'll go from...

Limiting Belief	Freeing Belief
It runs in the family, so there's no point in trying to be healthy.	Genetics don't dictate my future.
I can't change my habits; it's too hard.	I can do hard things.
I'll start being healthy tomorrow.	Tomorrow is promised to no one. I will prioritize today accordingly.
I'm too old to start exercising.	It's never too late to start prioritizing my health.
Healthy food is too expensive.	Medical bills are more expensive.
I don't have time to prioritize my health.	All I need is 15 extra minutes a day.
I'll never be as thin as [insert person].	I celebrate my unique path to health. Comparison never did anyone any good.
What if I fail?	What if I succeed?

We're not trying to change who you are—**we're simply guiding you back to who you were always meant to be.** Think of it like pushing the "reset" button on your health. You're letting go of old, limiting health beliefs and returning back to your default setting—the way you were originally intended to eat, move, and live. The NativePath team and I call this "living native."

One of the stories I often tell the NativePath team is that we live in a human zoo...

We live in human zoo structures—with artificial lights and bright TV screens. We eat human zoo food—full of sugars, hydrogenated oils, and man-made ingredients. We’ve even replaced authentic, face-to-face interactions with smart phone apps that leave us feeling more empty and isolated than ever.

It’s because of this that we’ve lost touch with our native way of eating, moving, and living...

We see cooking as a tedious, time-sucking chore as opposed to a meditative ritual that nourishes our families.

We walk to “get our daily steps in,” rather than for the sheer enjoyment of being outside in some fresh air.

We stay up late into the night—scrolling or staring—with melatonin-suppressing blue lights beaming back at us.

This isn’t how we were designed to live our days. Our lives were called for so much more... and we were called to feel so much better.

This is where the NativeBody Reset comes in.

Unlike 99.9% of “diets,” we take a holistic approach to health by addressing not only nutrition, but important lifestyle habits like movement, community, and sleep.

Why?

Let’s say that **weight loss** is your primary goal during this Reset. You’re a little heavier than you’d like to be, and you have a goal to lose 15 pounds. That’s great!

But let’s say you’re only sleeping 5–6 hours per night. Other diets may not tell you this, but it’s actually much harder to lose weight if you’re not getting enough sleep. You can be doing all the right things nutrition-wise, but if sleep isn’t a priority, that stubborn belly fat won’t budge.

This is because **insufficient sleep** is linked to higher levels of the hormone ghrelin (which increases appetite) and lower levels of the hormone leptin (which makes you feel less full). Simply put, getting less than 7–9 hours of sleep each night will set you up for weight *gain*, not weight loss—even if you’re eating healthy.



This is likely why most diets work for some, and not others. They simply don't address the 10 core facets that make us human: nutrition, sleep, stress management, sunlight, hydration, digestion, movement, community, self-awareness, and spirituality.

10 Core Principles



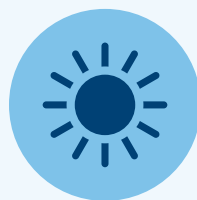
Nutrition



Sleep



**Stress
Management**



Sunlight



Hydration



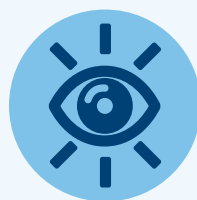
Digestion



Movement



Community



**Self
Awareness**



Spirituality

The NativeBody Reset is different. Back in 2012, my wife and I set out to create a holistic health plan where—within just 30 days—anyone could experience significant improvements in how they look, think, feel, and function.

We weren't just designing a weight loss plan (although that's a huge benefit that many people experience)...we were designing something that addressed **the physical, mental, emotional, spiritual, and relational components, too.**





To date, we've had over 1 million folks go through this program.

And the results we've seen are nothing short of spectacular. Thousands of people came for weight loss and ended up leaving with several health issues being resolved all at once.

Here are some of the improvements that NativeBody Reset participants have reported...

- ✓ Weight Loss
- ✓ More Energy
- ✓ Better Digestion
- ✓ Relief from Acid Reflux, Constipation, Bloating, & Diarrhea
- ✓ Clearer Skin
- ✓ Stabilized Blood Sugar
- ✓ Improved Blood Pressure
- ✓ Lower Cholesterol
- ✓ Reduced Joint Pain/Swelling
- ✓ Improved Cognition, Memory, & Mood
- ✓ Greater Strength, Endurance, & Athletic Performance
- ✓ Deeper, More Restorative Sleep
- ✓ Heightened Overall Sense of Peace & Well-Being



These are results that you can experience, too. Health is your birthright to claim. And there's no better time to take back your health than right now!

Over the next 30 days, you'll be focusing on five foundational principles:



Nutrition



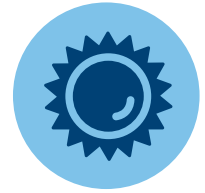
Hydration



Movement



Sleep



Sunshine

The best part: Each of these is a way of living that's already **inherent** and **instinctive** inside of you. This is how your ancestors have been eating, moving, and living for thousands of years. We're just **resetting** you back to that.

In the next section, we'll take a closer look at the 5 major pitfalls of modern health—and how they're disrupting the way you look, think, move, and feel.

You're not alone in this. I'll be with you every step of the way, and you'll have a whole online community that's ready to cheer you on, too. Just click or scan the QR code below to get connected, or go to facebook.com/groups/PaleoSecretCustomers.



Once you've joined, take a moment to introduce yourself, say hi, and share your goals for the Reset. Studies show that by writing down your goals, you're 42% more likely to achieve them.¹

So join the Private Facebook Group, share a post with your goals, and sit back as dozens of people from across the world offer their support and encouragement. Let's go!



PART 2

The 5 Major Pitfalls to Poor Health



Reading labels has become fascinating! Discovering that much of what we think of as food, really isn't makes me angry. These foods aren't nourishing and I personally feel that they are the cause many, many people becoming ill.

- Janine S.



THE NATIVEBODY RESET

From working with thousands of clients over the years, I've identified the 5 major pitfalls responsible for our declining health, happiness, and connection with others. The first three are nutrition-related, while the remaining two are movement and lifestyle-related.

The 5 Major Pitfalls to Poor Health:



**Sugar &
Ultra-Processed
Foods**



**Inflammatory
Fats & Oils**



**Gut-Irritating
Foods**



**Sedentary
Lifestyle**

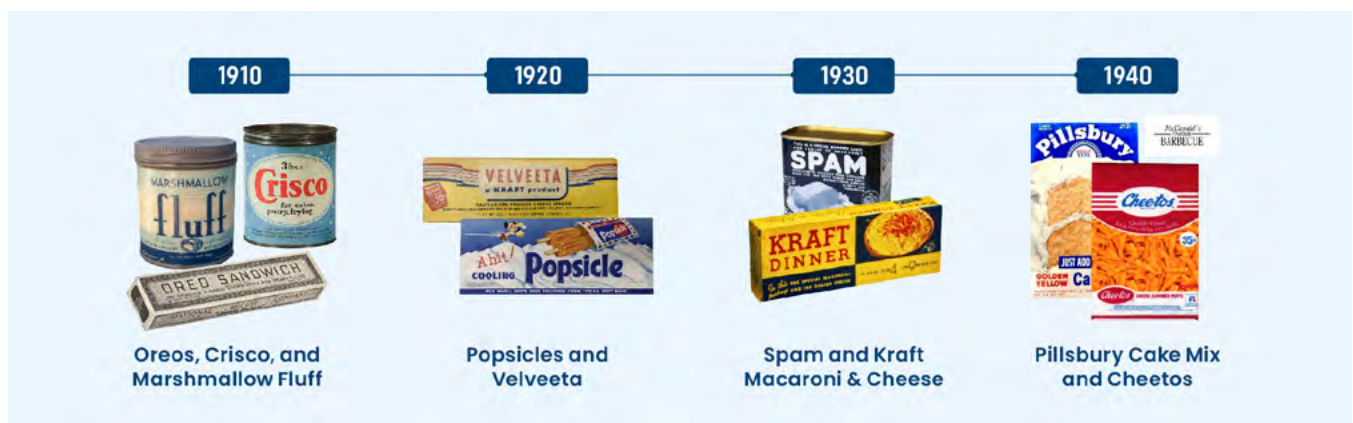


**Loneliness/
Disconnection**

Let's begin with the topic of food (the first three pitfalls)...

The unfortunate reality is this: **What was once food from the earth is now food from a lab.**

Rewind to the 1910s. This was when the very first processed foods hit grocery store shelves: Oreos, Crisco, and Marshmallow Fluff. From that decade on, processed foods took off...Popsicles and Velveeta cheese hit the market in the 1920s, Spam and Kraft Macaroni & Cheese in the 1930s, and Pillsbury cake mix and Cheetos in the 1940s. (The first McDonalds opened in 1940, too.)



So if our ancestors who lived just a few hundred years before us were strong and healthy by eating food from the land, and we are becoming frail and diseased by eating food from a factory, **the common denominator has to be...food**. Or more specifically, the Standard American Diet (SAD).

For the next 30 days, you will be **removing** all sugar and ultra-processed foods, industrial seed oils/fats (like canola oil and margarine), and gut-irritating foods (modern grains, conventional dairy, and legumes).

Let's take a closer look into why these three "food" groups are severely impacting your health and what you can eat instead.

“

If you're wondering, ***“Well, what am I going to eat then?”*** Don't worry, I equip you with a complete grocery list of foods you can enjoy in Part 4, as well as 30 days of recipes that are free from gluten, dairy, soy, legumes, refined sugar, and hydrogenated oils.

”



The 5 Major Pitfalls to Poor Health



1 Sugar & Ultra Processed Foods

Today, roughly **73%** of our food supply in the United States is **ultra-processed**... cereals, sodas, granola bars, frozen dinners, instant soups, pre-packaged crackers and cookies.²

Remember when I said that our modern-day environment can feel like living in a human zoo? Well, this is the **human zoo food** they're feeding us.

And to make matters worse, **90% of added sugars** come from these processed foods, according to a 2016 study published in the journal BMJ Open.³ Which means that we are consuming sugar at alarmingly high rates. Two centuries ago, the average American ate only **2 pounds** of sugar a year. Now, that average has skyrocketed to **57 pounds** per year. This equates to **17 teaspoons of sugar** per day (and is 2 to 3 times the recommended daily amount for men and women, respectively).^{4,5}



On average, Americans now eat 57 pounds of sugar per year.

Why is sugar so problematic, you ask?

For one, it drives **fat storage**. And two, it **tricks the brain** into thinking it's hungry. This creates a "vicious cycle," says Dr. Robert Lustig, a UCSF pediatric neuroendocrinologist.⁶ For this reason, Lustig considers sugar to be the **leading cause** of the obesity, diabetes, and metabolic syndrome epidemics.

2 Industrial Seed Oils

The Standard American Diet (SAD) is **loaded** with toxic industrial seed vegetable oils.

These unhealthy oils include:

- | | |
|-----------------|-----------------|
| ✓ Canola oil | ✓ Soybean oil |
| ✓ Corn oil | ✓ Sunflower oil |
| ✓ Safflower oil | ✓ Margarine |



There are two red flags with these oils:

- They are **polyunsaturated fats**, making them highly susceptible to damage when exposed to heat, and
- They are extremely high in **omega-6 fatty acids**.

Neither of these is inherently bad on its own—we **need** omega-6s...we just don't need as many as we're consuming.

To give you some perspective on just how far we've **strayed** in the past few hundred years...





Our **ancestors'** consumption of omega-3s and omega-6s came in at a healthy **1:1 to 1:4**.

In our **modern diets**, however, this ratio has surged to a shocking **1:20**.⁷

Why the massive influx of omega-6s?

Because industrial seed oils (which again, are incredibly high in omega-6) are found in packaged foods, frozen foods, fast food, and even so-called "healthy" foods like salad dressings, packaged nuts, popcorn, and dairy-free milk.

When we have **excess omega-6s**, our bodies shift into a **pro-inflammatory** state. So much so that these industrial seed oils have been **linked** to heart disease (despite being marketed as "heart-healthy").⁸

3 Gut-Irritating Foods

There are **three** food categories that can **irritate** and **inflamm**e the gut:



→ GRAINS (WHEAT, OATS, RICE)

Aside from spiking insulin levels and being high in omega-6 fatty acids, grains have **inflammatory proteins** like gluten and lectin that irritate, inflame, and compromise your gut health (and lead to a whole host of issues in the body...including autoimmune conditions like rheumatoid arthritis and multiple sclerosis).



In addition, they also contain something called “anti-nutrients,” which are nutrients that interfere with the absorption and utilization of nutrients in the body.



→ CONVENTIONAL DAIRY (MILK, CREAM, YOGURT, CHEESE)

Did you know that the milk from cows has at least **four times** as much protein and over **6 times** as much mineral content as human milk? This high nutrient content is necessary for baby cows since they need to grow to 300–500 pounds. But when it comes to humans, we lose our ability to produce enzymes (like lactase) around the **age of 3 or 4**, making milk super difficult—and even painful—to digest.

That said, it’s hypothesized that up to **68% of the world’s population is lactose-intolerant**—meaning they’re unable to properly digest dairy products.⁹ Many experts believe we aren’t meant to consume milk from other animals—only human milk from our mother’s breast as infants. We are the only mammals who drink the milk of other animals.¹⁰



→ LEGUMES (BLACK BEANS, PEANUTS)

Like grains, legumes contain **lectins**—the protein that makes them hard for the body to digest. Legumes also contain **phytates**, which inhibit nutrient absorption, potentially leading to mineral deficiencies and digestive issues like bloating and gas.



4 Sedentary Lifestyle

According to a recent report from the CDC, **1 in 4 Americans do not engage in any physical activity**¹¹

Being sedentary has serious consequences, including an increased risk for obesity, type 2 diabetes, heart disease, and cancer.

Compare being sedentary to the lifestyle of our ancestors, who were moving often and living upright—not sitting 6 to 8 (or more!) hours a day. Hunter-gatherers got plenty of exercise and likely expended 800–1,200 calories daily through physical activity. They walked, ran, moved objects, and typically engaged in periods of short, intense bursts of activity followed by extended rest periods.

5 Loneliness & Disconnection

We are the most overworked, overstimulated, busy, AND socially-isolated culture in history.

While we may be connected via Facebook and Instagram (and these can be great tools), we lack the deeper connection that comes from spending face-to-face time with our fellow human beings.

We are a social species that is **hardwired to connect**. John Cacioppo, a neuroscience researcher who has studied loneliness for over two decades, **equates loneliness with starvation and dehydration—it's THAT important.**¹³

It has even been found that loneliness can increase the odds of dying prematurely by a whopping 45%.¹⁴ (That's over double the risk of obesity!)



PART 3

Symptoms & Conditions Linked to Our Modern Lifestyle

The startling reality is that the United States has one of the most chronically sick, obese, medicated, addicted, anxious, disconnected, and depressed cultures in all of human history.



Chronic disease is one of the most significant health challenges of the 21st century, causing **7 out of 10 deaths** in the United States.¹⁵ Late medical doctor and researcher of human nutrition, Dr. Hugh Sinclair, was the first to coin chronic conditions such as heart disease, type 2 diabetes, cancer, and autoimmune conditions as “**diseases of civilization.**” His theory? These diseases were worsened by modern things like “bad fats” enter: canola oil and soybean oil.

I agree with Sinclair. There’s a massive disconnect between our innate biology and the way we’re currently eating, moving, and living. To heal and stop chronic disease in its tracks, we must return to eating, moving, and living in alignment with our unique body—the way nature intended.

To fully grasp our current state of health in the Western world, let’s take a look at some shocking statistics...

Weight Gain

“Not only have I reduced in size & weight (9 pounds) but I did it without feeling deprived!” —Joline B.

Our hunter-gatherer brain perceives sugar and calorie-dense foods as a reward. So, every time these foods are consumed, the brain releases dopamine, the “feel good” neurotransmitter. What used to be essential for survival (i.e., our brains signalling that we’ve just obtained a valuable source of energy...eat more of it!) has now turned into reckless binge eating and, as a result, weight gain. This has resulted in **1 in 3 adults** in the United States being diagnosed with obesity—a nearly 3-fold increase since 1950.^{17,18} For this reason, we’ll cut out hyper-palatable processed foods (like potato chips, trail mix, and cereal) for the next 30 days.



Silent Inflammation

“I have noticed that my inflammation is better and I’m not so achy any more.” —Susan M.

We have a silent inflammation epidemic on our hands. So much so that the World Health Organization ranks chronic inflammatory diseases as the **greatest threat to human health**.¹⁹ Silent (or chronic) inflammation is categorized as low-grade inflammation with often no immediate symptoms (redness, pain, or swelling). It can go on for weeks, months, or even years before one may realize it. Because the Standard American Diet is often high in inflammatory ingredients like industrial seed oils, grains, and sugar, your body’s inflammatory response is constantly being triggered. The more it’s triggered, the higher the risk of chronic disease. Which is why **3 in 5 people** worldwide die due to chronic inflammatory diseases like stroke, chronic respiratory diseases, heart disorders, cancer, obesity, and diabetes. Silent inflammation can present itself as fatigue, joint pain, constipation or acid reflux, red or itchy skin, nasal congestion, depression and anxiety, insulin resistance, weight gain, and cognitive decline.



Type 2 Diabetes

“The possibility of developing diabetes was the motivation I needed to make whatever changes I had to make to improve my health.” —Deb W.

Blood sugar spikes occur when excess sugar (glucose) enters the body. Added sugar in food and beverages is the obvious culprit. However, since grains, legumes, and alcohol each turn into glucose when consumed, these are also considered sneaky culprits. Continuous, frequent blood sugar spikes can eventually lead to insulin resistance, prediabetes, and finally, type 2 diabetes—which affects over **36 million** Americans.²⁰ For this reason, we’ll be cutting out all sugary, processed food and beverages for the next 30 days.



Disrupted Gut Health

“No heartburn, no indigestion and no irregularity. This used to be an everyday problem. I was eating Tums like candy to stop the heartburn.” —John S.



Believe it or not, a lot of diseases start in the gut. Your gut is home to trillions of bacteria—both good and bad. This delicate ecosystem is severely impacted by the foods you eat. When you eat nutritious whole foods, the good bacteria flourish. When you eat processed, sugary foods, the bad bacteria flourish. And when your gut microbiome is out of balance, a whole host of issues can arise: constipation, bloating, gas, inflammation, weakened immunity, weight gain, autoimmune diseases, allergies, asthma, and even anxiety and depression.

Poor Sleep

“I used to take melatonin, Xanax, and Ambien to sleep. I almost dreaded going to bed since I knew I’d be sitting there, eyes wide open, trying to sleep. I go to bed now around 10 and am able to get to sleep quickly and stay asleep most nights all night.” —Adam M.

The prevalence of sleep disorders in the United States is so high that the CDC declared insufficient sleep a **public health problem**. Because of our Western society’s detrimental “I’ll sleep when I’m dead” mentality, a shocking **1 in 3** U.S. adults regularly don’t get enough sleep.²¹ Research now shows that those who sleep less than 7 hours a night are more likely to develop obesity and diabetes. While those who sleep less than 6 hours per night are 20–32% more likely to develop hypertension compared to those who regularly sleep 7–8 hours per night. Signs of sleep deprivation include fatigue, difficulty concentrating, increased hunger and cravings (especially for sugary, high-carb foods), headaches, irritability (even about seemingly small things), poor decision-making skills, heightened anxiety and tension, muscle aches or weakness, blurry vision, reduced motor skills, impaired immunity, and lower libido. Whew, that’s a lot of symptoms for just missing a few extra hours of sleep.



Hormone Imbalance

PMS, menopause symptoms, fibroids, polycystic ovary syndrome (PCOS), endometriosis...all of these can arise when our hormones are out of balance.²² And unfortunately, our modern-day environment is a warzone for hormones thanks to disruptive toxins like plastics and pesticides, blood sugar-spiking foods like oat milk and cookies, and a lack of sleep. This has led to countless women (and now, men) having what's called "estrogen dominance," says Alisa Vitti, functional nutrition and women's hormone expert.²³ This leads to low progesterone in women and low testosterone in men. Luckily, we can reduce this estrogen overload, starting with stabilizing our blood sugar.

The first step? *Cut back on sugar.* This is why, for the next 30 days, we'll cut out all forms of refined sugar (cookies, cake, vanilla lattes) and refined carbohydrates (white bread, pasta, rice, cereal). In addition, we won't overindulge in high-carb foods like potatoes, fruit, and nuts—all of which turn into sugar in the body.



Mental Health

"I noticed my mood had lightened to such a major degree. I felt hopeful and happy - really happy." —Hanan E.

Currently, anxiety affects **40 million** adults over the age of 18 (19.1% of the population), making it the most common mental illness in the United States.²⁴ Common symptoms of anxiety include uncontrollable worry, restlessness, fatigue, irritability, muscle tension, difficulty falling and staying asleep, headaches/stomachaches, avoidance behavior, and panic attacks. Meanwhile, depression affects approximately





21 million American adults, with 18–25-year-olds being the most affected population.²⁵ And according to a 2019 study, this number has been quickly rising since the mid-2000s.²⁶ The author’s hypothesis? The rise of electronic communication and social media, and the decline in sleep duration. Common symptoms of depression include persistent sadness, loss of interest, significant changes in appetite, insomnia or oversleeping, low energy, feelings of worthlessness, trouble focusing or making decisions, aches/pains, digestive issues, slowed movements, and suicidal thoughts.

Accelerated Aging

“You have turned a couple of deteriorating, aging 57 year olds into 40 year olds again and we feel it on every level, not just the physical.” —Gabrielle

For the first time in over 100 years, American life expectancy has **declined**. It has been on the rise since the early 1900s—going from 47 years in 1900 to 68 years (1950) to 79 years (2019). But in 2020, life expectancy suddenly dropped to 77 years and again in 2021 to **76 years**. This marks the largest decrease in a two-year timespan since 1920.²⁷ So what’s the cause? According to two experts from Harvard T.H. Chan School of Public Health, it’s because we have a healthcare system that’s focused on *treating* disease, not preventing it.



PART 4

The 5 Principles of the NativeBody Reset



THE NATIVEBODY RESET

If you're holding this Reset right now, it's likely that you're sick and tired of feeling sick and tired. So, where do you begin?

What we won't be doing are juice cleanses, teatoxes, or taking weight loss pills. These are all weight loss fads that fail to address the **root cause** of the symptoms and conditions we discussed in the previous section.

Over the last decade, I've identified 5 **foundational** principles that are key to **lasting, vibrant health**.

Let's take a closer look at each of these 5 principles, starting with whole, real food...

1. Whole, Real Food

I like to say that eating whole, real food is like your "Get Out of Jail Free Pass" for chronic disease. And luckily, getting one of these passes is simpler than you might think. Here are the top tips I share with those starting on a more native lifestyle.

1 Get at least 80% of your diet from whole, real foods.

Grass-fed and pasture-raised meat and poultry, pasture-raised eggs, vegetables, some fruit, some nuts and seeds, a little starch, and no sugar.

Native Tip: Shop the **perimeter** of the grocery store (avoid aisles). This is where all of the fresh foods will be.

2 Cook with the right oils.

Swap industrial seed vegetable oils like canola oil, sunflower oil, and soybean oil (which are highly inflammatory) with extra-virgin, cold-pressed coconut oil, olive oil, and avocado oil. These will become staples in your kitchen.





3 Focus on protein.

Protein is an essential building block of your bones, muscles, cartilage, skin, hair, and nails—pretty much your entire body! It also speeds up your metabolism, reduces appetite, cuts cravings (and late-night snacking), and increases muscle mass. I recommend my clients to eat **1-2 palm-sized** portions of protein at each meal.

4 Think about the quality of the foods you buy.

If budget allows, look for foods with labels certifying them as grass-fed, pasture-raised, and/or organic. This means that the food is as close to nature as humanly possible—and will have more nutritional value.



5 Buy in bulk and stock up your freezer.

Buying your food in bulk—and then freezing it—is a super budget-friendly way to eat whole foods. I recommend buying meat in bulk from a delivery service like [Wild Pastures](#) and then buying frozen fruits and vegetables in bulk from a place like Costco (they have several organic options).

6 Meal prep weekly.

Spend a few hours each weekend prepping snacks and meals for the following week. This could look like cooking extra chicken breasts, making some hard-boiled eggs, doing a stew or Crockpot meal, you name it.

In Part 5, I'll expand on which foods to avoid, how to put together a nutritious meal, and common nutrition questions from our community. In addition, I've also put together a grocery list, meal plan, and 30 days of delicious recipes. Just click or scan the QR code to access them, or go to nativepath.com/pages/nativebody-reset-downloads.



2. Hydration

Hydration is perhaps one of the simplest—and affordable—ways to feel better. If you experience fatigue, brain fog, dizziness, headaches, muscle cramps, a fast heart rate, or low blood pressure, you may be dehydrated.



Here are a few tips on how to upgrade your hydration game:

1 Drink half your body weight in ounces of water per day

So, if you weigh 150 pounds, you'll want to consume around 75 ounces of water daily.

2 Stick to drinking only water, coffee, and tea and nothing else.

This will help you avoid “drinking your calories.”

3 If you drink alcohol, aim to limit it to 3 drinks per week

(with no added sugar).

4 Avoid drinking water two hours before bedtime.

This will keep you from waking up to pee in the middle of the night.

5 Consider adding an electrolyte powder to your water.

If you still feel thirsty after drinking half your body weight in ounces of water per day, add some electrolytes to your water! NativePath offers a delicious, zero-sugar electrolyte powder called [Native Hydrate](#). It has 14 vitamins and minerals, all 9 essential amino acids, and 2,000 mg BCAAs to support hydration, energy, and muscle health.



3. Movement

Dr. Peter Attia, M.D., longevity expert and author of the bestselling book, *Outlive*, suggests that movement “might be the most potent “drug” we have for extending the quality and perhaps quantity of our years of life.”¹²

And in my twenty years as a physical therapist, I agree.

I’ve seen what can happen when people stop moving their bodies...and it’s not pretty. Muscles begin to waste away, bones fracture more easily, falls become more frequent, and even the risk of dementia increases.

With this in mind, movement is the single most important thing one can do to stay independent and live a longer, healthier life. Fortunately, you don’t need to start training for a marathon or begin lifting heavy weights to experience its benefits. It all comes down to a few simple habits...



1 Make longevity the goal.

Start thinking of the things you want to be able to do 10, 20, or 30 years from now. So, if you’re 50 right now, think of all the things you want to do when you’re 60, 70, 80, and beyond. This will help you know which functional exercises to focus on. For instance, if you want to be able to do your laundry at 70 years old, you’ll need to do specific exercises (like squats, step-ups, wall pushups, and a farmer’s carry) to make that a reality.



2 Take at least two 15-30 minute walks each day.

I recommend taking daily sunrise and sunset walks. Why? Because sunlight (particularly in the morning and at sunset) plays a crucial role in letting your body know when it’s time to wake up and when it’s time to start winding down for sleep. Put simply, these walks will keep your internal clock (circadian rhythm) regulated so that you can fall asleep faster and wake up with more energy!



3 Find an exercise that you enjoy.

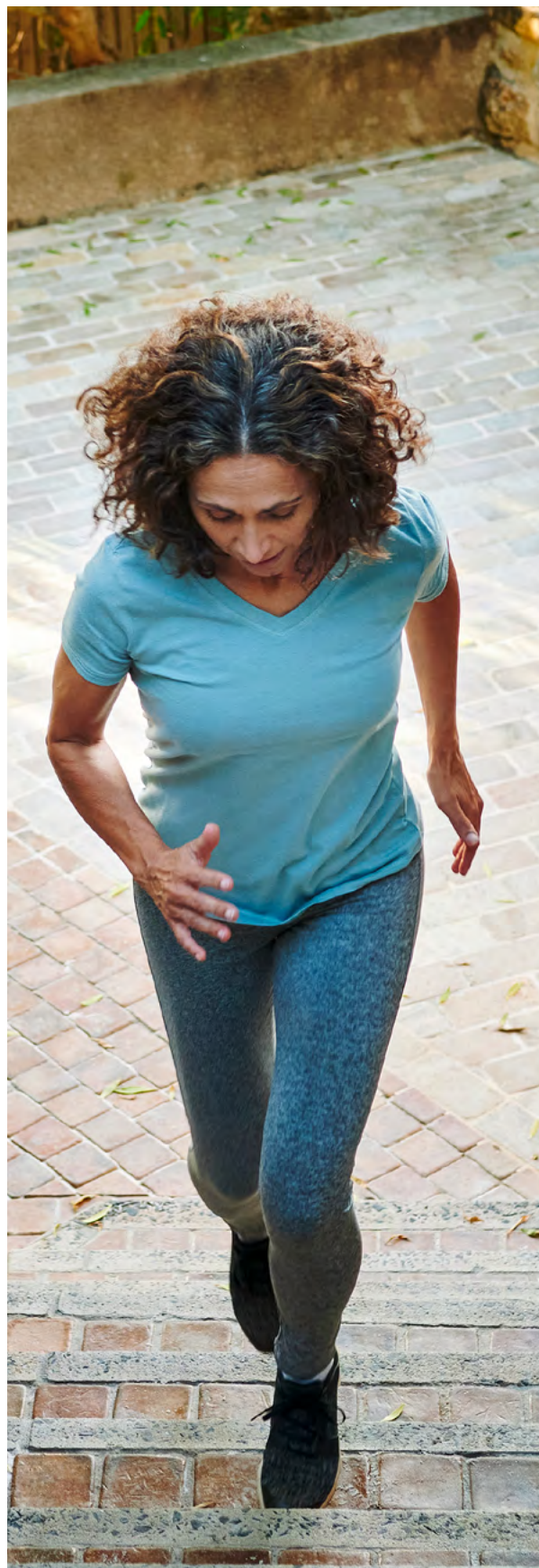
Exercise looks different for everyone...you may like to swim, dance, hike, practice yoga or pilates, or play pickleball or golf. The important thing is that you're moving your body every single day, and *enjoying* it!

4 Prioritize strength, mobility, and cardio.

These are the top 3 needle-movers I recommend to my clients to promote longevity and improve quality of life. Strength training (squats, push-ups, and dumbbell exercises) builds muscle mass and bone density, prevents injury, and slows down age-related declines.* Mobility exercises (yoga, Pilates, tai chi) improve the range of motion in your joints, helping you perform daily activities with ease and reducing the risk of falls or injuries. Cardiovascular workouts (cycling, brisk walking, hill walking) strengthen your heart and lungs, boost your energy levels, and help manage weight, effectively reducing the risk of heart disease and other chronic conditions.

*Here's an example of a strength-training circuit you can do from the comfort of your own home. Do 5 rounds with a 2-minute rest break in between:

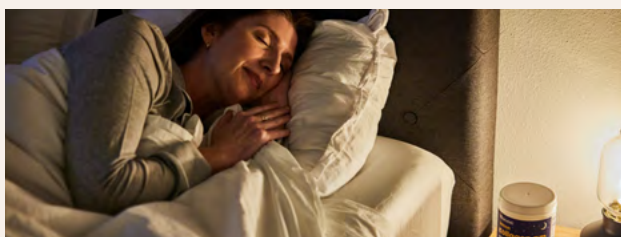
- ✓ 10 squats
- ✓ 10 rows with a resistance band
- ✓ 15–30 second planks



4. Sleep

For thousands of years, our ancestors would go to bed with the moon and rise with the sun. But since Edison invented the light bulb in 1879, sticking to this primal habit has been a bit trickier. So much so that poor, insufficient sleep now affects **1 in 3** Americans and is one of the main drivers of inflammation, weight gain, and declining mental health.²⁸

To offset this modern environment that we now live in—one with artificial lights, bright screens, and blaring alarm clocks—there are some simple tweaks you can make to your bedtime routine for better sleep...



1 Aim for 7-10 hours of sleep per night (and get your buns in bed by 10:00 PM).

7-10 hours of sleep is considered ideal, but experiment to find what works best for you. Ideally, spend a few days without an alarm and let your body determine when it's rested and ready to start the day. And if possible, try to go to bed by 10:00 PM. The window between 10:00 PM and 2:00 AM is when most of the body's physical repair occurs. During this time, immune cells perform the much-needed work of ridding the body of harmful toxins (viruses, bacteria, and cancer cells).



2 Align your body with the sun.

Be like your ancestors, and get yourself outside for sunrise and sunset. Why? Early morning sun exposure suppresses melatonin (your sleep hormone), helping you feel more energized and ready for the day. While exposure to darkness begins to activate melatonin, making you feel more calm and relaxed.²⁹

3 Dim the lights in your house.

As the sun goes down, start turning off the bright lights in your house. This will put you into a state of relaxation and prime your brain and body for bedtime.





4 Be mindful of caffeine intake.

I love a good cup of coffee, but not after 12:00 PM. Caffeine has a half-life of about 5–6 hours, which means it takes this long for your body to eliminate half of the caffeine you’ve consumed. If you drink coffee in the afternoon, there’s a good chance that caffeine will still be in your system when it’s time to go to bed, potentially making it harder for you to fall asleep. (And even if you are able to fall asleep with caffeine in your system, it can still cause lighter, less restful sleep and may also reduce the total amount of sleep you get.)

5 If you drink alcohol, time it right.

This one is a catch-22. I know a lot of people who like to wind down with a glass of red wine at night. Yes, alcohol can make you feel sleepy and may even help you fall asleep faster, but it disrupts your sleep cycle, preventing you from entering the deeper, more restorative stages of sleep. That said, if you aren’t willing to part ways with your nightcap, I recommend drinking it at least 3 hours before bedtime.



6 Eat dinner at least 3 hours before bedtime.

There are a few reasons for this. For one, if you eat too close to bedtime, you may experience heartburn or acid reflux when you lie down. And two, eating a heavy meal can increase your body’s core temperature and metabolic activity, interfering with the body’s natural winding down process. (We want your body’s temperature to cool as you near bedtime.)

7 Make your bedroom pitch black.

As you’ve learned by now, light suppresses melatonin production, which can negatively impact your ability to sleep well. Invest in blackout curtains or shades to help block incoming light from neighbors, cars, and streets. Cover up any small lights beaming from AC machines, fans, or alarm clocks, too. We want your room to be completely dark.

8 Set your bedroom temperature to 60-67 degrees.

Sleeping in a cool room helps lower your core body temperature. This signals your brain that it’s time to sleep, helping you fall asleep faster.



9 Avoid electronics 30 minutes before bed.

The blue light emitted from electronics suppresses melatonin, triggering your brain to stay awake—no matter how tired you feel. That said, shut down your iPhone, laptop, and TV at least 30 minutes before bedtime and read a book, write in your journal, take a bath, or practice prayer or meditation instead.

10 Swap your iPhone for a real alarm clock.

Invest in an inexpensive battery-operated alarm clock instead of using your cell phone. Phones and electronic devices emit electromagnetic waves, which can disrupt your sleep and have been linked to multiple adverse health effects.

11 Drink a glass of [Collagen PM](#) before bed.

If you've done all of the above things and are STILL having trouble falling asleep (or staying asleep), add a scoop of Collagen PM to water or dairy-free milk and enjoy 30 minutes before bedtime. This powder comes in three flavors—chocolate, lemon, and honey chamomile—and has a combination of 5 sleepyttime ingredients—collagen, melatonin, magnesium, GABA, and L-theanine.



5. Sunshine

Yet another primal habit that has been stripped from our modernized life: sunshine. Despite all the fear-mongering around the sun causing skin cancer, the reality is that the sun is our life force. It's one of the best things we can do for our physical health, mental health, immunity, energy, strength, happiness, and well-being.

Getting at least 30 minutes of natural sunlight daily has been shown to boost immunity and vitamin D, increase fertility, reduce inflammation and symptoms of type 2 diabetes, lower blood pressure, and much more.



Luckily, many of us live in an area with adequate sunlight, so turning this into a daily habit is simple (and free!).

Here are some quick tips:

- ✓ Get between **20–30 minutes** of sunlight per day.
- ✓ Aim to get sunlight exposure **between 8:00 and 10:00 AM**, or two hours before sunset. The sun isn't as intense during these times, so you're less likely to get burnt.
- ✓ If you're in the sun when the UV rays are strong (between 10:00 AM and 4:00 PM), apply some **toxin-free sunscreen** to avoid getting a sunburn.³⁰



PART 5

Your Nutrition Playbook (Do's & Don'ts)



THE NATIVEBODY RESET



Over the next 30 days, you'll see just how prevalent "fake" foods are in the Standard American Det (SAD).

Luckily, transforming your diet to include only whole, real foods is simple. Because it features just 6 main food groups:

- ✓ Vegetables
- ✓ Fresh fruit (not dried)
- ✓ Grass-fed meat and wild-caught seafood
- ✓ Pasture-raised poultry and eggs
- ✓ Herbs and spices
- ✓ Natural fats and oils

You'll eat the above foods, and avoid the rest of these "Frankenfoods"...



No sugar or artificial sweeteners

- Table sugar (sucrose)
- High-fructose corn syrup
- Agave nectar
- Maple syrup, honey (although natural, still avoid for the reset)
- Artificial sweeteners (aspartame, sucralose, saccharin, acesulfame potassium)
- Sugar alcohols (xylitol, erythritol, sorbitol)
- Sweetened beverages (soda, fruit juices, energy drinks)
- Candy and sweets
- Sweetened dairy products (flavored yogurt, ice cream)
- Processed foods with added sugars





No ultra-processed foods

- Frozen meals and dinners
- Fast food (including French fries!)
- Snack foods
(chips, crackers, snack bars)
- Processed meats
(sausages, hot dogs, deli meats)
- Sugary cereals and breakfast bars
- Candy and chocolate bars
- Packaged baked goods
(cookies, cakes, pastries)
- Instant noodles and soups
- Microwave popcorn
- Soft drinks and sugary beverages



No grains

- Wheat (including whole wheat)
- Rye
- Barley
- Oats (even gluten-free)
- Corn
- Rice (white, brown, wild)
- Millet
- Bulgur
- Sorghum
- Sprouted grains
- Quinoa (though technically a seed, often grouped with grains)



No legumes

- Beans
(black, kidney, pinto, navy, etc.)
- Lentils
- Peas (split peas, chickpeas, black-eyed peas)
- Soy products
(tofu, tempeh, soy milk, edamame)
- Peanuts and peanut butter



No alcohol or beverages with sugar or artificial sweetener

- Soda
- Fruit Juice
- Flavored Coffee
- Energy Drinks
- Alcohol
- Animal-Derived Milk





No dairy

- Milk (cow's, goat's, sheep's milk)
- Cheese (all types)
- Yogurt (even plain or Greek varieties)
- Ice cream and frozen desserts
- Cream and half-and-half
- Sour cream
- Cottage cheese
- Whey or casein-based protein powders



No industrial seed oils

- Soybean oil
- Canola oil
- Corn oil
- Cottonseed oil
- Safflower oil
- Sunflower oil
- Grapeseed oil
- Rice bran oil
- Margarine and vegetable shortening



Native Tip: I recommend doing a “spring cleaning” of your pantry, refrigerator, and freezer—and tossing all fake, processed foods and beverages. When these foods are out of sight, they’ll be out of mind, too (so you won’t be tempted to sneak down to the kitchen at 1:00 AM in the morning!). Trust me...I’ve been there. Discarding the foods that no longer serve you is pivotal to your success during this Reset.



How to Build a “Native” Plate

When you’re building your plate, get in the habit of thinking:

Protein + Veggie(s) + Fat + Herbs/Spices

Following this “plate template” will help keep you full and provide you with a diverse range of life-giving nutrients. Reference your “Grocery List” to get ideas on what protein, veggie, fruit, fat, and herb/spice to use.

That said, let’s build a basic plate...

- 1 Start with an empty plate.**
- 2 Add 1-2 palm-sized portions of quality protein.**
- 3 Fill the rest of your plate with veggies.** Consider throwing a handful of raw greens on the plate first (or on the side), and then add your other veggies. This is a great way to get both raw AND cooked veggies consistently. Alternatively, you can enjoy a side salad in a bowl and cooked veggies on your plate.
- 4 Next, add 1-2 fats per meal.*** One will likely be the fat or oil you cooked with (or if it’s a salad, the oil in the salad dressing). The second fat can add flavor or texture to the meal (think: avocados, nuts, and seeds). See “The NativeBody Reset Guide to Healthy Fats & Oils” for ideas on which fats to eat and not eat.

***Here are some suggestions about fat amount:** ³¹



Oils

1-2 TBSP



Butter/Ghee

1-2 TBSP



Olives

1-2 heaping
handfuls



Coconut meat/
flakes

1-2 heaping
handfuls



Nuts/Seeds

Closed
handful



Avocado

½ to 1 full one



Coconut milk

¼ to ½ can

Here are a few examples using the above formula:



Meal Idea #1:

Organic, Grass-Fed Ground
Beef + Cumin/Sea Salt/Pepper
+ Steamed Broccoli + 1 TBSP
Olive Oil Drizzled On Top



Meal Idea #2:

Organic, Pasture-Raised
Chicken Breast + Sea Salt/
Lemon Pepper + Cauliflower
Rice + ½ Avocado



Common Questions from the Community

What oils should I cook with?

When choosing a fat or oil to cook with, it's important to know the smoke point. This is the temperature at which an oil starts to smoke and break down. For instance, extra-virgin olive oil (EVOO) has a much lower smoke point (320–400°F) than oils like avocado oil (520°F) and ghee (485°F). This means that you *shouldn't* use EVOO when sauteing at high heat. Instead, it can be used in homemade salad dressing, dip, or mayo. Click or scan the QR code below for a comprehensive list of fats and oils and their smoke points. Or simply go to



nativepath.com/nativebody-reset-pdf-downloads and download the following PDF:
"NativeBody Reset Guide to Healthy Fats & Oils."

What beverages are Reset-approved?

You can enjoy filtered water (feel free to jazz it up with some cucumber or berries), coffee (ideally it's organic), teas (green, matcha, herbal, white, and red teas; organic is best), fermented beverages (kombucha, coconut water kefir, beet kvass), and unflavored sparkling water (San Pellegrino, Perrier, and Gerolsteiner are the highest quality).

Can I have creamer in my coffee?

Avoid sweeteners and dairy-based creamers, and try to obtain organic coffee (or the highest quality coffee that sticks within your budget). To keep your coffee ritual within the NativeBody Reset guidelines, you can drink it black, add a splash of unsweetened coconut or almond milk, or make it a "keto coffee." To do this, combine the following three ingredients in a high-speed blender: 1 cup of coffee, ½ to 1 teaspoon of grass-fed butter, and ½ to 1 teaspoon of coconut oil or [MCT powder](#). Blend on high until well combined, and pour the contents into your favorite mug for a satiating, blood sugar-stabilizing treat! To keep caffeine from affecting your sleep, we suggest keeping your coffee consumption to one to two cups per day *before* 12:00 PM. Sleep is vital to achieving any weight loss or health-related goals, so this is very important!

Can I eat potatoes?

Yes, potatoes and all their cousins are allowed—russet potatoes, Yukon gold potatoes, red potatoes, fingerling potatoes, purple potatoes, white potatoes, and sweet potatoes. Note: French fries are NOT on this list, as they are fried in highly-inflammatory industrial seed oil. However, if you have an autoimmune



condition or inflammatory disease, you may want to exclude white potatoes from your diet since they are in the nightshade family (nightshades include white potatoes, tomatoes, eggplant, peppers, paprika, cayenne, and goji berries) and can be inflammatory, exacerbating symptoms for these folks.

Is there a “cheat day” of some sort allowed during the NativeBody Reset?

No, there is no “cheat” day during the Reset. We want you to focus on eating only whole, real foods for 30 days to reap the most benefits and to push the reset button on your health. Once the 30 days are up, you can choose to add in cheat days. However, if you still haven't reached your health and wellness goals after 30 days, we recommend you continue with little to no cheating to maximize results.

Can I use any sweeteners during my Reset?

For optimal success during your NativeBody Reset, we recommend holding off on all sweeteners—both artificial and natural. During these 30 days, we want you to reset your system and improve your hormone balance. We find people are most successful at meeting their health and fat loss goals when they adhere to this guideline. A few ways to get your sweet tooth fix include eating a handful of berries, drinking herbal teas like rooibos or peppermint, or munching on some baby carrots or sugar snap peas.

I can't afford grass-fed meat. Can I still do this Reset?

If grass-fed or free-range is outside of your budget, we recommend you buy lean cuts and remove the fatty portions on all meats. Grain-fed animals store their toxins in their fat, so you will lessen your exposure to these toxins if you pick leaner cuts.

Which fruits and veggies should I buy organic?

For produce, see the [Dirty Dozen](https://www.ewg.org/foodnews/dirty-dozen.php) and [Clean Fifteen](https://www.ewg.org/foodnews/clean-fifteen.php) list. This will tell you the fruits and vegetables you should try to buy organic, and those that you can get away with buying non-organic.

These lists can also be found, for free, at the following URLs:

<https://www.ewg.org/foodnews/dirty-dozen.php>

<https://www.ewg.org/foodnews/clean-fifteen.php>

Do I need to count calories?

Nope. There is no counting calories, weighing your food, or weighing/measuring yourself during this Reset. What a relief!

What about gum? It's not really food since we aren't “eating” it, right?

We recommend you avoid chewing gum. Gum typically contains sugar and artificial ingredients and sweeteners (which we



encourage you to avoid indefinitely). A few contain natural sweeteners and simple ingredients, but we want you to hold off on ALL sweeteners during this program.

What if my family isn't on board?

Not everyone is ready to make the jump, but don't let the actions and opinions of others prevent you from moving forward. This is about *your* health! From my experience, when one makes the jump and realizes it's not so bad, that makes the jump easier for others. In other words, be the change and notice how those around you want to change as well. Be patient and see what happens!

What do I eat when I'm traveling?

Even while traveling, there are some fantastic whole-food foods and snacks you can bring along. Here are a few ideas: hard-boiled eggs (pre-packaged or prepped ahead), travel-sized almond milk cartons or larger containers if checking a bag/driving, single-serve packets of nut butter (almond, macadamia, walnut), small cans of chicken or fish with a pop-top so you don't need a can opener, packets of wild-caught salmon or tuna, fresh fruit (apples/apple slices, oranges, grapefruit), whole avocado (can be eaten with a spoon), grass-fed jerky (free of gluten & added sugar), nuts/seeds (soaked & dehydrated for easier digestion), homemade trail mix with nuts, seeds, and coconut flakes, sliced vegetables (cucumbers, carrots, celery),

olives, homemade or Paleo-friendly salad dressings (Primal Kitchen), dried veggie chips free of industrial seed oils (kale, sweet potato, beet), and coconut flakes.

What should I order when eating out?

Look for a protein dish with vegetable sides. For example, salmon with a side of asparagus and broccoli OR flank steak with chimichurri sauce and a vegetable medley. Be sure to ask to have your dish cooked in butter. (If you can't tolerate dairy, the next best choice is olive oil.) Many restaurants use cheap, inflammatory industrial seed oils to cook their food, so always ask. If your dish comes with a sauce, double-check with the server to ensure it's compliant. Lastly, if you order a salad, ask for extra-virgin olive oil and balsamic vinegar on the side.

Are there any supplements that you recommend?

Supplements are an excellent way to potentially help you achieve your goals faster and with less effort. That said, you don't need to go overboard. These are the 5 basic supplements that I recommend to the majority of my clients: [Grass-Fed Collagen Peptides](#) (for healthy skin, hair, nails, and bones), [MCT Powder](#) (to boost energy and metabolism), [Probiotics](#) (for gut health), [Antarctic Krill](#) (for brain and heart health), and [Total Turmeric](#) (for inflammation).





Taking Action (+ Additional Resources!)

This guide will serve as your primary resource for nutrition, hydration, movement, sleep, and sunshine.

However, we know that nutrition is likely to be the biggest change you make over the next 30 days, so we've made it even simpler by providing the following resources:



- ✓ **Grocery List**
- ✓ **Guide to Healthy Fats & Oils**
- ✓ **Recipes & Meal Plan**

You'll also receive a daily email from me with simple tips, helpful tools, and of course, lots of encouragement to keep you motivated during your Reset! Remember, you can do anything for 30 days. The habits you make during this Reset just so happen to have the power to transform your and your family's lives for generations to come. How neat is that?

If you have any questions now or over the next 30 days, post them in our Private Facebook Group. One of our experienced health coaches will be there to help. [Click here](#) or simply type the following URL into your search browser to join today:

facebook.com/groups/PaleoSecretCustomers.



31 Scientific Sources

1. <https://oakjournal.com/blogs/resources/the-power-of-writing-down-your-goals-evidence-from-multiple-studies>
2. <https://foodtank.com/news/2022/11/database-indicates-u-s-food-supply-is-73-percent-ultra-processed/>
3. <https://bmjopen.bmj.com/content/6/3/e009892>
4. https://health.gov/sites/default/files/2019-10/DGA_Cut-Down-On-Added-Sugars.pdf
5. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/how-much-sugar-is-too-much>
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About the Author

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Dr. Chad Walding is the Co-Founder and Chief Culture Officer at NativePath.

He is a Doctor of Physical Therapy with a passion for helping people eat, move, and live in harmony with their natural state. Since graduating from Hardin Simmons University in 2007, Dr. Chad has upgraded the quality of life of millions. When he's not helping others, he can be found playing his guitar lakeside in Austin, Texas, taking sunrise and sunset walks with his wife and goldendoodle, and working out in his garage gym.



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