

# 10 DAY RESET

HOW TO DO THE  
10 DAY RESET  
(WITHOUT THE KIT)

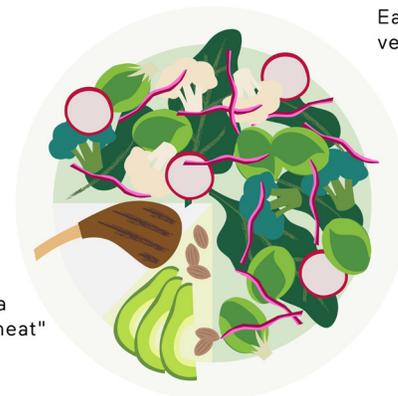
The foundation of the 10 Day Reset program is real, whole food. This means that anyone can participate in the program even if they choose not to use the 10 Day Reset kit. This pdf will show you how you can start the 10 Day Reset at home today.

# The Three Pillars of the 10 Day Reset

## Pillar 1: Food

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- Food is medicine. Food contains information that talks to your genes, turning them on or off, and affecting their function moment to moment.
- During the 10 Day Reset, avoid the stuff that makes you feel like crap and eat foods that nourish your body.
- Eat fiber, healthy fats, and clean protein. This means loads of non-starchy veggies, good fats like avocado and olive oil, and healthy protein like grass-fed and organic meats, fish, chicken, and plant-based sources of protein like gluten-free tempeh.
- For the next 10 days, avoid processed carbs, refined sugars, dairy, coffee, and alcohol.
- I'm not big on counting calories or macros, so I recommend that you look at your plate to make sure it looks a bit like this:
- About  $\frac{3}{4}$  full of non-starchy, colorful veggies, a 4 to 6 oz portion of quality protein (pasture-raised, wild-caught, or organic), and one to two servings of healthy fats (like avocado, nuts and seeds, pasture-raised butter, or olive oil)



Eat 75%  
veggies

Think of  
meat as a  
"condi-meat"

Incorporate  
healthy fats

You can visit [getfarmacy.com/recipes](https://getfarmacy.com/recipes) for a list of 10 Day Reset-approved recipes you can use during your reset.

## Pillar 2: Habits

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Moving toward your best health requires focusing on daily, impactful habits that will make a huge difference in the long run. During the 10 Day Reset, there are two very important habits to focus on: when you eat and when you sleep.

### When You Eat



- *When* you eat might be as important as what you eat. So many of us deprioritize balanced meals during the day only to gorge on whatever we can find in the evening or snack late into the night. Research shows that this can have adverse effects on our health.

During the 10 Day Reset, focus on when you eat by following some simple rules. The first is to leave at least a 12-14 hour fasting window between dinner and breakfast. If you eat dinner at 6:30 pm, eat breakfast at 6:30 am or later the next day. This is the most basic form of time-restricted eating. This window gives your body a break to detoxify and repair.

The next rule is to eat in alignment with your body's natural rhythms. If possible, have your first meal in the morning and your last meal in the early evening. The key is to avoid heavy meals and snacking before bedtime.

### When You Sleep



- Sleep is the most underrated pillar of health—it comes before exercise, meditation, and it might even come before nutrition. Other than what you eat, we want you to focus on deep, restorative rest.

Studies show that routine helps us achieve deeper and more restful sleep. So choose a bedtime, try to avoid screens for at least 45 minutes before bed, keep your room dark and cool, and actively relax with meditation, stretching, journaling, or gratitude before bed. This is the time to prioritize yourself.

- **Evening Sleep Routine**

**Step 1:** Set a bedtime and try to stick to it over the next 10 days.

**Step 2:** Turn your phone on airplane mode, shut off the TV, and put away all devices 45 minutes before bed.

**Step 3:** Use the remaining time to focus on active relaxation. This includes reading, journaling, meditation, or meaningful conversation with loved ones.

## Pillar 3: Support

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With the depletion of our soils, travel distance of our foods, over-farming of commodity crops, and our reliance on processed and convenience meals, our foods are not as nutritious as they once were. Even with the perfect diet, it is nearly impossible to get all of the nutrients for optimal health from food alone. Supplements are useful to help fill in nutritional gaps and provide additional support. You can do my 10 Day Reset without using supplements, but if you are interested in purchasing on your own, here are my top recommendations:

- 1. A high-quality multivitamin/mineral.** Find one that contains optimal amounts of the full range of vitamins and minerals in their correct forms to help fill nutritional gaps.
- 2. Magnesium.** About 75 percent of us are deficient in magnesium, which plays a part in over 300 enzymatic reactions in our bodies. Taking magnesium before bed helps relax your nervous system and muscles, and calms your brain.
- 3. Vitamin D3.** More than 80 percent of the US population has insufficient levels of vitamin D, the sunshine vitamin. Research shows vitamin D deficiencies contribute to a wide range of problems, including dementia.

You could also consider including a detox component and a sleep component.

**Note:** Always be sure to check with your doctor before starting new supplements.

# 10 Day Reset Program Steps

## Step 1. Eat from the Reset approved food list (below) for 10 days

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We recommend having a whole-foods based shake for breakfast. You can find shake recipes in the 10 Day Reset recipe guide (along with lunch and dinner recipes). If you'd like to add a boost of protein, we recommend this one or this vegan option.

## Step 2. Commit to daily habits

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Pick designated meal times within a 10 to 12-hour window (i.e. eat at 8am, 12pm, and 6pm every day), don't snack before bed, stick with the same bedtime each night, put electronics away 45 minutes before bed, and practice active relaxation. These are small steps that can have a huge impact.

## Step 3. Add in supplements (optional)

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You don't have to take supplements to be successful on the 10 Day Reset, but if you'd like extra support, refer to the Support pillar for our top recommendations.

# What to Eat/What to Avoid during your 10 Day Reset:

Here is your full foods list. Take this with you to the grocery store and keep it handy throughout the 10 days so you can be equipped to know what to enjoy and what to skip.



## POULTRY & MEAT

## FISH & SEAFOOD

## EGGS

## NUTS AND SEEDS

## OILS

## VEGETABLES

**Poultry:** Organic (and if possible pasture-raised) chicken, turkey, duck, pheasant, Cornish game hen

**Meat:** Grass-fed, pasture-raised lamb, beef, bison, venison, ostrich, deer, elk

Anchovies, clams, cod, crab, flounder/sole, herring, small halibut, mussels, wild salmon (canned or fresh), sardines, sable, shrimp, scallops, trout

Organic, pasture-raised eggs

**Nuts:** Almonds, Brazil, cashews, hazelnuts, macadamia, pecans, pine nuts, pistachios, walnuts, raw cacao

**Seeds:** Chia, flax, hemp, pumpkin, sesame, sunflower, pumpkin

**Nut/Seed Butters and Flours:** Unsweetened almond, cashew, pecan, macadamia, walnut, coconut

**Soy:** Organic, non-GMO tofu or tempeh

**For cooking:** Grass-fed ghee, humanely raised tallow, lard, duck fat, chicken fat, organic avocado oil

**For salads:** Almond oil, flax oil, hemp oil, macadamia oil, organic extra-virgin olive oil (also for medium heat cooking), sesame seed oil, tahini, walnut oil

**Non-starchy:** Organic artichokes, asparagus, avocado, bean sprouts, broccoli, Brussels sprouts, cabbage, cauliflower, celery, cucumber, eggplant, garlic, ginger root, hearts of palm, kohlrabi, leafy greens, mushrooms, onions, peppers, radicchio, radish, rutabaga, seaweed, shallots, summer squash, tomatoes, turnips, zucchini, unlimited  
**Starchy:** Yam, sweet potatoes, winter squash, carrots, pumpkin, limit to 1/2 cup per day

**Poultry:** Conventionally raised chicken, duck, eggs, turkey

**Meat:** All processed meats and deli meats. Conventionally raised bacon, beef, hot dogs, lamb, pork, sausage, salami

Larger fish like halibut, Chilean sea bass, tuna, swordfish, farm-raised fish

Non-organic eggs

Nuts with sugar or chocolate, nut butters that contain hydrogenated oils or sugar, peanuts/peanut butter

Canola oil, partially or fully hydrogenated oils, margarine, peanut oil, soybean oil, sunflower oil, safflower oil, trans fats, vegetable oil, vegetable shortening

Corn, white potatoes

FOODS TO EAT

FOODS TO AVOID

# What to Eat/What to Avoid during your 10 Day Reset Continued:



## DAIRY

Pasture-raised butter or ghee



## BEANS

Green beans, green peas, gluten-free soy sauce, lentils, miso, natto, non-GMO soy, tempeh, chickpeas, black beans, snap beans, snow peas



## GRAINS

Quinoa, limited to 1/2 cup per day



## FRUIT

Organic blackberries, blueberries, cranberries, kiwi, lemons, limes, raspberries, limited to 1/2 cup per day



## SUGAR & SWEETENER

\*We added a small amount of monk fruit and stevia to the supplements to make them palatable. Other than the small amounts in the supplements, avoid sugars and sweeteners for the next 10 days.



## BEVERAGES

Purified water, herbal tea, green tea, yerba mate tea, seltzer, mineral water

FOODS TO EAT

All other dairy

FOODS TO AVOID

GMO soy, soy milk, soybean oil, peanuts/peanut butter, corn

\*Avoid all beans if you have an autoimmune condition, prediabetes, diabetes, or leaky gut

Wheat, barley, rye, rice, amaranth, millet, teff, spelt, kamut, oats/oatmeal, semolina, couscous, all sources of gluten

All high-glycemic fruits: Bananas, dried fruit, fruit juice, grapes, mangoes, pineapples, apples, cherries, grapes, nectarines, peaches, pears, strawberries

All sugar, sweeteners, and artificial sweeteners

Alcohol, coffee, bottled water, soda, sugary beverages

# After Your Program

To make things simple, following your 10 Day Reset, I recommend doing one of the following:

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## **Stay on the 10 Day Reset protocol.**

If you're feeling great, and want to continue, stay on the 10 Day Reset diet for an additional 10 days. Continue to have a shake for breakfast. Make lunch and dinner from the approved list of foods. Also, continue to prioritize sleep and honor the 12-14 hour fasting window.

or

## **Transition to the Pegan Diet.**

The Pegan Diet is a funny name, but it is essentially a way to eat for life. It incorporates the principles of the 10 Day Reset protocol with room for incorporating other foods. Maybe you add in some gluten-free grains or grass-fed dairy if you can tolerate it. Maybe you follow the 10 Day Reset diet most of the time, and you still enjoy a glass of wine with friends and dessert on occasion. To learn more about transitioning to the Pegan Diet and the supplements that we recommend long term, visit [getfarmacy.com/pegandiet](https://getfarmacy.com/pegandiet)

# Conclusion

Congratulations on taking the first step towards creating optimal health. In today's world, it's easy to become inundated with information. Whether it's technology, relationships, health, or food, sometimes it's a good idea to just get back to the basics. I always do a few Resets each year as a way to clean out my body, focus on life-giving foods, and put intention into fueling my body with the right information. I encourage you to come back to this reset any time you begin to feel sluggish, are feeling overwhelmed or stressed, notice your energy or mood dropping, or even find yourself a bit too far off-track. I also encourage you to grab a friend and Reset together. Did you know that you're 95% more likely to complete a goal with an accountability friend? We are all in this together.

Please feel free to reach out to my team at [hello@getfarmacy.com](mailto:hello@getfarmacy.com) with any questions, concerns, or comments.

Wishing you health and happiness,  
Mark Hyman, MD



A handwritten signature in grey ink, appearing to read 'MH', with a long horizontal stroke extending to the right.

# Disclaimer

The 10 Day Reset by Farmacy, LLC is not designed to diagnose or treat or any disease. Before participating in the program or consuming any supplements, we recommend that you consult your physician or your healthcare practitioner, especially if you have an existing medical condition, are taking medication, are pregnant, nursing, or under the age of 18.