

Hit the Reset Button With Rasha's Detox Guide

This guideline will support you on your journey towards a healthier lifestyle by explaining the science behind detox and providing an easy-to-follow step-by-step health tracker.

4 common signs that your body needs your help:

1. Feeling frequently constipated or bloated
2. Persistent cough and mucus
3. Unexplained nausea
4. Feeling tired and strained

Which healthy food can I add to my diet?

E.g. I should eat more fiber and ginger to boost my digestion and antioxidant levels.

What health problems do I have? And which improvements do I want to achieve?

E.g. I feel often bloated and constipated after eating junk food. I want to improve my gut health and feel less tired and strained.

Sounds relatable?

Then it's time to detoxify your body. The goal is to cleanse your body from the inside out and get rid of dangerous and toxic materials, which have accumulated in your most important organs.

The right diet is helpful

Adding the right food to your diet can support your detox journey.

The right mindset is the key

To achieve a goal, you need the right mindset!

How can I improve my daily routine?

E.g. I can plan my day accordingly, take enough time to cook healthy food and drink Rasha's ColonEase Drink Mix every day.

What I can do to avoid this?

E.g. I can plan my meals and prepare them the night before.

Write down 3 adjectives to strengthen your spirit!

E.g. I am healthy, calm and happy.

What problems could I face while following this guideline?

Obstacles are there to overcome them! Tackle them to reach your goals and dreams!

E.g. I may not have enough time to prepare healthy food every day.

Track your Progress

Sometimes it helps to have a time frame to keep yourself motivated during your health journey. Motivate yourself during tough days by reminding yourself about your goals.

I started my health journey on _____

because _____

Important tips

- Unsure how to change your lifestyle? Don't only look at the big picture - break down your health journey in small steps and celebrate the small wins!
- It's okay if you feel overwhelmed by the schedule; every day you follow it, is a healthier day and will help you reach your goals.
- Don't forget to drink enough water: It will help you to flush out harmful substances!
- Good health starts with 7 to 9 hours of sleep per night
- Reduce junk food and sugar in your diet and rather switch to healthy food with Fiber and Antioxidants
- Start to work out! A healthy lifestyle is balanced with regular exercise!
- Keep away from harmful substances like alcohol, cigarettes and pollution.

Embrace your femininity with Rasha - a lifestyle platform built exclusively for women. Rasha brings beauty, health, and fitness together and elevates them into the realm of fashionably chic so that you can live your healthiest and most stylish life, all while looking and feeling your best.

For week 1, this is my goal

E.g. I want to change to a healthier diet and drink Rasha's ColonEase Drink Mix.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mark the day with ✓ or ✗

For week 2, this is my goal

E.g. I want to improve my overall lifestyle and take care of my sleeping schedule.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mark the day with ✓ or ✗

For week 3, this is my goal

E.g. I want to improve my organ health by avoiding alcohol and drinking Rasha's Kidney and Liver Rinse.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mark the day with ✓ or ✗

For week 4, this is my goal

E.g. I want to feel better and healthier by detoxifying my whole body with Rasha's HerBody Detox.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mark the day with ✓ or ✗

What can I do to improve?

E.g. I can avoid alcohol for the next month for a healthier lifestyle.

What do I want to change?

E.g. I want to switch to a healthier diet and cut out fast foods.

What did I like most about my routine this week?

E.g. I changed my food habits and I feel like I have more energy throughout the day.
