

Q2 2025 MB Vitality Program Guide

Thank you.

Welcome, and thank you for choosing me to walk with you on your healthy living journey.

XOMB

Game Plan

We're kicking off our Q2 2025 journey with the MB 21-Day Detox & Reset. This is probably the most valuable player in making meaningful, measurable change in the least amount of time.

The 21-Day Detox & Reset is very straightforward. It includes a list of YES! foods you can eat liberally, a list of NOs—foods you'll need to avoid entirely, and a winning strategy that launches you into your new healthy lifestyle and produces profound, transformational results.

While straightforward, to be most successful, you must complete the Prep Phase before diving into Phase 1.

Since I have successfully implemented this protocol for over twenty years with hundreds of clients, I already know where you're likely to hit hurdles and how to help you avoid them ahead of time.

That's why you'll complete the Prep Phase—a series of ten “Prep Steps” *before* you make any significant changes to your diet. These steps ensure you have everything you need to start the detox, avoid common pitfalls, and optimize your results.

Plan to complete these steps in about 7 days to prepare for detox, receive nutritional supplements, and limit unnecessary stress. However, you can complete the Prep as fast as you want or take as much time as you need. I ask that you don't start the 21-Day Detox & Reset before you receive your essential nutritional supplements.

During your prep phase and Q2, you can connect with me and the MB Vitality community via our live Zoom sessions. Together, we take one step at a time to repeat those practices and ways of thinking and being that we want to become habits. We share our experiences, ask questions, and troubleshoot challenges.

This community is designed to provide the structure, guidance, social support, and expert advice you need to get the most out of this program. So jump in as often as you can.

Once you've checked off each Prep Step, you'll be ready for Day 1 of your detox.

During the 21-Day Detox & Reset, I'll also send you reminder emails and provide additional resources to help you stay on track and enhance your outcomes—not just for the detox but to help you maintain your momentum going forward.

I've also created a list of complementary healthy lifestyle products and tools, which you can find in the Resources section. These may be helpful throughout this program and beyond. So please explore.

Finally, once you've completed the 21-Day Detox & Reset, I'll give you a plan for reintroducing foods you LOVE into your meals and maintaining a healthy, nutritious food plan 100 percent personalized for your body.

Let's walk through the program's first five weeks from start to finish. XOMB

The 10-Step Prep Phase

This is your starting point. Just so you know, I've had people do the entire Prep Phase in as little as a day or two, but for most, it works better to give yourself a few days to complete all the steps.

My best advice: Jump in so you can start planning your new meals and also "soft start" your detox. The soft start is designed to help you slowly taper off of sugar, caffeine, and alcohol.

This approach can ease your transition into the detox, so it's not such a drastic change for your body. (For example, if you consume a lot of caffeine, giving it up overnight can lead to headaches for a couple of days.)

Most people go "cold turkey," but I've created this option for those who want to be more proactive and avoid suffering;) Here's a look at each step of the Prep Phase.

Your action steps will have a  next to them.

Prep Step #1: Join the MB Vitality Community

While your success is not dependent on your attendance at the live Zoom sessions, you'll learn more and likely get more results when you attend as many live sessions as possible.

Accept the MB Vitality 2025 Google Calendar

Participants' cameras are off during these sessions, and I can only see who is there. When I refer to participants, I refer to you by your initials only. This is mainly for privacy reasons and to allow participants to come and go as they like.

MB Reco: When attending live Zoom sessions, it is much easier to participate when you log in from your computer rather than your phone or iPad.

Q2, 2025 MB Vitality Group Program Schedule

Meditate & Move: M-F 6:45 am April 1st-4th and April 25th-30th

MB Vitality Huddles/Q&A**: Weekly

Yin Yoga with Magen** - Sundays

**These sessions will be recorded and available for replay.

Optional: Read Mark Hyman's recent blog about the value of community and strategies for making sustainable, healthy changes easier.

Prep Step #2: Assess Your Health:

In this step, you'll complete two questionnaires to track changes to your health. These questionnaires give you a baseline to measure your objective progress.

You'll complete the questionnaires again once after the 21-Day Detox & Reset and a third time at the end of Q2 to see how much you've improved.

 [Complete Your MSQ - Medical Symptom Questionnaire](#)

 [Complete Your Biometrics Questionnaire](#)

Optional: Get Baseline [Blood Work/Lab Tests](#)

One more option for evaluating and tracking your health: Consider lab testing.

While the Medical Symptom Questionnaire gives you a great way to measure changes in how your body feels, your blood work will provide even deeper insights into what's going on in your body. It's a way to measure the positive changes you can't feel.

That's why, if you're able, I recommend completing lab tests before you start your detox. Then, after you've completed the detox and continued eating healthy for a few weeks, you can get retested to see your progress.

This can profoundly impact understanding how your body responds to dietary changes, providing concrete evidence of the benefits and motivating

you to maintain healthy long-term habits. (To learn more about how to get the proper lab tests, check out [How to Get Lab Testing](#) in the Resources section.)

If you decide to get lab testing, don't worry: You can simply start your Prep Phase now, but hold off on beginning the actual detox until you've had your blood drawn. (Sometimes, it can take a week or two to make that happen, especially with busy schedules.)

With that in mind, you can move to Prep Step #3, [Learn Your Phase 1 YES! & NOs](#).

Step #3: Learn Your Phase 1 YES! & NOs

Here's where you get all the deets on what to eat—and what not to eat—and a step-by-step plan for making it all possible. In Prep Step #4: Plan Your Meals, I'll provide customizable menus and recipes for your first four weeks and beyond.

For now, though, you'll focus on familiarizing yourself with the YES! and NOs lists and learning more about why I'm asking you to eliminate certain foods.

 Review [MB Nutrition Phase 1 - MB Reset21](#)

Step #4: Review & Order your Daily Essentials

Review Your Nutritional Supplements

MB 21-Day Detox & Reset Nutritional Supplements

Purchase your DFH Nutrition Essentials

[Click here to purchase your DFH Nutrition Essentials.](#)

You should wait to purchase nutritional supplements until you have attended the Q2 Nutritional Supplement Review on Friday, 4/34, at 8 a.m. or have listened to the recording.

Purchase/confirm you have a MELT Kit & Sleeping Mask

[MELT Soft Roller, Ball Kit & Resistance Band](#)

Use the above link for your discount, which is applied at checkout.

The MELT Treatments are simple, game-changing tools for optimizing vitality and performance. We practice them several times a week in our daily sessions. Your resources include links to the short, recommended videos for those unable to attend daily sessions.

[Sleeping Mask / Eye Mask](#)—If your room is not pitch black, you cannot see your hand before your face, get a sleep mask and begin using it ASAP.

Prep Step #5: Soft-Start Your Detox

If you're eating a lot of processed foods or heavily reliant on caffeine or alcohol to get through your day, going cold turkey when you start the detox can make your first few days on the program feel like a full-on withdrawal.

As you prepare for the 21-Day Detox, it's essential to think about what you're currently eating.

This step isn't about making drastic changes all at once but gradually adding more of the good stuff and simultaneously removing some of the foods you won't eat on the detox.

The idea is that your body will begin to adjust slowly ahead of time, making your transition smoother when you start Day 1.

No matter what, avoid the temptation to indulge in all the processed foods and junk you can, thinking you should "enjoy it while I can!" This approach can make it even harder when you start the detox.

Instead, try to "soft start" your detox by incorporating healthier choices now.

How to Soft Start

You don't need to go full detox here. But look for opportunities to make better choices that align with the guidelines I gave you in Prep Step #3: Learn What to Eat—wherever you can.

You could add more vegetables or protein to your meals. For example, swap fries, rolls, and pasta for a side of steamed broccoli or mixed green salad with your dinner.

One of your snacks can be a hard-boiled egg with cucumber or red bell pepper slices instead of chips or pretzels.

Eliminate fried foods.

If you eat fast food twice daily, try cutting it back to once daily.

How to Taper Off Caffeine and Alcohol

Many people lean on caffeine and alcohol to help them get through the day. Caffeine is a drug, and alcohol has addictive effects. You may rely on them emotionally as much as you do for their physiological effects.

If this is the case, it can be helpful to wean yourself off before your detox gradually. Think of this as tapering off a medication. You'll want to reduce your intake a little every day or two.

Taper Your Caffeine

Cutting out caffeine can sometimes bring about side effects like headaches, fatigue, mood changes, and irritability, depending on how much you consume. To make this process as smooth and painless as possible, follow these steps:

Start on a weekend when you have fewer early AM demands.

Follow your 3-Step AM Hydrate Protocol to ensure you get the needed water. (Half your body weight in ounces. So if you weigh 150 pounds, shoot for 75 ounces of water daily.)

If you're struggling with headaches, take Advil as needed.

Begin incorporating caffeine-free herbal teas.

Start your caffeine taper based on how many cups of coffee you consume daily. For instance, if you're drinking the equivalent of 4 cups daily, follow the plan from the beginning. If you drink 2 cups or less, jump in at the corresponding point in the plan.

Adjust the steps to fit your current intake and follow through each day to reduce gradually. (I'm using coffee as an example here, but you can follow a similar approach with soda, tea, energy drinks, and other caffeinated beverages.)

Caffeine Intake (example: 4+ cups* a day):

Day 1: Reduce to 3.5 cups a day

Day 2: Reduce to 3 cups a day

Day 3: Reduce to 2 cups a day

Day 4: Reduce to 1.5 cups a day

Day 5: Reduce to 1 cup a day

Day 6: Reduce to 0.5 cups a day

Day 7: Transition fully to herbal tea or other YES! beverage

* “Cup” is a 6-ounce serving of coffee with around 90 to 100 milligrams of caffeine. If you’re having a large latte every day, it likely contains multiple shots of espresso, which might provide 60 to 70 milligrams of caffeine per shot. If you find it particularly challenging to go without caffeine, you can have one cup of green tea daily.

Taper Your Alcohol

This approach applies whether you drink wine, liquor, or beer. Note that one drink equals a 5-ounce glass of wine, 1.5 ounces of liquor, or a 12-ounce beer that’s around 5% alcohol by volume (some IPAs can be twice that, meaning that a 12-ounce beer counts as two drinks).

Like the caffeine example above, start your alcohol taper based on how many drinks you have per day, and reduce by one drink every other day to help ease your body into detox, making it less of a shock to your system and setting you up for success.

Alcohol Intake (example: 3+ drinks a day):

Day 1-2: Reduce to 2 drinks a day

Day 3-4: Reduce to 1 drink a day

Day 5-6: Reduce to half a drink a day

Day 7: Replace alcohol with electrolyte-flavored water and decaf herbal teas like my [MB Super Gut Tea](#).

Next Steps

Making all these diet changes can be daunting, especially if this soft start feels challenging. But don’t worry—that’s where Prep Step #6: Plan Your Meals comes in.

Prep Step #6: Plan Your Meals

Ever heard the saying, "Failing to plan is planning to fail."

Let this be our guiding principle as we embark on this journey.

You'd probably stumble if you tried to start your 21-Day Detox now.

To succeed, we need a solid, day-by-day, meal-by-meal food plan. This journey isn't just a short 21-day sprint; it means changing our regular eating routines. This is a total overhaul for most of us, but I know we're ready for it!

Changing our eating habits isn't easy. We're creatures of habit. When we face uncertainty about what to eat or how to prepare it, we might fall back on what's familiar. And if stress kicks in, even a tiny stumble can throw us off course.

Imagine waiting until the last minute to decide what to eat and realizing you don't have what you need. That could risk pushing us off track and into the arms of addictive, processed junk food. This is where planning becomes our best ally. It's key to ensuring each day of this detox is as smooth and enjoyable as possible.

Now, I could give you a rigid plan for building our personalized eating plans, but only you know your tastes, your time constraints, and what eating habits suit you best. You may love breakfast for dinner or have other unique preferences. The more you plan your menu, the more rewarding your detox experience will be.

Yes, brainstorming takes time, but trust me, it's an investment that'll pay off big time. Spend 30 to 45 minutes mapping out your diet for the first three weeks.

Let's design our first 21-day menu together! I'll supply all the resources, recipes, and even three weeks of sample menus, so as long as you follow the guidelines in your What To Eat Cliff Notes, go ahead and be creative. Start with Day 1—think about your breakfast, lunch, dinner, and snacks. Be detailed.

To help you out, I've prepared a Recipes document and three weeks of menus featuring my favorite detox-approved recipes. Use it as inspiration to complete your Food Plan, and let it guide you each detox day.

Remember, this is one of the most important steps to ensure our success. So let's finish that Food Planning Worksheet and move on to Prep Step #7: cleaning our kitchens! We've got this, team!

Review the MB Recipes & Menus

Use Menus Weeks 1-3 as guidelines, or pick your fave Phase 1 recipes. Bring your Q's to our live Zoom sessions.

Prep Step #7: Clean Out Your Kitchen

Ever start a new diet but soon find yourself elbow-deep in a bag of popcorn or a carton of ice cream? It's a shared experience. This happens because people often underestimate how much their environment dictates what they eat.

The reality is this: When high-sugar, high-fat foods are readily available, we will eat them. Don't rely on willpower; it won't hold up. Instead, remove those temptations from your kitchen. This is one of the easiest ways to ensure success on the MB 21-Day Detox & Resest.

Before you detox your body, you need to detox your kitchen. This is a critical step in your 10-Day Detox journey.

By removing unhealthy foods from your refrigerator and pantry, you create an environment that supports your detox goals and reduces temptation.

Research shows that your environment plays a significant role in your eating habits. When unhealthy foods are easily accessible, it's much harder to resist them, especially during moments of stress or hunger.

I'll walk you through what to do, but first, let's address two common concerns.

1. Handling Household Resistance

If you live with others—family, your partner, a roommate you can barely

tolerate—who aren't interested in detoxing and don't want you to throw out their food, ask for their support.

Explain that you haven't been feeling your best and want to change your nutrition for the next 10 days (and maybe longer). Let them know you don't want to disrupt their lives or make them give up their favorite foods, but you need their help.

Ask if they could put foods that tempt you in a separate bin to make them less tempting. Reassure them this is just for a couple of weeks. If you usually eat together, tell them you'll be preparing nutritious, healthy meals for yourself and would love to include them, but it's okay if they want to fix something else for themselves.

Be vulnerable and honest in your request for support but also firm in your commitment to following through on your nutrition changes.

If they're not interested in joining you on the 10-Day Detox and still want to have chips and cookies around, here are some strategies you can use:

- **Compromise:** Ask if they could keep their snacks in a specific area or a separate bin you won't see, such as a different room or high cupboard where they're not easily accessible.
- **Set boundaries:** Politely ask them not to offer you foods you want to avoid during your detox period. Having clear boundaries can make it easier to stick to your plan.

► Have your snacks readily available: This can help reduce your feelings of deprivation. (We'll set you up for snacking success in Prep Step #6.)

2. Manage Food Waste Concerns

If you're hesitant to throw away food, that's completely understandable. Consider these alternatives:

► Store temporarily: Put items in a bin and keep them out of sight for your detox. This can help you avoid temptation without feeling like you're wasting food. You can always take more definitive action when you feel confident you've made a permanent change.

► Donate thoughtfully: Many food banks and shelters accept non-perishable items. While it's vital to prioritize nutritious options for everyone, some items may still be appreciated and valuable.

Consider donating items that, while unsuitable for your detox, are still better choices, such as canned vegetables or whole grains. This way, you can help others in need while clearing your kitchen of items that don't support your detox.

► Share: Offer these foods to friends, family, or neighbors who might appreciate them.

Clean Out Your Kitchen

It's time to detoxify your cupboards, drawers, pantry, and fridge. Start by removing any item that falls into the following categories. If you're unsure whether it makes the cut, it probably doesn't. Be ruthless—you can do it!

What to Remove

► Anything that's not real food. This includes most canned, boxed, plastic, or packaged factory products. Exceptions are canned and jarred whole foods, such as sardines or artichokes, and packaged frozen vegetables. These items should contain only a few real ingredients, like water or salt.

Shortcut: If you don't know every ingredient on the label—and that each of them came from the ground, not a lab—toss it.

► Foods with artificial sweeteners, preservatives, additives, coloring, or dyes. Carefully check labels for unfamiliar ingredients or those that sound chemical, as these will likely be additives you don't want. Avoid anything that doesn't list whole, recognizable food items.

► Food or drinks that contain sugar as an ingredient. This includes honey, molasses, agave, maple syrup, organic cane juice, or artificial sweeteners. Pay particular attention to removing any sugar-sweetened beverages or fruit juices. Corn syrup is the sneakiest, and it also has a bunch of different names. (Refer back to Prep Step #2 for all its aliases.)

► Foods that contain hydrogenated oils and refined vegetable oils. Hydrogenated oils are often found in processed foods and can be labeled by terms like “partially hydrogenated oil” and “vegetable shortening.” Refined vegetable oils include corn oil, soybean oil, and canola oil. Familiar sources include margarine, packaged snacks, baked goods, and fried foods. Always check the ingredients list for these unhealthy fats.

The following items also have to go, but if you feel uncomfortable throwing or giving them away, just put them far out of sight during the detox, as long as you think you can safely avoid them:

- ▶ All products containing gluten. This includes bread, pasta, and bagels.
- ▶ All grains—even those that are gluten-free.
- ▶ All dairy products, including milk, yogurt, and cheese. You may have these in your house for your family, but they may not do well on dairy.
- ▶ All beans (legumes). These aren't universally "bad" and may be reintroduced later, but they must be removed for the detox program.

These steps will help you create a supportive environment that makes it easier to follow your detox plan and achieve your health goals.

Next Step

In Prep Step #8: Stock Your Kitchen, you'll replenish your cabinets and fridge with nourishing foods that make you feel like the MVP you are!

Prep Step #8: Stock Your Kitchen

Alright, team. We've cleaned out our fridges and cabinets—it's time to restock with the nutrient-dense, YES! foods that will power us through this program. Let's equip our kitchens with the essentials for the days ahead.

[Stock Your Kitchen Checklist](#) has my kitchen staple MVPs that will become your allies. The list contains our 3-Step AM Hydrate and other ingredients for a quick nourishing YES! Snack or meal. Always aim for organic when you can.

Next, examine your 21-Day Food Plan. Identify the items you'll need for the first days of this detox. Assemble a comprehensive grocery list and make a trip to the store before we begin. It might sound simple, but I want you to double-check and ensure every box is ticked as we prepare for day one.

By being proactive now, you'll dodge those last-minute rushes for forgotten ingredients and be fully equipped to follow your plan without added stress.

Let's keep the momentum going and move on to Prep Step #7: Ensuring all your Nutritional Supplements are lined up so you're fully prepared to maximize your results with this program. Let's do this!

 [Stock Your Kitchen with Nourish Essentials](#)

Prep Step #9: Review and Organize your

Nutritional Supplements

Our Live, full Nutritional Supplement review will take place on Friday, April 4th, and will be recorded for your convenience.

MB Phase 1 21-Day Detox & Reset Nutritional Supplements

Prep Step #10: Double-check your checklist

In this step, you'll run through a checklist to ensure everything is set for Day 1 and double-check that you have everything you need for the entire 21-day program.

MB Program Documents & Other Resources

[2025 Zoom Link](#)

Assess

[Symptom Q&A](#)

[Recommended Lab Tests](#)

Nourish

[MB Nutrition Phase 1 -21-Day Detox](#)

MB Essential Nutritional Supplements: Use Code MB30 for any Designs for Health orders until April 15th.

[Buy Link for MB Essential Nutritional Supplements](#)

Your 30% Get Stocked discount is applied at checkout. Delete items you don't want, and you can add any items you wish. Note that this discount is valid from March 29th to April 15th

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No Hangover