



## Total Body Reset Day 1 - WATER

Hello, and welcome to day one of the 7-Day Total Body Reset. And I am truly excited that you are here, if you didn't know, maybe you didn't. I'm Christy Code Red, author, entrepreneur, retired professional boxer. And you might know who I am. You might be completely new, you might be looking at me for the first time. Whoa, whoa, who this is? Yeah, this is me.

I've been in this industry a very long time. I know what I'm doing. I know how to get weight off people. And I certainly know how to reset you, and, definitely, in seven days. You're gonna feel like a completely different person in seven days, if you follow what I'm saying, and if you trust me. I'm not here to BS you, alright. I'm 45 now. I've had over 44,000 people come through my program. This ain't no joke to me. And I know it's not a joke to you, or you wouldn't be watching this right now.

So, let's dive right in on day one teaching about a 7-Day Total Body Reset.

What is going on with you? Why are we going through this? What am I going to be talking about in the next seven days? Why is it such a big deal? Let's just go with day one. Let's just dive right in. Are you ready? Hey, you might want to you see this old school pen? Yeah, you see this old school paper? You might want to take some notes. I'm not a neurosurgeon, clearly. But they say that there are certain neurons that are built in pathways that are built when you actually write things down. So maybe take notes while you are watching this.

Today we're gonna talk about water. When we're doing a 7-Day Total Body Reset, you cannot do a reset, you cannot detox, without water. It's so funny to me when I hear detox, oh, I hate that word. Because it's associated with such a bunch of bullcrap. Freaking Isagenix shakes, detox, oh ha ha ha. Detox programs, like those body cleanses, well, then it's all based around water. But they sell you \$400 shake membership for you to detox, when the body knows how to detox itself. The body knows how to clean itself out. The body knows how to do what you're getting ready to do with me. All you're doing is helping it along. All you're doing is taking the proper steps of exactly what your body needs to do.

Okay, and you've got me guiding you through this. You cannot detox without loads of water. And I'm talking about a gallon a day. Oh, Cristy buh buh buh. Look, if you've got the Code Red water bottle, you might or might not, this is 40 ounces. You can pick one of these up if you'd like and you can have it engraved. This is 40 ounces. I drink four of these a day. And I have been for a very long time. I'm 155 pounds, and I drink water and 160 ounces of water. And that's because my body's really used to it. I've been doing it for years.

So my kidneys have concentrated and they understand and I don't pee all the time. But you have got to drink a gallon of water a day. Before you balk at that, before you freak out when you hear me say that. Oh Cristy, I can't drink a gallon of water. Well, yes, you can. If you cut out coffee, Diet Coke, red balls, karma macchiatos wine, all the other bullcrap that you're drinking, you can drink a gallon of water a day.

I absolutely 100% expect this view, starting right now, right this second. And, by the way, this is a very healthy amount that I can pretty much shout to the world: a gallon of water a day. I've gone on national television and I've said a gallon of water a day to pretty much to everybody. You might need more if you're bigger, but we're not going to worry about that. We're just going to set the amount of a gallon. And I fully expect you to get this water, and you're gonna feel kind of waterlogged at first. It's gonna be hard to get that water down.

Of course, you know the three approved water electrolytes you can do. Here are three things you can put in your water that I approve of. You can put Redmond Re-Lyte in it, you can put Ultima in it, or you can put the Kaged Muscle Hydra-Charge. I'll link those up somewhere for you to find those if you want, because it really does help to gag down your water when you have one of my three approved water electrolyte replacements in it.

Re-Lyte Powder: [www.CodeRedLifestyle.com/realsalt](http://www.CodeRedLifestyle.com/realsalt)

- Use Coupon Code, CodeRed15, for 15% off

Ultima: <https://amzn.to/2pn5mvl>

Hydra-Charge: <https://coderedlifestyle.com/km>

- Use Coupon Code, CodeRed15, for 15% off

So why do I keep saying electrolyte replacements? Well, as you start to flush, like you're going to start doing this week, as you start to flush you're going to be flushing a whole bunch of toxins. If you don't properly hydrate and flush, you will reabsorb your toxins. And we don't want that. Your body is trying to flush, flush, flush. And if you don't give it the proper amount of water, it cannot flush.

People say, "Well, how much water? I only need eight glasses of water a day." Look, the starting point of basic human function is half your body weight in ounces. And that's for basic human function. That's not for optimal levels. That's to barely even go potty. But a gallon of water a day is going to be where you continue to flush those toxins out. You are able to go poop.

Yeah, toxins come out through your poop and through your pee and through your sweat, through your skin. We want them to come out through the poop and the pee. We don't really want to push them through our skin, but it's gonna happen. That's might be the reason why some of you might break out this week. It's just because toxins are being pushed out through your pores.

Alright, it's gonna help keep you full, satiated. It's going to lubricate. It is going to help your hair and nails grow. It's just going to help digest your food. So many incredible but benefits come from proper hydration.

And did you know that if you're even 1% dehydrated could yield a 10% drop in energy. And that doesn't mean if I go from deadlifting a 305, now I can only deadlift a 270. I'm not talking about deadlifting, I'm talking about being able to carry your three year old in from the car when she falls asleep or carry your groceries in up the stairs. I'm talking about just basic strength to get through the day.

So being properly hydrated is really important for so many reasons. Being properly hydrated is going to help you sleep. It's going to give you energy. In fact, studies have shown that a glass of water will wake you up faster than a cup of coffee. Did you know that?

I always personally, and my Rebels all know, you get this entire bottle of water down right after you've weighed yourself in the morning. You're gonna drink your entire bottle of water, 40 ounces before you have anything else. So, let's get up, you go potty, you stripped down naked, you weigh yourself. You write down your weight, because we track everything.

And then bam. There it is. Before coffee, before Red Bulls, before monsters, whatever bullcrap you've been drinking in the morning, those days are done. Those are what those are. That's part of what the problem is, is your drinking crap other than water.

Now, a lot of you guys want to put Kool Aid in your water. No. You want to put Lipton iced tea mix in your water? No. You want to put different bullcrap. No. Water is water, the only thing you're allowed to put it in are either my three approved electrolyte replacements or a little lemon or lime juice.

I don't want crap in your water. I don't want you to use water for things and then count that as your water. Water is water. A gallon is a gallon. It's vital. It's vital to the success that you will have during the 7-Day Total Body Reset. And it's vital to your detox that you drink this gallon of water a day. You cannot be successful without doing this.

I'm telling you right now, if you're going to skirt this program, if you're going to piss away this opportunity to do a total body reset, just don't waste my time. Don't do it. Don't waste don't waste. Just what are you doing? What are you doing? You want this or not? Do you want to reset or not? Well, this is the quickest way.

The great thing about water is if you start drinking it right now you actually start feeling better immediately. You'll start feeling better as early as tomorrow morning. It's crazy how much better you're

going to sleep, how much more energy you're going to have, how much easier it is going to be to go to go poop.

And it might seem hard at first. It might seem like you are going potty every 32 minutes, and you will be at first. The first couple of days are hard. I can't do this. Well, you have no choice. You have to do this. You've gotten yourself into this mess. This is a way of getting yourself out of this mess is this 7-Day Total Body Reset. This is day one of getting out of the mess that you're in and resetting yourself. This is day one. It can be done. Your body can get rid of the toxins, provided there are no toxins coming in, provided you're giving it what it needs.

I am telling you it doesn't need much, It doesn't need fancy shakes, it doesn't need fancy pills. It doesn't need fancy programs. It's so simple. But you've got to do this part, you have to drink your water. Trust me when I say that, your kidneys will concentrate, your kidneys will go, Oh, so we're doing this, and you will stop peeing so much. But you have to give your body a chance to actually get used to it.

So, drinking a gallon of water a day is absolutely vital to the success. We always say when people are losing weight and they stall, the top three reasons for a stall are lack of water, lack of sleep, we'll talk about sleep later, or being sloppy with your food. Now we're going to talk about sleep on day two tomorrow. Lack of water, lack of sleep or being sloppy with your food, whatever. We'll talk about that later, too.

We're not going to worry about it. It's not fancy. It's not fancy. It's effective. It ain't sexy, but it's got teeth. You cannot do this unless you're drinking a gallon of water a day. I don't care how hard it is.

Think of a time in your life that you went through something hard. Maybe your kid got a DUI. Maybe you had to put an elderly parent in a nursing home. Maybe you gave birth, ladies, without epidural. Now those were hard times. Maybe someone broke into your house, maybe you wrecked your car, maybe you broke your leg.

Those are hard times. This you can do. Don't die on this bridge. Don't give up at the water part. "Well, this is just hard." Well, you know what's also hard is asking for the seatbelt extender on the airplane. Which one do you want? You want to get back to your old self, or even better, you want to reset? Gotta drink that water.

Pick your hard. At first, this is hard. At first it's miserable, but it's not going to be miserable like what you've been feeling lately. You've got to drink that water.

Okay, you're going to start immediately. I want you to drink in 128 ounces, absolutely no less than that. Again, you're allowed to put Redmond Re-Lyte in it, you're allowed to put Ultima in it, you're allowed to put Kaged Muscle Hydra-Charge. Those are the only three things you can put in your water other than unsweetened lemon or lime juice.

All right, I'm excited for you. Day one in the books. I expect you to be down in that water. I want you to start drinking a liter every other hour. And I want it to be done by five. That way you're not up all night

peeing. The problem is you're going to forget about your water. You're going to go to Walmart without it. Have it in your hand all the time. It is between your legs in the car, you carry it to the other side of the house. It's with you all the time. Wherever you go, ladies, you got your purse, your waters in your purse. Okay, I have a backpack with a buckle on the side and my water buckles around this loop that I have. Whatever, I don't care what you got to do bring your water.

The problem is people get caught up. Hold on, let me get a drink of my water. People get caught up in other crap they've got going on, and they forget to drink their water. Can't do that guys, and then don't guzzle all of it in an hour. You're gonna end up in the ER with a brain damage because you just flushed out your sodium and potassium.

Don't do that. Don't do that. Drink a little bit every hour, every other hour. It's not that hard. And when you think it is hard, think of a time in your life that actually was hard.

You can absolutely do this. This is not beyond your ability. You're smart. You've got this. You're driven. You're obviously here for a reason. Let's get to drinking that water day one. Gotta have at least a gallon of water a day. Do not slack. I don't want even one little drop less than 128 ounces.

Does everybody understand? Do I make myself clear? You want to reset? This is the first step to resetting. Water is vital to proper detox. Gotta flush those toxins, guys. Alright, I'll see you tomorrow.