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90-Day Reset Challenge | FAQs

Welcome!

Congratulations on saying yes to your wellness reset! The next 90 days are all about helping your body **prepare**, **cleanse**, and **renew**, using the best of nature and science to rebuild your health foundations.

This FAQ answers some of the most common questions about this impactful reset challenge so you can feel confident, supported, and ready for real results.

Getting Started

When does the challenge begin?
The community challenge begins on **January 15**, but you can start anytime! Each phase lasts 30 days. In order:

Month 1: Prepare > Month 2: Cleanse > Month 3: Renew

What products do I need for Month 1?
You'll need the **90-Day Reset Prepare Bundle**, which includes:

VMG+®

EO Mega®+

MetaPWR® Mito2Max®

dōTERRA PB Restore®

RevitaZen+™ Complex

These five natural products work together to energize your cells, nourish your body, and strengthen your detox pathways.

Can I join if I don't have all the products yet?
Yes, start where you are. Begin with the products you have and focus on hydration, nutrition, and other daily habits while you wait for the rest to arrive. Every step counts!

During the Reset

What should I eat?
Choose **real, colorful foods: vegetables, fruits, quality proteins, and healthy fats**. Try to reduce processed foods, alcohol, and refined sugar during your reset.
Be intentional over focusing on perfection.

How much water should I drink?
Aim for **half your body weight in water ounces per day**. For example, a 150-pound woman should be consuming 75 ounces of water. Add 1-3 drops of **Lemon**, **Lime**, or **Tangerine** essential oil per 16 ounces for flavor and cleansing support.

Can I drink coffee or caffeinated drinks?
Light caffeine is fine but try to reduce your intake, especially during the Cleanse phase.

Caffeine competes with your liver's detox processes. Swap one cup for **MetaPWR Recharge®** electrolytes or herbal tea.

Can I exercise during the 90-Day Reset?
Yes, **light to moderate exercise** helps your body move toxins out through sweat and lymph flow. But listen to your body and rest as needed, especially during the Cleanse phase.

What if I feel tired, bloated, or achy?
These are normal signs your body is adjusting or releasing toxins.

Tips:

- Drink more water and add electrolytes.
- Eat fiber-rich foods.
- Get plenty of rest.
- Apply **RevitaZen™ Detoxification Blend** over your abdomen for soothing comfort.

If symptoms last more than a few days, slow down or skip a product temporarily—your body will catch up. Consult your healthcare provider, if needed.

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Real-Life Questions

What if I miss a day or a few days?
No problem! Pick up where you left off. **The body thrives on consistency, not perfection.**

Can I join or restart later?
Yes, you can start anytime and follow the same three-phase routine.

Can I do this if I'm pregnant or nursing?
We don't suggest the 90-Day Reset for those who are pregnant. If you're nursing or under a doctor's care, consult your healthcare provider before beginning any cleanse or supplement routine. Share the ingredient list for their review.

Can my spouse or teen join me?
Absolutely! This challenge is great for families. Teens can safely use **VMG+**, **EO Mega+**, and **dōTERRA PB Restore**. You'll love seeing the ripple effect of healthy habits at home.

What if I'm already taking other supplements?
That's okay! You can continue with your essentials, but consider simplifying to avoid overlap. If you have questions, ask your Wellness Advocate to review what you're taking.

Tracking and Progress

How do I know if it's working?
Use the Lifestyle Assessment at the start of each month and again at the end.

You'll likely notice:

- More stable energy
- Better digestion
- Improved focus and mood
- Glowing skin
- Deeper, more restful sleep

What if I don't notice big changes right away?
Healing happens in layers. Keep going! The 90 days are designed to give your body time to repair, rebuild, and rebalance from the inside out.

How should I track my progress?
Use your **90-Day Reset Tracker** sheets to mark off your daily supplements, water, movement, and wins. Celebrate every small improvement. Consistency compounds!

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After the Reset

What happens when the 90 days are up?
You'll transition into maintenance mode by continuing your foundational products: **VMG+**, **EO Mega+**, **dōTERRA PB Restore**, and your **personal targeted solutions**. Many people repeat the Cleanse phase one to two times a year as seasonal support.

How do I share my results?
We love hearing success stories! Share in the group or with your Wellness Advocate:

What motivated you to join?	What improvements have you seen?	What surprised you the most?

You can also #90DayReset in your social media posts!

Can I stay in this group after it ends?
Of course! Most groups stay open for ongoing community and accountability. There may also be future 90-Day Reset rounds, so stay tuned.

Join the Challenge

You don't have to do everything perfectly. You just have to do it with heart! Your body was designed to heal, thrive, and feel vibrant. Now's your chance to partner with it and rediscover what true wellness feels like.

Let's Reset together.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.