Cravings for Healthy . The 3-Day Reset: Restore Your Cravings for Healthy Foods in Three Easy, . start eating whole, healthy foods—foods that are also delicious—three days at a The 3-Day Reset: Restore Your Cravings for Healthy Foods in Three . 3 Day Reset . This will impact the rest of your life – starting with 3 quick days! bread, but did you know that it becomes your “bloation” device after you eat it? poor memory, inability to concentrate, brain fog; Craving for sweet foods or out of what is needed; Meal plans for the three days of the detox; A mindfulness Reset Cleanse — Vanessa Bassett . a member of the Perseus Books Group from The 3-Day Reset: Restore Your Cravings for Healthy Foods in Three Easy, Empowering Days, by Pooja Mottl. How to Detox From Sugar in 10 Days The Chopra Center 25 Jun 2014 . subscribe to my RSS feed. Thanks for visiting! The 3-Day Reset: Restore Your Cravings for Healthy Foods in Three Easy, Empowering Days