



7-Day Whole Body Reset Jumpstart

**A SIMPLE DAILY PLAN TO REDUCE
INFLAMMATION
AND BEGIN RESTORING YOUR BODY
NATURALLY**



ROOTED IN
CREATION

Start Simple. Stay Consistent.



YOU DON'T NEED TO OVERHAUL YOUR ENTIRE LIFE TO BEGIN HEALING.

YOU JUST NEED A CLEAR PLACE TO START.

THIS 7-DAY RESET IS DESIGNED TO HELP YOU GENTLY BEGIN REDUCING INFLAMMATION AND RESTORING BALANCE IN YOUR BODY—WITHOUT OVERWHELM.

EACH DAY BUILDS ON THE LAST.

FOLLOW THE STEPS. KEEP IT SIMPLE. STAY CONSISTENT.



How to Use This Guide



SIMPLE

**EACH DAY INCLUDES A FEW SIMPLE ACTIONS.
YOU DON'T NEED PERFECTION.**



CONSISTENT

**YOU JUST NEED CONSISTENCY.
CHECK OFF EACH STEP AS YOU GO.**



NOTICE

**BY THE END OF 7 DAYS, YOU'LL BEGIN
TO FEEL A SHIFT.**

DAY 1

Clear the Path

HYDRATE + REMOVE

DRINK WATER FIRST THING IN THE MORNING

AIM FOR CONSISTENT HYDRATION THROUGHOUT THE DAY

REMOVE PROCESSED SUGAR FOR THE DAY

TAKE A 10–15 MINUTE WALK

TODAY IS ABOUT REDUCING WHAT BURDENS THE BODY.



DAY 2

Add What Supports

NOURISH

EAT WHOLE, UNPROCESSED FOODS

INCLUDE VEGETABLES IN AT LEAST 2 MEALS

ADD HEALTHY FATS (OLIVE OIL, AVOCADO, ETC.)

CONTINUE HYDRATION + WALK

START GIVING YOUR BODY WHAT IT ACTUALLY NEEDS.



DAY 3

Restore Through Rest

SLEEP RESET

REDUCE SCREEN TIME 1 HOUR BEFORE BED

CREATE A CALMING EVENING ROUTINE

AIM FOR EARLIER SLEEP

CONTINUE PREVIOUS HABITS

YOUR BODY REPAIRS WHEN YOU REST.



DAY 4

Activate the Body

MOVE + BREATHE

TAKE A WALK OR GENTLE MOVEMENT

SPEND 5–10 MINUTES STRETCHING

STEP OUTSIDE FOR FRESH AIR

TAKE A FEW MOMENTS OF DEEP BREATHING

MOVEMENT AND OXYGEN SUPPORT HEALING.



DAY 5

Lighten the Load

REDUCE TOXINS

SWAP ONE HOUSEHOLD OR BODY PRODUCT FOR A CLEANER OPTION

AVOID HIGHLY PROCESSED FOODS

DRINK EXTRA WATER

CONTINUE PREVIOUS HABITS

SMALL REDUCTIONS CREATE BIG CHANGE OVER TIME.



DAY 6

Reset the Mind

STILLNESS + ALIGNMENT

SPEND 10 MINUTES IN QUIET OR REFLECTION

LIMIT UNNECESSARY SCREEN TIME

STEP OUTSIDE AND SLOW DOWN

CONTINUE PREVIOUS HABITS

YOUR INTERNAL STATE AFFECTS YOUR PHYSICAL HEALTH.



DAY 7

Bring It Together

INTEGRATE

CONTINUE KEY HABITS FROM THE WEEK

REFLECT ON HOW YOU FEEL

IDENTIFY WHAT FELT MOST IMPACTFUL

CHOOSE 2–3 HABITS TO CARRY FORWARD

THIS IS NOT THE END—IT'S THE BEGINNING.



What You May Be Noticing

BY NOW, YOU MAY BEGIN TO FEEL:



MORE ENERGY

YOUR BODY IS RESPONDING TO BETTER FUEL AND REST.



BETTER SLEEP

A CALMER ROUTINE SUPPORTS DEEPER RESTORATION.



IMPROVED DIGESTION

WHOLE FOODS AND HYDRATION EASE THE GUT.



CLEARER FOCUS

LESS TOXINS, MORE OXYGEN, SHARPER THINKING.



LIGHTER MOOD

SMALL WINS BUILD MOMENTUM AND HOPE.

EVEN SMALL SHIFTS MATTER. THIS IS YOUR BODY RESPONDING.

Ready to Go Deeper?

THIS 7-DAY RESET IS JUST THE STARTING POINT.

**LASTING HEALTH HAPPENS WHEN THE BODY IS SUPPORTED
CONSISTENTLY ACROSS ALL AREAS.**

**THE 90-DAY WHOLE BODY RESET IS BUILT ON 7 INTERCONNECTED
PILLARS:**

- NUTRITION
- SLEEP
- COGNITIVE HEALTH
- MOVEMENT
- ENVIRONMENT
- DETOX
- SPIRITUAL ALIGNMENT

**IF YOU WANT A SIMPLE, STEP-BY-STEP PATH THAT TELLS YOU
EXACTLY WHAT TO DO EACH DAY... THIS IS YOUR NEXT STEP.**

BEGIN THE 90-DAY WHOLE
BODY HEALTH RESET