

Reset Your Life in 3 Days

Detox Your Body, Calm Your Mind, and Regain Energy - Naturally



Feel the shift in just 72 hours:

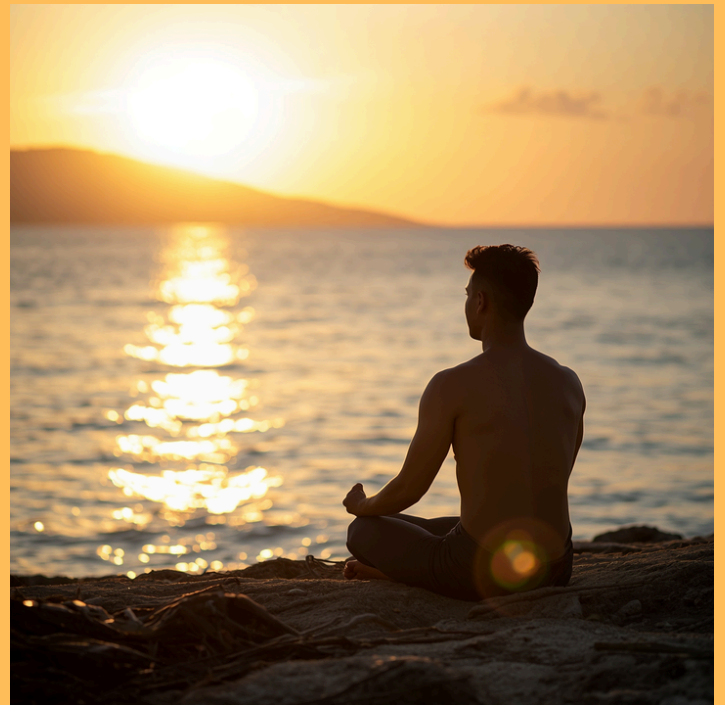
- Boost your energy naturally
- Improve digestion & reduce bloating
- Sleep deeper without effort
- Clear mental fog & feel focused
- Reset your daily rhythm

A simple, proven system inspired by Ayurveda + modern lifestyle science

Start Today – Simple, Proven, Natural

Start Today

simple, proven, natural



Your 3-Day Reset Plan

Time of Day	What to Do	Why It Works
Morning (6:00-9:00 AM)	Warm water + lemon + ginger	Kickstarts metabolism and aids digestion
	5-10 min deep breathing	Calms nervous system & improves oxygen flow
	Light stretching / walk	Boosts circulation & energy
Afternoon (12:00-2:00 PM)	Simple plant-based meals	Easy digestion = more energy
	Avoid processed & heavy foods	Reduces toxin buildup
	Drink warm water (not cold)	Supports metabolism
Evening (5:00-7:00 PM)	Light dinner before sunset	Supports better digestion and restful sleep
	Screen detox (No screen 1 hour before bed)	Reduces mental stimulation, aiding relaxation
	Reflection journaling	Encourages mindfulness and mental clarity

3 Simple Detox Drinks

- **Lemon ginger water:** Refreshing and detoxifying
- **Cumin coriander fennel tea:** Balances digestion
- **Warm turmeric milk:** Soothing and anti-inflammatory

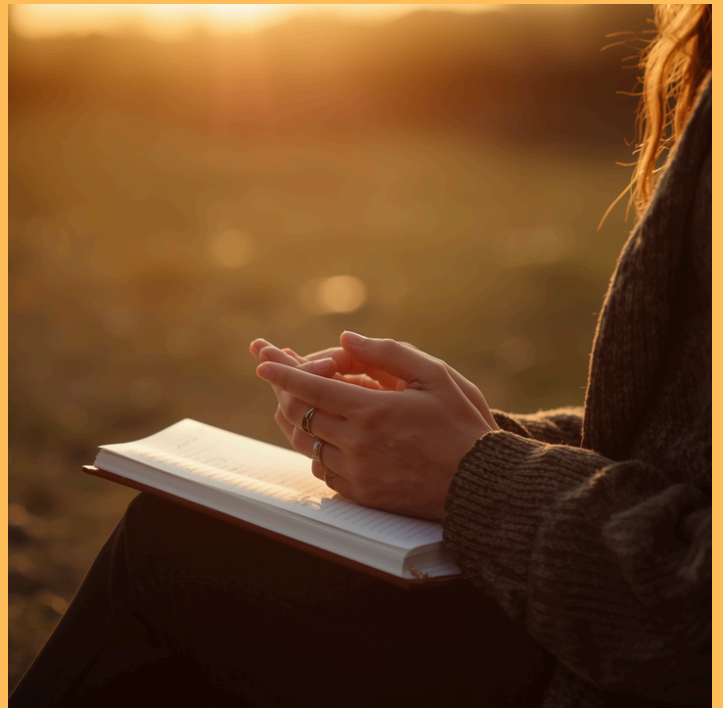
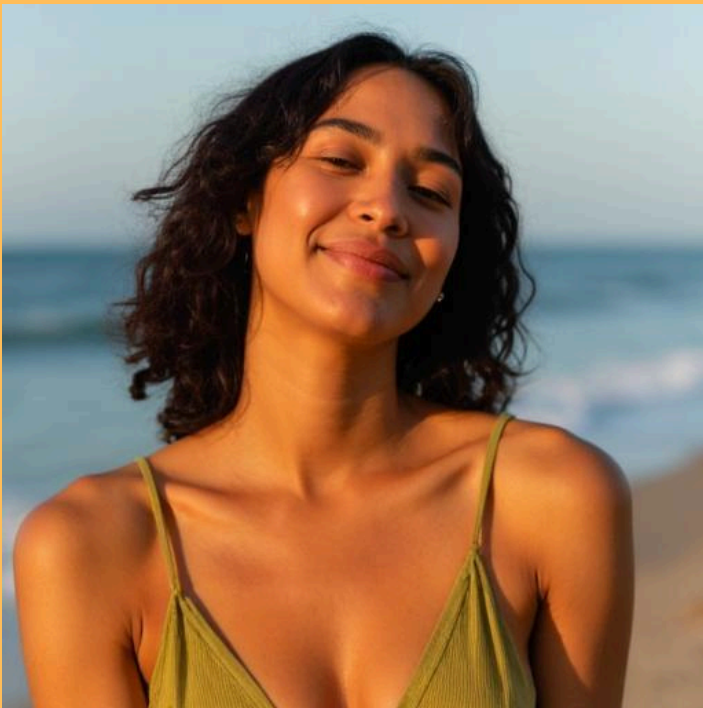


Common Mistakes to Avoid

- **Skipping meals or starving**
- **Trying too many changes at once**
- **Drinking cold beverages**
- **Sleeping late**
- **Overthinking the process**

What You'll Feel in 3 Days

- Lighter, cleaner body
- Reduced bloating
- More stable energy
- Calm, focused mind
- Better sleep quality



Ready for a full transformation?

Upgrade to the complete system:

“7-Day Mind & Body Reset”

- ✓ Structured daily plan
- ✓ Deeper detox routines
- ✓ Mental clarity system
- ✓ Guided reflection practices

Get Full Program - Click to JOIN