

Thrive Over 45

Simple Morning Detox Ritual

Start your day light, clear, and ready to thrive - no fancy tools required! This 15-minute ritual is your Thrive Over 45 foundation - a starting line for building lasting midlife vitality. Once this becomes habit, you'll be ready to add more layers: dry brushing, green juice recipes, and your Thrive Journal.

Step 1 - Morning Water Wake-Up (2 minutes)

Why: Rehydrates after sleep, flushes toxins, wakes up digestion, and gently kickstarts metabolism.

How:

- As soon as you wake up, drink a full glass (12-16 oz.) of room-temperature water.
- Upgrade it: Add the juice of 1/2 lemon and/or 1 tsp apple cider vinegar (with the mother).

Why it works:

- Lemon supports liver detox, balances pH, and adds vitamin C.
- Apple cider vinegar helps stabilize blood sugar, supports gut health, and improves digestion.

Sip slowly and imagine it rinsing your body clean from the inside out.

Step 2 - Stretch & Smile (3 minutes)

Why: Loosens stiff muscles, increases circulation, and lifts mood.

How:

- Stand tall, inhale deeply, raise arms overhead.
- Slowly stretch side-to-side, roll shoulders back, and gently twist your torso.
- End with a smile - it signals your brain to release feel-good chemicals.

Step 3 - 3 Deep Breaths (2 minutes)

Why: Calms your nervous system, oxygenates your body, and sets a peaceful tone.

How:

- Close your eyes, inhale deeply through your nose for 4 seconds.
- Hold for 4 seconds.
- Exhale slowly through your mouth for 6-8 seconds.
- Repeat 3 times.

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Step 4 - Morning Check-In (3 minutes)

Why: Helps you be intentional and focused.

How:

- Think (or jot down) 1 thing you're grateful for.
- Decide your top priority for the day.
- Say one positive statement: 'I am ready to thrive today.'

Step 5 - Move for 5

Why: Wakes up muscles, boosts energy, and sets the tone for an active day.

How:

- March in place, do gentle squats, or walk around for 5 minutes.
- Keep it light - focus on movement, not intensity.

Why This Foundation Matters

This ritual is your Thrive Over 45 starting line:

- It's doable: No special tools or big time commitment.
- It's layered: Once this is habit, add dry brushing, green juice, and your Thrive Journal.
- It's empowering: You start each day with hydration, movement, and intention - the 3 pillars of lasting vitality.

Commit to this and you'll have a solid base for building new healthy habits with ease.