



I DIDN'T STARVE. I DIDN'T SPRINT

soft reset

BY MARSEEYA | SOFT LIFE SLIM



THE GENTLE WELLNESS
GUIDE WITH JOURNALING PAGE INSIDE



WELCOME BEAUTIFUL

This isn't a meal plan. This isn't another crash diet. This is a heartfelt account of how I lost 14 pounds without starving or sprinting, and how I finally started to feel good again. If you're tired of extremes and ready to feel aligned and nourished, I made this for you.

Marseeya
(Marcia Napper)



contents



01 – INTRODUCTION

HOW I BEGAN

02 – SUPPORT STACK

DAILY ESSENTIALS

03 – NO STARVATION, NO GUILT

WHAT I ATE

04 – NOURISH & NOTICE

NOTICING MORE



THIS IS FOR YOU

🌿 This Is For You. You've done so much for everyone else. This moment — this guide — is for you. Maybe you've brushed off the weight gain. Maybe you've blamed yourself. Maybe you've told your body to hush... even when it was begging for balance. This guide is your gentle mirror. You don't have to rush. You don't have to get it all right. You have to see the truth: There's been a deeper reason behind the cravings, the bloating, the fatigue. Sugar, insulin, inflammation — they've been running the show in silence. But not anymore. This guide is your soft start. A slow yes. A quiet return. A decision to choose you — softly, again and again.



FOLLOW INSTAGRAM @softlifeslimHQ
@marseeya_inspired

WHAT THIS GUIDE HOLDS

✧ INSIDE, YOU'LL FIND:

REAL TALK ABOUT INSULIN RESISTANCE AND SUGAR TRAPS

ENCOURAGEMENT TO UNLEARN GUILT AND WELCOME
AWARENESS

MY OWN FAVORITE DAILY RESETS AND SUPPORT
STACK

SPACE TO REFLECT, JOT NOTES, AND GENTLY TRACK
PROGRESS

REMINDERS THAT YOUR SOFTNESS IS STRENGTH —
AND YOUR JOURNEY IS VALID

THERE ARE NO RULES HERE. NO PRESSURE.

YOU CAN PRINT IT, SCREENSHOT IT, OR READ IT LIKE A BOOK.

USE IT IN THE WAY THAT FEELS MOST NOURISHING TO YOU.

A top-down photograph of a person lying in shallow, light blue water. Their arms are spread out, and their legs are bent at the knees. The water is filled with small, dried, light-colored flower petals and several dark green, heart-shaped leaves. The person's skin is fair and appears wet. The overall mood is serene and contemplative.

SELF CARE
IS NOT
SELFISH



01 – INTRODUCTION: HOW I BEGAN

TIPS FOR MORNING RITUALS

Begin with peace. The rest will follow.



MY GLOW-UP STACK

Here's what I took daily during my first 14-pound drop:

Yerba Mate (for energy + appetite control)

Collagen Powder (for skin, joints + glow)

MCT Powder (for fuel + brain support)

EAA Powder (for muscle support + hydration)

Pumpkin Seed oil (soft gels) (for metabolism + minerals)

Protein Shakes (quick meal replacement)

Oil of Oregano w/ Black Seed (optional immune support. Try rotating 2 weeks on, 2 weeks off)

"Every day, I chose supplements that worked with my body-- not against it. I didn't take everything at once, but I had a rhythm that helped me feel nourished, focused, and strong."



03 – NO STARVATION, NO GUILT: WHAT I ATE

STEP ONE

HOW I ATE WITHOUT STARVING

This wasn't about restriction—it was about rhythm

1. I focused on protein + fiber
2. I kept **added sugar** under 15g/day
3. I stayed hydrated with Spring water + Seltzer

STEP TWO

MINI MEAL EXAMPLE

Grilled protein (like salmon or chicken)

Light greens with fresh citrus or
cucumber

A smoothie with berries I can tolerate
Spring water or seltzer (citrus flavor)

Optional: I often follow this with a
protein bar if I'm still a little hungry an
hour later. It helps me stay balanced
and energized without reaching for
random snacks.



WALK. BREATHE. REPEAT

No Gym. Just Steps.

I didn't hit the gym. I didn't lift weights.
I just... moved.

Some days, that meant walking the grocery aisle. Other days, it was walking circles around work or standing on my vibration plate for 20 minutes.

I usually clock in about 7,000 steps just by living my day, no gym membership required. That gentle movement counted. It helped regulate my stress, boost circulation, and made me feel more connected to my body again.

One more thing that supported me during the day was gentle waist compression. I often wore a waist trainer band at work, and it reminded me to hold my posture, gave my midsection light support, and kept me mindful of my core. It's not required; your reset will still work without it, but for me, it became a simple tool that made me feel supported.

So if all you're doing is walking or working, don't discredit it. That's movement. That's support. Keep going. Soft works.





EVENING RITUAL RESET

A GENTLE ROUTINE TO UNWIND, RESET, AND SUPPORT
OBERNIGHT RECOVERY

1. Hydration Ritual:

16 oz spring water with EAA powder

2. Body Reset

20–45 minutes on vibration plate

(daily if possible)

3. **Skin Nourishment** Shower, followed by evening oils or creams (melatonin-based formula helps with sleep + stretch marks)

4. Lymph & Circulation (optional)

Dry brushing must be done on **dry skin before showering.**

Alternatively, use wooden lymphatic tools before cream.

5. Gentle Compression

Wear compression tank 5–6 nights a week for midsection support





04 – NOURISH & NOTICE

NOTICING MORE

Starting your journal doesn't require perfection, just presence

This is your space to *notice* more about what your body feels, what your spirit needs, and what small wins are happening in your daily flow.

Use the lines below each day to jot your answers.

Breathe. Observe. NOURISH. Repeat



DATE

MOOD



DAILY JOURNAL

YOUR THOUGHTS

GOALS

TO DO

CONGRATULATIONS

CONGRATULATIONS – YOU'VE MADE IT TO THE END OF THIS
GUIDE, AND THE BEGINNING OF SOMETHING BEAUTIFUL

Whether you're still learning what your body needs, or
you've just started a new chapter of healing... I hope this
space felt like a soft place to land.
Your journey is yours. But you don't have to do it alone.
More soft tools, journals, and stories are coming soon—
and I can't wait to walk with you.



Stay soft, Shine anyway.



HELLO@SOFTLIFESLIM.COM

WWW.SOFTLIFESLIM.COM

 @SOFTLIFESLIM

 @softlifeslimHQ