



## Realistic Reset:

21 Days to Feel Better (Without the Overwhelm or Guesswork)

Backed by results from over 7,000 DNA-based wellness transformations.

## Feeling Stuck? The Realistic Reset Shows You Why—And How to Turn It Around in 21 Days

You've tried cutting sugar, eliminating gluten, exercising harder, sleeping more, taking more supplements—but you still feel stuck. This plan is different.

The Realistic Reset is a **21-day, science-backed system** based on data from over **7,000 people** who completed the **DNA 360 test**. We noticed patterns: people who followed just a few of these simple daily steps—even without seeing their personalized blueprint yet—**started feeling dramatically better within 21 days**.

The Realistic Reset works because it focuses on what science shows your body needs to thrive: proper hydration, nervous system regulation, detox support, blood sugar balance, and restorative movement.

No fluff. No fads. Just real actions that get real results.

### How to Use This Plan

- You don't need to be perfect. Just **pick 1–2 steps per day or per week** to start.
- Your body will begin to shift the moment you reduce internal stress and nourish your core systems.

### Week 1: Mindful Foundations

This week is all about building awareness and setting the stage for positive change.

**Focus:** *Awareness and Intention Setting*

- **Day 1-3:** Mindful Morning.
- **Day 4-7:** Hydration Hero

### Week 2: Nourishing Your Body

Now we'll focus on simple, healthy eating habits.

**Focus:** *Gentle Dietary Adjustments*

- **Day 8-11:** Colorful Plate Challenge. Meals plan included.  
(Benefit: Ensures you're getting a wide range of vitamins and minerals.)
- **Day 12-14:** Sugar Swap. (Benefit: Reduces cravings and stabilizes blood sugar.)

## Week 3: Movement & Stress Reduction

Let's incorporate gentle movement and stress-reducing practices into your routine.

**Focus:** *Active Relaxation and Rejuvenation*

- **Day 15-18:** Daily Dose of Movement. (Benefit: Improves mood, boosts energy, and strengthens the body.)
- **Day 19-21:** Digital Detox. (Benefit: Reduces stress and promotes restful sleep.)

## Key Benefits Recap

*Improved Energy Levels*

*Reduced Stress*

*Better Sleep*

*Enhanced Mood*

*Healthier Eating Habits*

*Increased Mindfulness*

**This is just a sample of the pillars inside The Realistic Reset.**

True transformation doesn't come from trying to do everything perfectly—it comes from **consistency**, **patience**, and a willingness to show up for yourself daily. Pick what works, give yourself grace, and trust the process. You'll feel the difference.