



**The 7-Minute Morning Reset  
stops the morning-to-evening bloat cycle**

*This is where your body stops  
waking up in stress*

7 minutes. Every morning. Start tomorrow..

# THE PROBLEM

If you wake up flat... and end the day bloated.

This isn't random

It's a pattern

And once you see it ,you can change it

Your digestion

Your energy.

Your body doesn't run on willpower

It follows signals

If your body wakes up in stress

it stays in stress.

That's why you feel off all day

This **reset** doesn't push your body

It helps it feel safe again.

## WHAT YOU'LL START TO NOTICE

- Less heaviness after meals
- Morning flatness that lasts longer
- More stable afternoon energy
- A calmer, more predictable body

**This is how you *START* helping your body wake up calmer.**

But this is only the first layer.

# THE 7-MOVE PROTOCOL

*Move for one minute each. No reps. No perfection. Just rhythm..*

*You cannot do this wrong. You can only skip it.*

## **1. Lymphatic Hops**

The Move: Soft knees, gentle rhythmic bouncing without the toes leaving the floor (or full hops if you feel strong). Let your arms hang heavy.

## **2. Spinal Body Waves**

The Move: Soften your knees and imagine a wave traveling from your tailbone up to your neck. Fluid, rolling movement.

## **3. Flowing Arm Swings**

The Move: Swing arms forward and back, or side to side, letting the momentum do the work.

## **4. The Internal Massage (Trunk Twists).**

The Move: Feet wide, gently swing your torso left to right. Let your arms "slap" gently against your lower back and stomach.

## **5. Dead Arms (Shoulder Release).**

The Move: Shrug your shoulders high to your ears, then let them "drop" with a heavy sigh.

## **6. The Pivot (Golf Swings).**

The Move: Rotate your whole body as if swinging a club, letting your back heel lift off the ground.

## **7. The Grounding March**

The Move: Slow, intentional marching in place. High knees, swinging opposite arms.



# THIS IS JUST THE START

## **THIS FIXED YOUR MORNING**

But what about the rest of your day?

Right now, your body is still doing this:

flat in the morning → bloated by evening

That's not random

That's your body responding to inconsistent signals

## **WHY THIS KEEPS HAPPENING**

Your digestion, energy and bloating follow a daily rhythm

*Morning is just one part.*

If the rest of your day isn't aligned your body goes back into stress mode.

And the bloating returns

## **THE NEXT STEP**

If you want this feeling to last you need to structure your full day.

That's what the 7-Day Bloat Reset does

## **INSIDE THE 7-DAY RESET**

- What to do morning, midday and evening
- What to eat so your gut stays calm
- How to stabilise energy so bloating doesn't spike
- How to make this feeling hold, not disappear

*No guessing*

*No overthinking*

*No starting again next week.*

## **START HERE**

The 7-Day Bloat Reset

R249 — instant access

Feel the shift this week