



WELFORE

Wellness You Can Savor • Appetite You Can Trust.

Appetite confusion is real —
and it's not your fault.

The 3-Day Appetite Reset

A gentle, flavor-first reset
to help you trust hunger,
fullness, and food again.

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Before We Begin

If your appetite feels muted,
unpredictable, or confusing right now —

nothing is broken.

Your body is recalibrating.
This reset isn't about control
or discipline.

It's about listening again —
with flavor leading the way.

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What This Is (and Isn't)



NOT THIS

- ✗ A cleanse
- ✗ A detox
- ✗ A crash plan
- ✗ A willpower test



THIS

- ✓ A 3-day flavor-first reset
- ✓ Designed to rebuild appetite cues
- ✓ Powered by salt-free, satisfying spice blends
- ✓ A trust-first step back into rhythm



“Appetite confusion is real —
and it’s not your fault.
But it is fixable.”



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Meet Your Trusty Trio — Flavor Leading The Way

*“Salt-free spices that bring satisfaction
back to the plate.”*

— Appetite Rhythm Trio —



- ✓ Salt-free, satisfying blends crafted to rebuild appetite cues, reset rhythm, and trust the pleasure of real food.
- ✓ Bold Caribbean Smoky, Coconut Curry, & Chili Calypso flavors
- ✓ Real herbs and spices — not sugar or fillers
- ✓ Ready to shake up and savor

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DAY 1 —

Reclaim Flavor

Goal: Reignite appetite clarity by reintroducing bold, salt-free flavor.

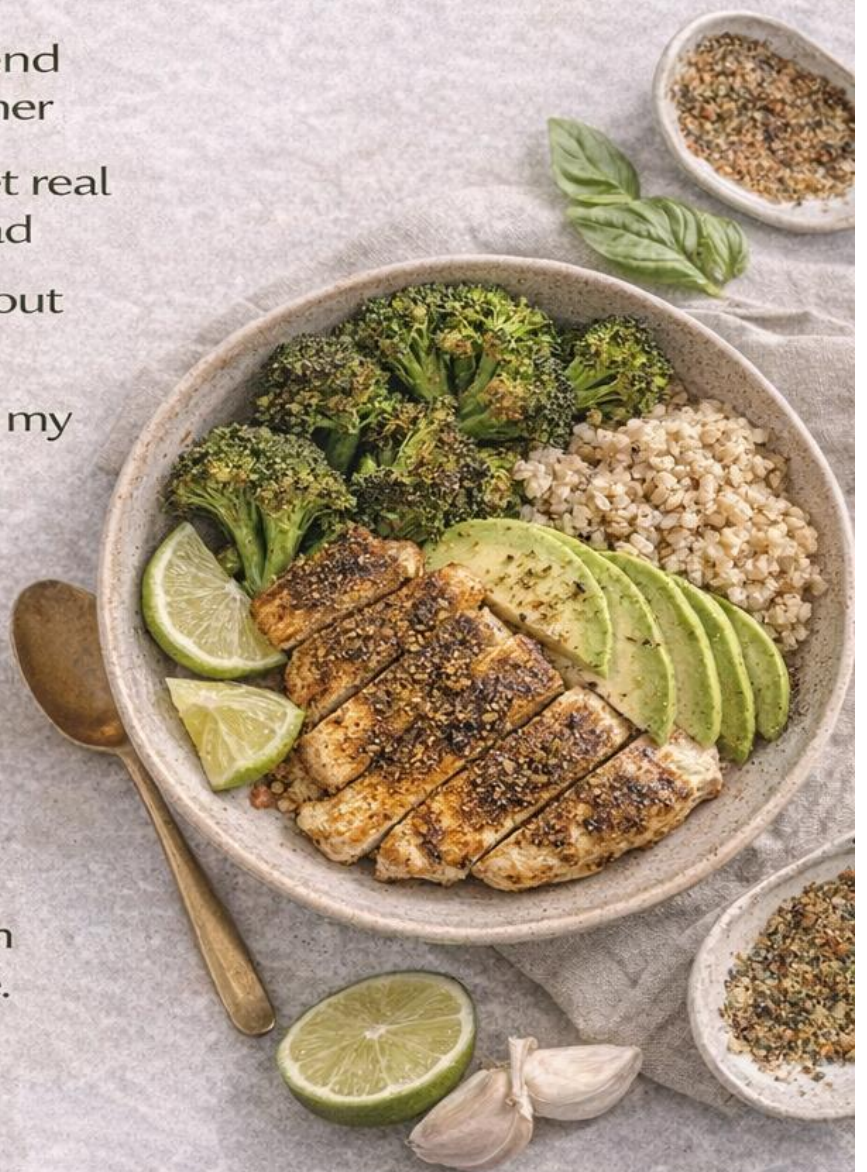
Checklist:

- ✓ Use any Trio blend for lunch or dinner
- ✓ Skip sauces — let real herbs + spice lead
- ✓ Eat seated, without multitasking
- ✓ Ask: “Am I full in my mouth — or my stomach?”



Tip:

Salt + sugar override cues. Removing them clears the noise.



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DAY 2 —

Anchor Your Rhythm

Goal: Reset when you eat — not just what.

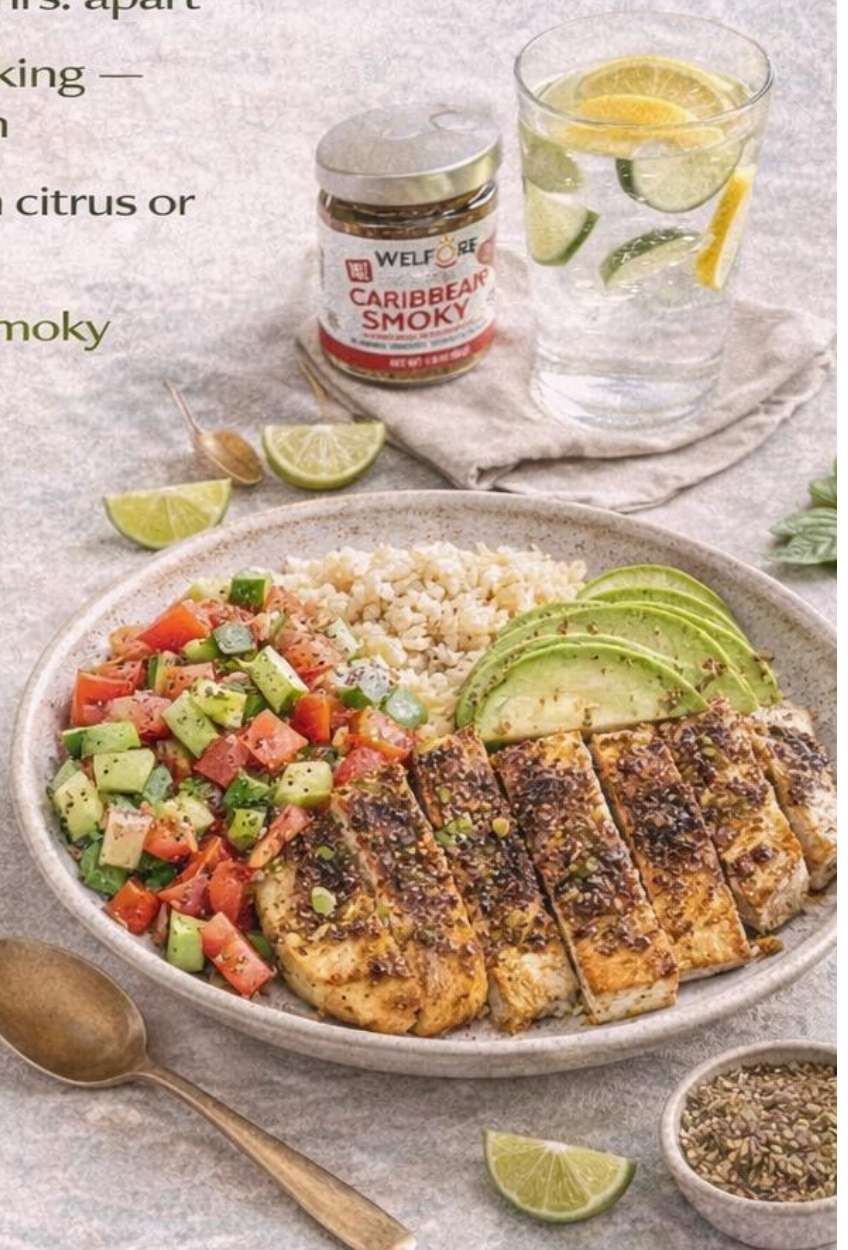
Checklist:

- ✓ Eat 3 meals, 4–5 hrs. apart
- ✓ No grazing/snacking — let hunger return
- ✓ Infuse water with citrus or cucumber
- ✓ Use Caribbean Smoky Jerk on protein



Tip:

Did I feel hunger build. — or was I just used to eating?”



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DAY 3 — Trust Your Plate

Goal: Blend rhythm + pleasure into a calm experience.

Checklist:

- ✓ Cook a favorite with Coconut Curry
- ✓ Eat with someone if possible
- ✓ Pause between bites + breathe
- ✓ Reflect: “When I eat like this, I feel...”



Truth Bomb:

Pleasure isn't indulgence.
It's consistency's best friend.



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How to Use This Reset

✓ You'll Need:

- ✓ Your Trio blends
- ✓ Whole foods you enjoy
- ✓ 10 minutes/day to check in with your plate

😊 THIS

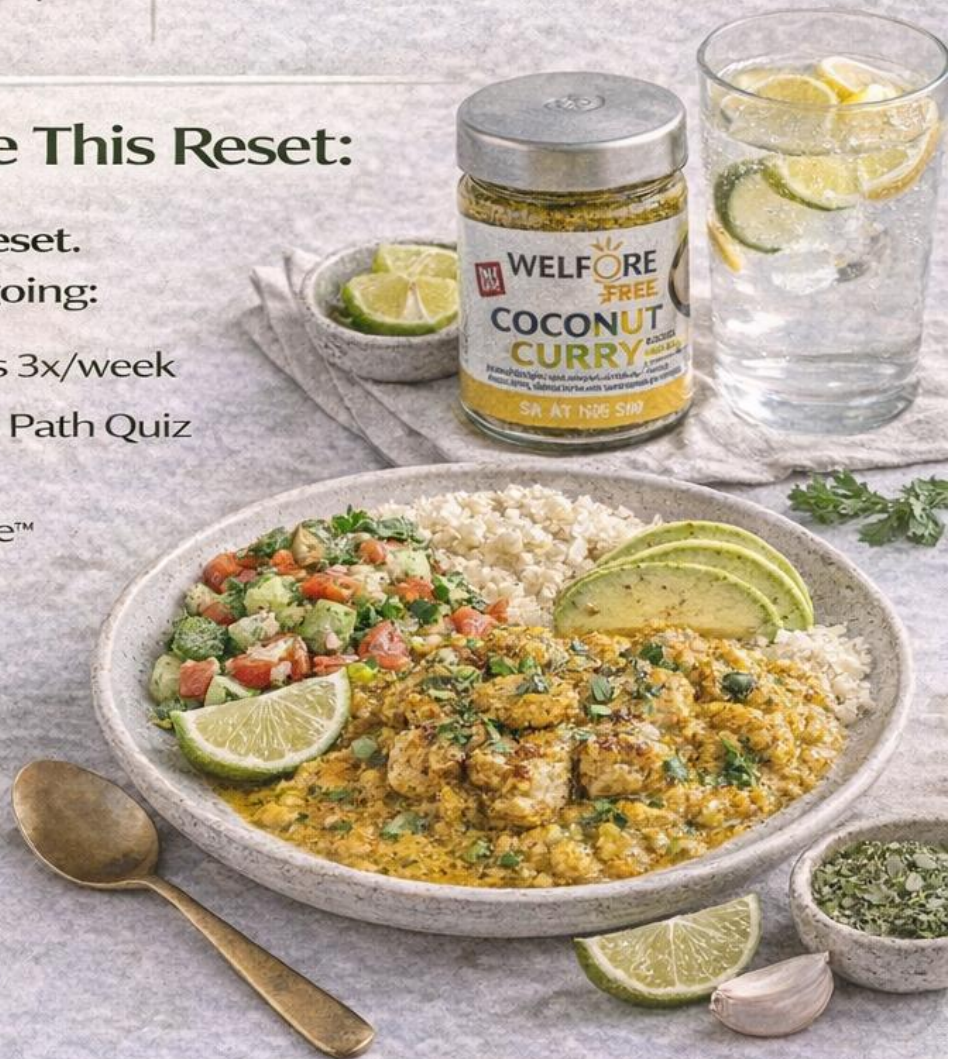
- ✓ Take the Flavor Path Quiz
- ✓ Explore the Savor & Balance™ Collection

How to Use This Reset:

- ✓ You did the reset.
Now keep it going:
- ✓ Use Trio blends 3x/week
- ✓ Take the Flavor Path Quiz
- ✓ Explore the Savor & Balance™ Collection



Link: Shop the Trio



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