

The Hertz Reset Starter Kit™

A 3-Step Mini Experience
to Calm Your Nervous System & Ease Symptoms

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If you're struggling with a chronic condition; feeling drained,
unseen, and overloaded and no one understands,
we got you!

— and if you're ready to feel lighter, calmer, and in control again.

Get started here and find some relief
in just 10 minutes a day.



Ginger Blossom Wellness, LLC

Welcome & How to Use This Kit

This mini experience introduces the core principles of **The Hertz Reset™**. By engaging your senses with intentional sound and brief coaching reflections, you'll create quick nervous system calm and a noticeable shift in symptoms—no equipment or musical skill required.

Inside you'll find:

- Intentional Listening Practice using the Iso Principle
- Breath + Music Exercise (5-minute audio)
- Coaching Reflection & 1-Week Reset Tracker

Move through all three steps in one sitting, or spread them out over three days—whatever feels doable. The magic is in showing up, listening, and noticing your inner shift.



DAY 1 – Intentional Music Listening (Iso Principle)

Whyt his works: Meeting your current mood with music that matches it, then slowly guiding yourself toward the state you want, helps your brain and body shift gently and sustainably.

How to do it:

1. Choose **three songs**:

- Song 1 – matches how you feel now
- Song 2 – bridges toward relief
- Song 3 – embodies the calm or hope you desire

2. Listen in order, breathe naturally, and notice body sensations.

3. Reflect briefly (see journal page).

Your Playlist Space:

Song 1 (Current state): _____

Song 2 (Bridge): _____

Song 3 (Desired state): _____



DAY 2 – Breathe with Music That Slows Over Time

Why this works: Slowing breath signals safety to your nervous system. Music that gradually decelerates helps your inhale and exhale entrain effortlessly

5-Minute Practice:

1. Find a comfortable seat or lie down.
2. Start the included calming track (link below).
3. Inhale for 4 counts, exhale for 6 counts. Allow the tempo to guide you.
4. Place a hand on chest or belly, observing subtle shifts.

Access the Audio: [Click Here](#)



Day 3 – Reflection & Mini Reset Journal

Take a few moments to capture insights and anchor your shift.

Journal Prompts:

- What did I notice in my body or breath during the listening practice?
- Which symptom feels even slightly easier now?
- What sound or music will I invite into my daily life this week?

Feel free to doodle, color, or simply breathe in silence before moving on.



1-Week Mini Reset Tracker

Day	Mood Before	Song(s) I Used	How I Felt After	Notes
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				



Next Steps & Invitation

You've begun resetting your nervous system through intentional sound—congratulations! Imagine having 12 weeks of guided experiences, customized coaching, and community to support lasting symptom relief.

The Hertz Reset™ – 12-Week Journey

- Live weekly sound experiences & coaching
- On-demand audio library
- Personalized support & accountability

Join the waitlist or learn more at:

[The Hertz Reset - click here](#)

You are your own best instrument. Let's tune you back to harmony.

