

The Holos Wellness Reset Blueprint

Restore your energy digestion and clarity

You are not broken.

You are responding to your current inputs.

This reset is not about doing more.

It is about removing what is not working and returning to baseline.

Keep this simple. That is where results come from.

Identify Your Starting Point

Choose what feels most accurate right now

Low Energy

Tired even after rest

Relying on caffeine

Heavy unmotivated feeling

Overstimulated

Wired but drained

Racing mind

Energy crashes later

Digestive Imbalance

Bloating after eating

Inconsistent hunger

Heavy or uncomfortable meals

Mental Fog

Low clarity

Hard to focus

Disconnected feeling

You may be a mix. That is normal.

Your Goal

Create space

Restore stability

Build awareness

The 3 Day Reset

Day 1 Remove Friction

Drink water first thing
Eat simple whole foods
Reduce unnecessary stimulation
Go outside for at least 10 minutes
Focus on creating space

Day 2 Restore Function

Eat at consistent times
Prioritize protein and simple meals
Add light movement like walking
Take a few minutes to slow your breathing
Focus on stability

Day 3 Build Awareness

Notice what foods feel good or heavy
Track energy throughout the day
Pay attention to mood and focus
Observe patterns without judging
Focus on understanding your body

Daily Reset Anchors

Keep these simple and consistent

Morning

Water
Light exposure
Avoid instant stimulation

Midday

Real food
Light movement
Check in with energy

Evening

Reduce stimulation
Simple meal
Allow your body to slow down

Optimize What Matters

Digestion Basics

Eat slower than you think

Keep meals simple

Notice how your body responds

Do not ignore bloating or discomfort

Better digestion improves everything

Nervous System Reset

Do this once or twice per day

Inhale slowly through your nose

Exhale longer than your inhale

Continue for a few minutes

This brings your body back into balance

Your Next Step

Based on what you noticed

If simplicity helped keep it simple

If food changed things refine your diet

If slowing down helped do more of it

If nothing changed consider deeper support

Final Reminder

You do not need to do everything

You just need to start

The goal is not perfection

The goal is returning to baseline

Holos Wellness

Optimize your body

Reconnect your baseline

Move forward with clarity