

5-Day Holistic Wellness Reset Guide

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Revitalize your body, balance your mind, and renew your energy naturally

Welcome to your wellness reset journey!

Whether you're feeling tired, bloated, mentally overwhelmed, or just misaligned with your routine — this simple 5-day plan is for you.

Based on **Ayurveda Nutrition, therapeutic nutrition, breathwork, and emotional alignment**, this guide supports anyone seeking better energy, improved digestion, balanced emotions, and a calm, centered life.

WHO THIS GUIDE IS FOR:

- ✓ Anyone dealing with low energy, poor digestion, stress, weight imbalance, or fatigue
- ✓ Professionals, homemakers, caregivers, or healers — everyone ready to recharge
- ✓ Those wanting natural and practical ways to support mind-body health without medication

WHAT TO EXPECT:

Each day includes 4 simple rituals:

1. **Nourishing Food Tip**
2. **Mind-Body Reset Practice**
3. **Detox or Breath Ritual**
4. **Affirmation or Reflection Prompt**

DAY 1: DIGESTION RESET

- *Morning:* Warm water + cumin + ginger (1 tsp each)
 - *Food Tip:* Eat warm, easy-to-digest meals (soups, kitchari, cooked veggies)
 - *Breathwork:* 5 mins of Anulom Vilom
 - *Reflection:* “Where am I holding stress in my body?”
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DAY 2: LIVER RESET

- *Morning Drink:* Lemon + aloe vera juice in warm water
 - *Food Tip:* Add turmeric + black pepper to meals
 - *Movement:* Gentle yoga twists (seated twist or lying twist)
 - *Affirmation:* “I release what no longer serves me.”
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DAY 3: MENTAL CLARITY RESET

- *Replace coffee:* Have herbal tea (tulsi, cinnamon, fennel)
 - *Snack Tip:* Soaked nuts + 1 fruit or smoothie
 - *Pranayama:* Bhramari (humming breath) – 5 minutes
 - *Journal Prompt:* “What thoughts create tension in my mind?”
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DAY 4: ENERGY RESET

- *Morning Ritual:* 1 tsp ghee in warm water (helps cell repair & digestion)
 - *Food Tip:* Avoid cold, stale food. Eat before 8 PM
 - *Mudra:* Prana Mudra (for vitality) – 10 mins
 - *Affirmation:* “I am fueled by peace and purpose.”
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DAY 5: EMOTIONAL RESET

- *Detox Drink:* Mint + jeera + lemon + pink salt water
- *Meal Tip:* Simple khichdi or dal-chawal with ghee
- *Activity:* 10-min guided body-scan meditation
- *Reflection:* “What emotion am I ready to let go of today?”

DAILY WELLNESS ROUTINE (Template)

Time	Activity
6:30 AM	Wake, warm herbal drink, deep breathing
7:00 AM	Light movement / yoga / breathwork
8:00 AM	Nourishing breakfast (warm, digestible)
1:00 PM	Balanced lunch, chew slowly, tech-free
6:30 PM	Early dinner, warm water only after
8:00 PM	Reflection, journal, light reading
9:00 PM	Sleep, no phone 1 hour before

NEXT STEP: TAKE CHARGE OF YOUR WELLNESS

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