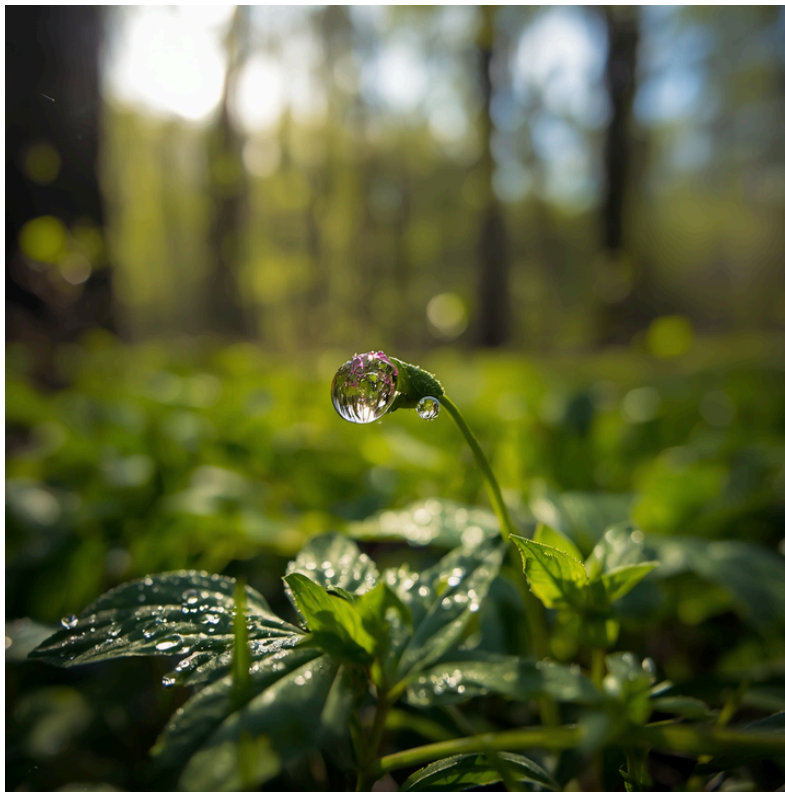


Root & Moon

The 3-Day Reset

A return to natural rhythm:

3 days of doing simple things that will make a big difference in the way you feel and the effect you have on our planet.



WELCOME

I am so happy you are here.

Knowing how to improve our health and preserve the earth is very confusing!

This is NOT about doing more.

It's about removing what your system doesn't need.

The constant bombardment of information our human brain receives daily is toxic. It creates confusion and fear, which leads to overwhelm, frustration, and anger. These reactions are normal human behavior, but they create division and turmoil between people and destructive practices for the planet and our health.

To understand what we truly need, we must return to our baseline as nature intended.

For the next 3 days, we will be keeping things simple. We do not need another to-do list; we need space to exhale.

Stop trying to do everything.

Enjoy the moments and the small practices.

Just follow each day as it is.

That is enough.

How to use this?

The 3 day reset includes a focus, a task, a practice and a return point.

- 1 focus per day
- keep it light
- don't overthink it
- consistency over perfection

3 DAYS

Day 1 - Reduce Noise

The Focus: Day 1 is less input.

We will focus on reducing noise during a meal.

Do:

- remove one processed food or habit.
- reduce background noise while eating.

Practice : Breath

Take 5 slow breaths before your next meal.

- Sit up straight, both feet on the floor.
- Inhale deeply through your nose, imagine sucking in air through the top of your head and expand the sides of your body.
- Exhale slower than the inhale. (if your inhale was 4 seconds exhale for 6-8 seconds)

Return point:

Your body doesn't need more. It needs less.

Day 2 - Return to Food

The Focus: Day 2 is bringing more real food into our diet.

What is real food? (If the food has a list of ingredients then it is processed).

Do:

- eat 1-2 simple plant-based meals
- keep ingredients minimal

Practice:

Before you eat, pause.

Take 3 slow breaths.

Let your body arrive.

Return point:

Your body recognizes what is real.

Day 3 - Regulate

Focus: Slow Down

Do:

- take 10-20 minutes with no input. (no phone, no noise)

Practice:

Breathe in slowly

Exhale longer than you inhale

Return point:

You're not tired. You're overstimulated.

You may have already felt a shift.

Less noise

More clarity

A different pace.

This is the beginning.

If you want to continue with guidance you can move to the full reset

Continue with the guided reset