



When weight loss stalls, a system restart hack might be just what you need. A reset hack, gut cleanse, and energy boost can help reset the body and break through plateaus. Here are the benefits of each approach:

Weightloss Restart Hack

- **Metabolic Reset:** The Metabolic Reset Hack focuses on low-calorie, nutrient-dense foods to reboot metabolism and promote fat burning.
- **Improved Eating Habits:** Our system reset hack will reduce processed food cravings and encourage long-term healthy eating patterns.
- **Simplicity:** Our short-term system reset hack provides food suggestions with minimal preparation and convenient to eat on the go are easy to follow and require minimal exercise.

Gut Cleanse

- **Digestive Health:** Cleansing the gut through high-fiber foods and abdominal castor oil pulling removes waste buildup, improving digestion and nutrient absorption.
- **Weight Loss:** Clearing old waste can result in immediate weight loss and reduced bloating.
- **Energy Boost:** Detoxing may alleviate fatigue, improve mood, and enhance sleep quality.

Energy Boost

- **Increased Activity:** Adding exercise or boosting intensity helps rev up metabolism and break plateaus.
- **Hydration & Nutrition:** Staying hydrated and eating nutrient-rich foods improve energy levels while supporting overall health.

Combining these strategies along with Holistic Health Sanctuary's 5 Day Reset Meal Plan, we can help individuals seeking to lose weight overcome weight-loss stalls while promoting better health habits.



Daily Water Intake: It's important to stay well hydrated and consume a minimum of 64 ounces of water a day with 1/2 tablespoon of lemon juice per 8oz glass. Your 6 Day Reset hack will begin at 8pm Sunday evening with your dinner meal and continue through Friday night.

6 Day Gut Reset with Naval Pulling:

To perform castor oil pulling for gut health, you can try the Ayurvedic practice of nightly navel pulling. Here's how:

Navel Pulling

1. Prepare the Oil: Use pure castor oil. Optionally, mix it with essential oils like ginger or fennel for added benefits.
2. Apply to the Navel: Place a small amount of castor oil in your belly button.
3. Massage: Gently massage the oil in a clockwise motion around your navel to stimulate digestion and circulation. Simply leave oil in place overnight.
4. Optional Heat: Use a heating pad on your abdomen for a few minutes to enhance absorption.

Reset Meal 8 PM Sunday Night:

Weigh yourself

Dinner: 4 oz 2% cottage cheese or zero protein yogurt

1/2 small canister of blueberries

Handful of walnuts or almonds unsalted

dash of cinnamon

Whipped cream on top

Zero carbs for the next 3 days - no rice, bread, pasta, sugar or any juice of any kind... Just your normal protein and good fat intake. There is no predetermined meal plan for these 3 days. Just make sure to avoid the above mentioned foods.



Day 4 Thursday (2 Meals Only) Late Morning/ or Early Afternoon: Eat avocado toast (organic seed bread - 2 pieces) with olive oil and red pepper flakes on top with 4-6 oz of protein of choice.

Dinner/Eat Before 7pm: 4-6 oz of protein of choice. Dessert: 2 small pieces of dark chocolate 85 % and a large handful of nuts of choice.

Day 5 Friday (3 Meals):

Eat a medium sweet potato w/each meal, 4-6 oz of protein of choice - with good fats of course.

Day 6 Saturday: Weigh yourself AM. You will be smiling! Continue now with your healthy lifestyle meal plan.