



# 30-Day Fall Anti-Inflammatory Reset Guide

## Autumn Wellness Protocol

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### Welcome to Your Fall Reset!

Transitioning into autumn is about shifting from raw, cooling summer foods to warm, grounding, and nutrient-dense fuel that soothes the gut lining and calms systemic inflammation.

Use this complete guide and daily checklist over the next 30 days to support cellular absorption, digestion, and nervous system ease.

#### 1. Daily Grounding Staples

Incorporate these core habits daily to support adrenal function and gut barrier integrity:

- 1. Warm Morning Hydration:**
  - 12–16 oz warm water + juice of ½ fresh lemon + pinch of unrefined sea salt
  - Drink upon waking to hydrate cells and kickstart liver function before coffee or breakfast.
- 2. Gut & Nervous System Support:**
  - 1 cup daily organic bone broth or rich shiitake mushroom broth
  - Provides collagen, L-glutamine, and glycine to support gut mucosa repair and lower stress signaling.
- 3. Warming Bioactive Spices:**
  - Aim for at least 2 daily servings of: Fresh ginger root, turmeric (paired with black pepper for optimal absorption), Ceylon cinnamon, rosemary, and thyme.
- 4. Omega-3 Fatty Acids:**
  - Include 1–2 daily servings of wild-caught salmon, sardines, chia seeds, flaxseeds, or walnuts to keep cellular membranes fluid and reduce inflammation pathways.

| Category              | Autumn Anti-Inflammatory Stars                            | Primary Benefit                                             |
|-----------------------|-----------------------------------------------------------|-------------------------------------------------------------|
| Root Veggies & Squash | Butternut squash, sweet potatoes, beets, carrots, pumpkin | Rich in beta-carotene & gut-nourishing prebiotic fiber      |
| Cruciferous Greens    | Brussels sprouts, kale, cabbage, cauliflower, broccoli    | Packed with sulforaphane to assist liver detoxification     |
| Low-Glycemic Fruits   | Pears, green apples, cranberries, blackberries            | Polyphenol-dense antioxidants that balance blood sugar      |
| Allium Family         | Garlic, leeks, shallots, yellow onions                    | Natural quercetin (antihistamine support) & prebiotic fiber |

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### 3. Daily Routine & Checklist

Print this page or keep it handy to track your daily rhythm:

#### Morning Rhythm

- ☐ Warm lemon & mineral water
- ☐ Anti-inflammatory breakfast (e.g., warm spiced chia pudding or eggs cooked in ghee with sauteed greens)
- ☐ 5–10 minutes of morning natural sunlight exposure (aligns circadian rhythm & lowers cortisol)

#### Afternoon Rhythm

- ☐ Warm, cooked lunch (stews, soups, or roasted veggie bowls with clean protein)
- ☐ Mid-day ginger, turmeric, or chamomile tea
- ☐ 5-minute diaphragmatic breathing or nervous system reset break

#### Evening Rhythm

- ☐ Nourishing dinner cooked with healthy fats (Extra Virgin Olive Oil, Avocado Oil, or Ghee)
- ☐ Golden Milk or Magnesium-rich evening tonic (warm almond milk + turmeric + cinnamon + magnesium)
- ☐ Screen-free wind-down 60 minutes before sleep

### 4. The 30-Day Pause (Elimination Triggers)

Giving your digestive tract a break from secondary inflammatory drivers allows the gut lining to repair:

- ☒ Refined Seed Oils: Replace canola, soybean, and corn oils → EVOO, Avocado Oil, or Ghee
- ☒ Refined Sugars: Replace white sugar and artificial sweeteners → Raw local honey or pure maple syrup
- ☒ Processed Snacks: Replace packaged chips/bars → Roasted pumpkin seeds, walnuts, or pear slices with almond butter
- ☒ Excess Gluten & Dairy: Replace processed wheat and conventional milk → Coconut yogurt, unsweetened almond milk, or grain-free alternatives

### 5. Weekly Reflection & Progress Tracker

Use this space each Sunday to check in with your body:

- **Energy Levels (1–10):**
- **Digestive Comfort & Bloating:**
- **Sleep Quality:**
- **Wins & Breakthroughs This Week:**
- **Focus Area for Next Week:**