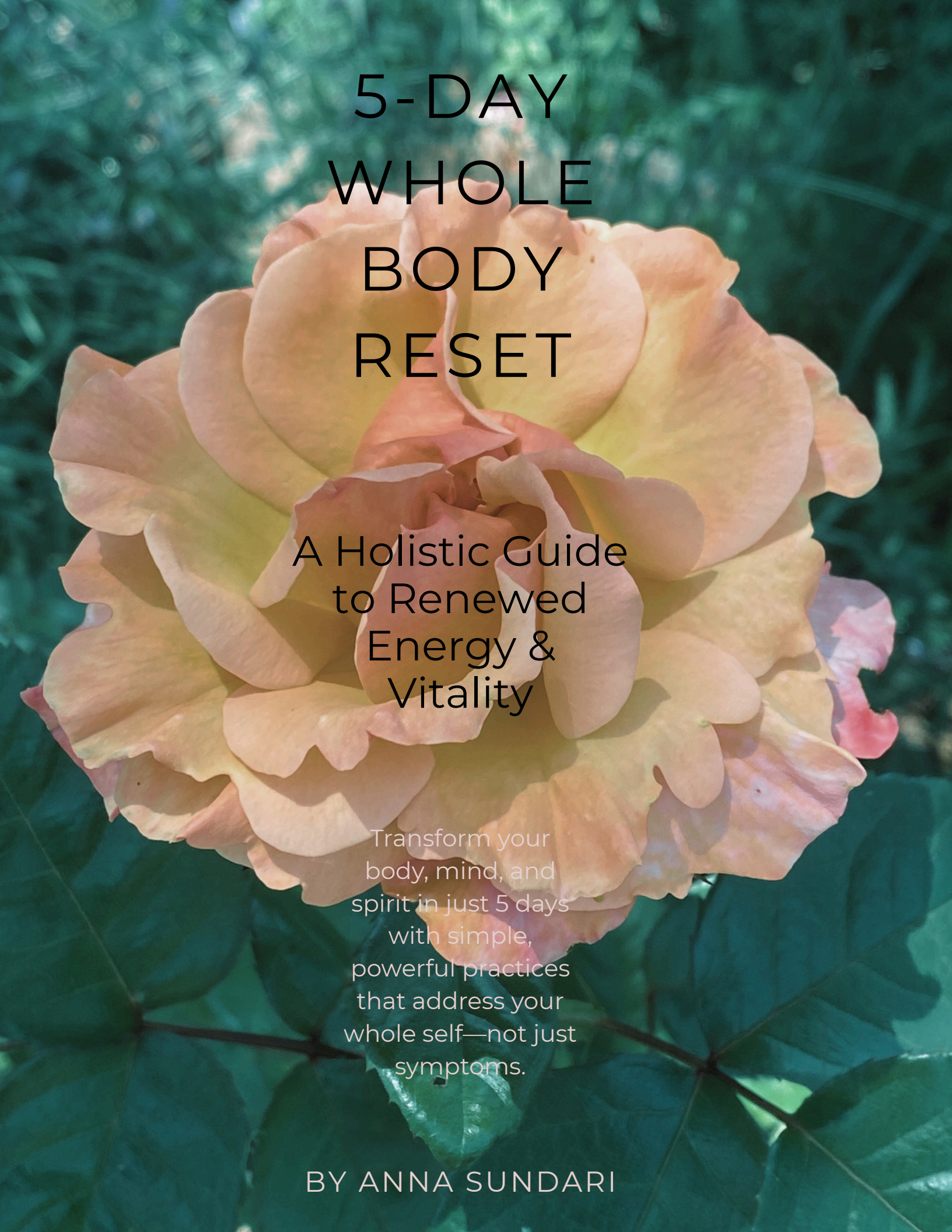


5-DAY WHOLE BODY RESET

A Holistic Guide to Renewed Energy & Vitality

Transform your body, mind, and spirit in just 5 days with simple, powerful practices that address your whole self—not just symptoms.

BY ANNA SUNDARI

Welcome to Your Transformation

I'm so glad you're here. If you're feeling exhausted, disconnected from your body, or stuck in a cycle of trying everything but nothing really working—you're not alone.

For the past 20 years, I've been studying and practicing holistic healing modalities, and I've discovered something powerful: true healing happens when we address the body, mind, AND spirit together.

What Makes This Reset Different?

Most programs focus on just one aspect—diet, exercise, or mindset. But your body is an interconnected system. When you cleanse physically, move intentionally, and release emotional blocks, everything shifts.

This 5-day reset is designed to give you a taste of what's possible when you integrate:

- Naturopathy - gentle detox and nourishment
- Movement - intentional physical reconnection
- Spiritual Practice - emotional and energetic release

How to Use This Guide

Each day builds on the last. Follow the practices in order, and be gentle with yourself. This is not about perfection—it's about progress and listening to your body.

Pro Tip: Keep a journal nearby. Write down what you notice, how you feel, and any insights that arise. This awareness is part of the healing process.

Ready? Let's begin your journey back to vibrant health.





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DAY 1: CLEANSE

Awakening Your Body's Natural Detox Systems

Today is about gently supporting your body's innate ability to cleanse and renew. We're not doing anything extreme—just simple, powerful practices that signal to your body:

"It's time to let go of what no longer serves."

Morning Ritual: Lemon Water

What to do:

- Upon waking, before anything else, drink 16oz of warm water with juice of half a fresh lemon
- Sip slowly, with intention
- Wait 15-20 minutes before eating or drinking anything else

Why it works: Lemon water kickstarts your digestive system, supports liver detoxification, alkalizes your body, and hydrates you after sleep.

Today's Nutrition Focus: Hydration & Fiber

Goal: Drink at least 8 glasses of water today and eat fiber-rich foods.

Foods to emphasize:

- Leafy greens (spinach, kale, arugula)
- Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts)
- Fresh fruits (especially berries, apples, pears)
- Whole grains (quinoa, brown rice, oats)
- Legumes (lentils, chickpeas, black beans)

Foods to minimize today:

- Processed foods and refined sugars
- Caffeine (if you must, limit to 1 cup before noon)
- Alcohol
- Heavy red meats

Gentle Detox Practice: Dry Brushing



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Before your shower:

- Using a natural bristle brush, brush your skin in long strokes toward your heart
- Start at your feet and work up your legs, then arms, then torso
- Use gentle pressure—this should feel invigorating, not painful
- Takes only 3-5 minutes

Why it works: Dry brushing stimulates lymphatic drainage, exfoliates dead skin cells, and promotes circulation—all supporting your body's natural detox processes.

Don't have a dry brush? No problem! Simply massage your body with your hands before showering, using the same upward motions toward your heart.

Evening Reflection

Before bed, take 5 minutes to journal:

- How did your body feel today?
- What did you notice about your energy levels?
- What are you grateful for?



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DAY 2: NOURISH

Fueling Your Body with Healing Foods

Now that you've begun the cleansing process, it's time to deeply nourish. Today is about giving your body the nutrients it needs to heal, rebuild, and thrive.

Morning: Continue Lemon Water Start your day the same way as yesterday—16oz warm water with lemon, first thing.

Today's Nutrition Focus: Anti-Inflammatory Foods

Inflammation is at the root of most chronic health issues. Today, we're flooding your body with anti-inflammatory nutrients.

Power Foods for Today:

- Turmeric - Add to smoothies, soups, or make golden milk
- Ginger - Fresh ginger tea or grated into meals
- Fatty fish - Salmon, sardines, mackerel (omega-3s)
- Berries - Blueberries, strawberries, raspberries
- Leafy greens - Kale, spinach, Swiss chard
- Nuts and seeds - Walnuts, chia seeds, flaxseeds
- Olive oil - Extra virgin, cold-pressed

Simple Anti-Inflammatory Recipes

Golden Milk Latte (Morning or Evening)

- 1 cup warm almond or coconut milk
- 1 tsp turmeric powder
- 1/4 tsp cinnamon
- Pinch of black pepper (helps turmeric absorption)
- 1 tsp honey or maple syrup (optional)

Blend or whisk together and enjoy warm.

Healing Buddha Bowl (Lunch or Dinner)

- Base: Quinoa or brown rice



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- Greens: Massaged kale or spinach
- Protein: Baked salmon or chickpeas
- Veggies: Roasted sweet potato, broccoli, beets
- Healthy fat: Avocado slices
- Dressing: Olive oil, lemon juice, minced garlic, tahini

Meal Prep Tip: Make a big batch of quinoa and roasted vegetables today. You'll have nourishing meals ready for tomorrow and beyond.

Herbal Support: Healing Tea

Throughout the day, sip on herbal teas that support healing:

- Green tea - antioxidants and gentle energy
- Ginger tea - digestion and inflammation
- Chamomile tea - calming and anti-inflammatory
- Peppermint tea - digestion and mental clarity

Evening Practice: Gratitude for Your Body

Before bed, place your hands on your heart and say (out loud or silently):

"Thank you, body, for working so hard to heal. Thank you for all you do to keep me alive and well. I commit to nourishing you with love and care."



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DAY 3: MOVE

Reconnecting with Your Physical Body

Movement is medicine. Today, we're focusing on intentional, mindful movement that helps you feel at home in your body again.

Morning: Lemon Water + Gentle Stretching

After your lemon water, spend 5 minutes doing gentle stretches:

- Cat-cow spine movements
- Gentle neck rolls
- Shoulder shrugs and releases
- Hip circles

Today's Movement Practice: 15-Minute Pilates Flow

Pilates is perfect for building core strength, improving posture, and creating body awareness. You don't need any equipment—just a mat or towel on the floor.

Simple Pilates Sequence (Repeat 2-3 times):

1. Hundred - 10 breaths (core activation)
2. Rolling like a ball - 8 rolls (spine massage)
3. Single leg stretch - 10 each side
4. Bridge - 10 lifts (glutes and core)
5. Plank hold - 30 seconds (full body strength)
6. Child's pose - 1 minute (rest and restore)

Focus on: Controlled breathing, slow movements, quality over quantity

New to Pilates? Search YouTube for "beginner Pilates 15 minutes" and follow along with a video instructor. The key is to MOVE YOUR BODY with intention.

Movement Throughout the Day

Beyond your morning practice, find ways to move joyfully:

- Take a 20-minute walk in nature
- Dance to your favorite song



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- Do desk stretches every hour if you sit a lot
- Take the stairs instead of the elevator
- Stand and move during phone calls

Body Scan Meditation (10 minutes)

Before bed, lie down and do a body scan:

- Close your eyes and take 3 deep breaths
- Starting at your toes, bring awareness to each part of your body
- Notice any tension, tightness, or sensations without judgment
- Breathe into areas that feel tight, imagining the breath releasing tension
- Work your way up: feet, calves, thighs, hips, belly, chest, arms, neck, head
- End with 3 deep breaths, feeling gratitude for your body

Journal Prompt How does my body feel after moving today? What did I notice? What feels different?



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DAY 4: RELEASE

Letting Go of What No Longer Serves

Body Text: Physical healing isn't complete without emotional and spiritual release. Today is about clearing the energetic blocks, old patterns, and emotional weight you've been carrying.

Morning: Lemon Water + Intention Setting

As you drink your lemon water today, set an intention:

"Today, I release what no longer serves my highest good. I create space for new energy, joy, and vitality."

Emotional Clearing Meditation (15 minutes)

Find a quiet space where you won't be disturbed:

1. Sit comfortably with your spine straight
2. Close your eyes and take 5 deep breaths
3. Place one hand on your heart, one on your belly
4. Ask yourself: "What am I holding onto that I'm ready to release?"
5. Without judging, notice what arises: stress, grief, anger, fear, resentment, shame
6. Imagine this emotion as a color or energy in your body
7. With each exhale, visualize this energy leaving your body
8. With each inhale, breathe in light, peace, and love
9. Continue for 10-15 minutes
10. End by placing both hands on your heart and saying: "I release. I am free."

Journaling for Release

Writing is one of the most powerful release tools. Set a timer for 15 minutes and write freely about:

Prompts to explore:

- What beliefs about myself am I ready to let go of?



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- What patterns keep repeating in my life that I'm ready to break?
- What am I holding onto out of fear?
- If I could release one thing today, what would it be?
- What would my life look like if I felt completely free?

Powerful Practice: After writing, you can safely burn the pages (in a fireplace or outside) as a symbolic release. Or tear them up and throw them away. The act of physical release reinforces the energetic release.

Energy Clearing Bath or Shower

Water is cleansing not just physically, but energetically.

If you have a bathtub:

- Add 1 cup Epsom salt + 1 cup sea salt
- Add 5-10 drops of essential oil (lavender, eucalyptus, or rosemary)
- Soak for 20 minutes
- As you soak, visualize the water pulling out all heaviness, stress, and old energy

If shower only:

- Visualize the water washing away all that you're releasing
- Say aloud: "I release all that no longer serves me. It washes away now."
- Imagine yourself stepping out clean, light, and renewed

Evening Reflection How do you feel after today's release practices? Lighter? More emotional? Both are normal. Give yourself permission to feel whatever arises.



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DAY 5: INTEGRATE

Creating Sustainable Habits for Lasting Transformation

Body Text: Congratulations! You've made it to Day 5. Today is about integrating everything you've learned and creating a sustainable path forward.

Morning: Your New Ritual By now, your morning lemon water might feel natural. Notice how your body has responded this week.

Reflect on Your Journey

Take 15 minutes to journal about your experience:

- What shifted for you this week?
- What practices felt most powerful?
- What do you want to continue?
- How is your energy different from Day 1?
- What did you learn about your body?

Creating Your Sustainable Routine

You don't need to do everything forever. Choose what resonated most and commit to those practices.

My Non-Negotiables Going Forward: (Check the practices you commit to continuing)

- ☐ Morning lemon water
- ☐ Daily hydration (8+ glasses water)
- ☐ Anti-inflammatory foods
- ☐ Movement practice (Pilates, walking, etc.)
- ☐ Daily meditation or breathwork
- ☐ Regular journaling
- ☐ Body scan before bed
- ☐ Weekly energy clearing (bath/shower ritual)
- ☐ Gratitude practice



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The 3-Pillar Framework for Lasting Health

This 5-day reset gave you a taste of what's possible. True transformation happens when you address all three pillars consistently

PILLAR 1: NATUROPATHY

- Personalized detox protocols
- Herbal medicine for your specific needs
- Custom nutrition plans
- Root-cause healing

PILLAR 2: MOVEMENT (PILATES)

- Consistent practice for strength & flexibility
- Body awareness and reconnection
- Releasing stored trauma through movement

PILLAR 3: SPIRITUAL COACHING

- Deep emotional clearing
- Discovering your purpose
- Releasing limiting beliefs
- Living in alignment with your authentic self

What's Next?

This 5-day reset is just the beginning. Imagine what's possible in 3 months, 6 months, or a full year of this integrated approach.

Ready for deeper transformation? If you felt shifts this week and want personalized support to continue your healing journey, I'd love to talk with you. Book a free clarity call to explore whether my 3-pillar program is right for you.

Remember: Your body WANTS to heal. Your spirit WANTS to thrive. When you give yourself the support you need across all dimensions—physical, emotional, and spiritual—everything becomes possible.

Thank you for trusting me to guide you through this reset. I'm honored to be part of your journey.

With love and light, Sundari



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Bonus Resources

Shopping List for Your Reset Week

Fresh Produce:

- Lemons (at least 5)
- Leafy greens (kale, spinach, arugula)
- Broccoli, cauliflower
- Sweet potatoes
- Berries (blueberries, strawberries)
- Apples, pears
- Avocados
- Fresh ginger root
- Garlic

Pantry Staples:

- Turmeric powder
- Cinnamon
- Black pepper
- Extra virgin olive oil
- Quinoa
- Brown rice
- Chickpeas or lentils
- Raw honey or maple syrup
- Herbal teas (green, chamomile, peppermint, ginger)

Protein:

- Wild-caught salmon or sardines
- Organic eggs (if you eat eggs)
- Plant-based protein powder (optional)

Other:

- Almond or coconut milk (unsweetened)
- Epsom salt & sea salt (for bath)
- Essential oils (optional: lavender, eucalyptus)
- Dry brush (optional but recommended)

Quick Reference: Daily Practices

Day 1 :Cleanse
Lemon water, hydration, dry brushing

Day 2 :Nourish
Anti-inflammatory foods, golden milk

Day 3 :Move
15-min Pilates, body scan meditation

Day 4 :Release
Emotional clearing, journaling, energy bath

Day 5 :Integrate
Reflection, creating sustainable routine

Connect With Me

I'd love to hear about your experience with this reset!

If you're ready to go deeper and want personalized support on your healing journey, I invite you to book a free 45-minute clarity call. We'll discuss your health challenges, your goals, and whether my 3-pillar transformation program is the right fit for you.

Visit www.empowerment-retreats.com to learn more and book your free call



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