

NINGXIA RESET Reset your body to make way for better quality nutrition

FEED YOUR MICROBIOME

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
2 pcs NingXia Red Sachets (x3)	2 pcs NingXia Red Sachets (x3)	2 pcs NingXia Red Sachets (x3)	1 pc NingXia Red Sachet (x3)	1 pc NingXia Red Sachet (x3)	1 pc NingXia Red Sachet (x3)	1 pc NingXia Red Sachet (x3)
Optional: 2 tablets of Black Ginger PMF	Optional: 2 tablets of Black Ginger PMF	Optional: 2 tablets of Black Ginger PMF	Optional: 2 tablets of Black Ginger PMF	Optional: 2 tablets of Black Ginger PMF	Optional: 2 tablets of Black Ginger PMF	Optional: 2 tablets of Black Ginger PMF
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
1 pc NingXia Red Sachet (x3)	1 pc NingXia Red Sachet (x3)	1 pc NingXia Red Sachet (x3)	1 pc NingXia Red Sachet (x3)	1 pc NingXia Red Sachet (x3)	1 pc NingXia Red Sachet (x3)	1 pc NingXia Red Sachet (x3)
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CLEAN EATING HABITS Feed your microbiome with whole foods, quality nutrients

FOCUS ON QUALITY

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p>Have protein-rich food for breakfast</p> <p>Hard boiled egg, cottage cheese, greek yogurt, etc.</p>	<p>Have a home-cooked meal</p> <p>Use chicken, salmon, or any type of lean meat. Grill it, sauté it, or bake it!</p>	<p>Prioritize dark colored fruits and veggies with high antioxidants</p> <p>Broccoli, berries, cherries, etc.</p>	<p>Eat food that helps balance your hormones</p> <p>Almond, avocado, broccoli, apple, flax seed, green tea, egg, etc.</p>	<p>Check your fiber intake</p> <p>Incorporate whole fruits (not dried fruits)</p>	<p>Incorporate healthy fats in your diet</p> <p>Avocado, extra virgin olive oil, walnuts, etc.</p>	<p>Be kind to yourself</p> <p>Stressing too much on what to eat can contribute to high cortisol levels.</p>
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<p>Choose healthier, fiber-rich carbs</p> <p>Sweet potato, popcorn, quinoa, chickpea, beans, etc.</p>	<p>Eat fermented food that makes you feel full</p> <p>Kimchi, yogurt, kefir, miso, etc.</p>	<p>Incorporate food rich in omega-3 fatty acids</p> <p>Flax seed, chia seed, salmon or try Green Omega 3</p>	<p>Swap your soda and sweetened beverages for water or green tea</p>	<p>Eat 7 different colors of fruits and veggies</p>	<p>Try drinking cinnamon water, it helps reduce spikes in your blood sugar and sugar cravings</p> <p>1/2 tsp cinnamon powder + 8oz water</p>	<p>If you must have desserts, have it after a meal and not on an empty stomach to avoid blood sugar spikes</p>

MOVE YOUR BODY Movement should make you feel energized

HACK YOUR HEALTH WITH MOVEMENT

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Go for a short walk after a heavy meal.	Do 10,000 steps.	Ditch the lift and use the stairs.	Build muscle with some strength training exercises for 30 minutes.	Do sit-ups or planking to work your core.	Get enough sleep and pace your workouts to avoid a cortisol spike.	Choose to keep going even when you think there is no progress.
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Increase the weights you use—if you are lifting a 6kg dumbbell, go for the 8kg weight.	Increase the speed or pace at which you perform your exercise.	Increase your repetition, if you are doing 12 reps make it 15 reps.	Deload! After heavy lifting, reduce your load to help you recover.	Try standing up while doing online meetings.	Try a new sport that interests you like swimming, tennis, or badminton.	Practice doing heel drops for 60 seconds to help regulate the nervous system and lower your cortisol levels.