



HOLISTIC HARMONY
—WELLNESS—
BALANCE YOUR BODY. EMPOWER YOUR MIDLIFE

The 3-Day Midlife Reset™

Understanding Your Body.
Rebuilding Your Confidence.

Three simple days of nourishing food, gentle movement, hydration, and practical education designed specifically for women navigating perimenopause and menopause.



NOURISH

MOVE

UNDERSTAND

Beverly Christie · Holistic Health Coach

holisticharmonywellness.com



INSIDE THIS GUIDE

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UNDERSTANDING CREATES CONFIDENCE™

This guide is your companion for three transformative days.

How to Use This Guide

- 01 Read Before You Begin**
Start with the preparation section so you arrive at Day One ready, not rushed.
- 02 Follow One Day at a Time**
Each day stands on its own. Use the meals, movement, and reflections exactly as written, or adapt them to fit your life.
- 03 Return to What Resonates**
This is a guide to revisit, not a checklist to complete once. Come back to the sections that speak to you most.



FROM BEVERLY CHRISTIE

Welcome, Friend

Let me say something to you before we begin, something I wish someone had said to me years ago:

*Your body is not broken.
It has simply been changing.*

I know what it feels like to wake up one day and not quite recognize yourself anymore. The fatigue that sleep doesn't fix. The weight that seems to appear without explanation. The moods that shift without warning. The nagging sense that something has changed but nobody can quite tell you what, or what to do about it.

For years I searched for answers in the places our culture tends to point us: fewer calories, harder workouts, stricter regimens. None of it worked the way I hoped, because none of it was designed for a body in midlife. It was designed for a younger body, a body with different hormones, different rhythms, different needs.

When I finally began to understand why my body was responding the way it was — the science behind perimenopause and menopause, the role of insulin sensitivity, the importance of protein and fiber and hydration for a body navigating hormonal transition — everything changed. Not overnight. But steadily, gently, sustainably.

That experience became the foundation of everything I do at Holistic Harmony Wellness, and it gave birth to the guiding principle of this entire program:

Understanding Creates Confidence™

When you understand what your body is doing and why, you stop fighting it. You start working with it. And confidence follows naturally from that understanding.

This three-day reset is not a diet. It is not a program that asks you to restrict, suffer, or perform perfection. It is an educational experience. Three days of intentional nourishment, gentle movement, thoughtful hydration, and real learning about the remarkable body you are living in right now.

You will eat real food. You will move in ways that feel good. You will learn something meaningful about what your body actually needs during this season of life. And you will begin



to understand yourself a little better — which, in my experience, is where every meaningful change begins.

I am so glad you are here. Let's begin.

With warmth,

Beverly Christie

Holistic Health Coach · Holistic Harmony Wellness



GETTING READY

Before You Begin

Taking a few minutes to prepare before Day One will make your entire experience more enjoyable and effective. This section covers everything you need to know to start with confidence.

Who This Guide Is For

This reset was created specifically for women aged 45–65 who are navigating perimenopause or menopause. Whether you are in the early stages of hormonal transition or well past your last period, you will find this guide relevant, practical, and encouraging.

You do not need to be struggling to benefit from this guide. Many of the women who go through the Midlife Reset simply want to feel more energized, understand what their body needs, and develop habits that actually work for a midlife body rather than against it.

• A NOTE ON MEDICAL ADVICE

This guide is educational in nature and is not a substitute for personalized medical advice. Please speak with your healthcare provider before making dietary changes if you have a chronic health condition, are managing diabetes or cardiovascular disease, take prescription medications, are currently pregnant or breastfeeding, or have a history of disordered eating. Your safety and wellbeing always come first.

How to Prepare

The weekend before you begin, take one hour to do the following:

- Read through the full guide from start to finish
- Complete your shopping list (see page 38)
- Clear processed foods from your immediate reach
- Fill a large water bottle and place it where you will see it
- Set a consistent wake time for all three days
- Choose your three-day window (start on a manageable day)
- Let family members know you're prioritizing yourself
- Gather a journal or use the reflection pages in this guide

The Right Mindset



This reset is not about perfection. It is about attention. For three days, you are simply paying a little more attention — to what you eat, to how you move, to how much water you drink, to what your body is telling you.

If you miss a meal, eat something nourishing and keep going. If you skip a movement session, take a short walk instead. If you drink less water than you planned, drink a glass now. Progress, not perfection, is the entire philosophy of Holistic Harmony Wellness.

"You are not trying to fix yourself. You are learning to understand yourself."

— Beverly Christie

What Each Day Includes

Three Nourishing Meals

Breakfast, lunch, and dinner recipes built around protein, fiber, and the nutrients midlife bodies need most.

Gentle Movement

Two simple movement sessions a day — walking, stretching, strength, or rest. Always adaptable to your energy.

A Science Box

One evidence-based insight each day, explained simply, so you understand the why behind every recommendation.

Reflection & Tracking

Morning and evening journal prompts plus a daily Evidence Tracker to build visible momentum.

READY WHEN YOU ARE

Turn to page 38 for your complete shopping list and kitchen checklist, or simply begin — you can always shop as you go.





THE SCIENCE OF MIDLIFE

What Is Happening in Your Body?

One of the most powerful things you can do for yourself right now is to understand the biological changes unfolding in your body during this season of life. These changes are real, they are measurable, and they explain so much of what you have been experiencing. They are also deeply normal.

Hormonal Shifts

Estrogen and progesterone, the hormones that have orchestrated your menstrual cycle for decades, begin to fluctuate dramatically during perimenopause before declining significantly at menopause. These hormones do not only affect your reproductive system — they influence your mood, your sleep, your metabolism, your skin, your bones, and your cardiovascular health. When they shift, everything shifts. The key insight is this: your body is adapting to a new hormonal environment. Given the right support, it adapts well.

● DID YOU KNOW?

The average duration of perimenopause is four to eight years. During this time, estrogen levels can fluctuate unpredictably — sometimes surging higher than typical premenopausal levels before ultimately declining. This is why symptoms can feel so inconsistent.

Insulin Sensitivity

Many women in midlife notice that their body begins to respond differently to carbohydrates — particularly refined sugars and processed foods. This is partly because estrogen plays a protective role in how our cells respond to insulin. As estrogen declines, insulin sensitivity often decreases, meaning our bodies need to produce more insulin to manage blood sugar. This can contribute to increased fat storage (particularly around the abdomen), energy fluctuations, and cravings.

● COACH'S TIP

Eating protein and fiber at every meal helps stabilize blood sugar throughout the day. This is one of the simplest and most effective strategies for managing the energy fluctuations and cravings that many midlife women experience.



Muscle Mass & Metabolism

Beginning around age 35, most women gradually begin losing muscle mass — a process called sarcopenia. This process accelerates during perimenopause and menopause, in part because estrogen plays a role in maintaining muscle tissue. Less muscle mass means a slower resting metabolism, which means your body burns fewer calories at rest than it once did. This is not a personal failing. It is physiology.

● SCIENCE BOX

Research shows that adequate protein intake (typically 25–30 grams per meal for midlife women) combined with resistance-based movement is the most evidence-supported strategy for preserving muscle mass and metabolic health during and after menopause.

Sleep & Restoration

Sleep disruption is one of the most commonly reported and least discussed symptoms of perimenopause and menopause. Night sweats, temperature dysregulation, and anxiety can interrupt the deep, restorative sleep stages that your body depends on for hormone regulation, cellular repair, memory consolidation, and appetite control. Poor sleep also increases cortisol (your stress hormone), which further disrupts hormonal balance.

● DID YOU KNOW?

Chronic poor sleep increases ghrelin (the hunger hormone) and decreases leptin (the fullness hormone), which is why sleep-deprived women often find they are significantly hungrier than usual and crave higher-sugar, higher-fat foods.

Stress & Cortisol

Cortisol, your primary stress hormone, is produced in the adrenal glands — the same glands that take on additional hormonal responsibilities as the ovaries reduce their output during menopause. Chronic stress during this transition puts significant strain on the adrenal system and contributes to fatigue, weight gain (particularly belly fat), sleep disruption, immune suppression, and mood instability. Managing stress is not a luxury during midlife — it is medicine.



● COACH'S TIP

During this reset, notice where your stress is coming from. The journal prompts are designed to help you identify your biggest stressors and begin exploring gentle strategies for managing them. Small reductions in stress create significant improvements in overall hormonal balance.

Hydration

Estrogen plays a role in maintaining the water content of our tissues. As estrogen declines, many women find they become dehydrated more easily – contributing to fatigue, brain fog, dry skin, poor digestion, and even intensified hot flashes. The body's thirst signals also become less reliable with age, meaning many women are mildly dehydrated without realizing it.

● SCIENCE BOX

Most midlife women benefit from drinking 8–10 cups (64–80 ounces) of water daily. Herbal teas count toward your total. Caffeine and alcohol have a diuretic effect and increase hydration needs.

THE TAKEAWAY

Six systems, one body, all working together. The meals, movement, and rest built into this reset are designed to support every one of them at once.

**LET'S SET THE RECORD STRAIGHT**

Why This Isn't a Detox

You may have noticed that the word "detox" does not appear in the title of this guide. That is intentional. Here is why – and why understanding this is actually one of the most empowering things you will learn in the next three days.

Your body already detoxifies itself – every single day.

In fact, it has an extraordinarily sophisticated system of organs dedicated entirely to this purpose. Understanding how they work will help you support them far more effectively than any commercial detox product ever could.

The Liver

Your liver performs over 500 functions, including filtering your blood, metabolizing hormones, processing medications, and neutralizing harmful substances so they can be safely eliminated. It does this continuously, around the clock. What supports it? Adequate protein, cruciferous vegetables (broccoli, cauliflower, Brussels sprouts, kale), consistent hydration, and minimizing alcohol and processed foods.

The Kidneys

Your kidneys filter approximately 200 liters of blood each day, removing waste products and excess substances through your urine. Hydration is their primary support. When you drink adequate water, your kidneys can do their work efficiently. When you are dehydrated, they struggle – which is why staying hydrated during this reset is so foundational.

The Digestive System

Your gut is home to trillions of microorganisms that play a critical role in immune function, mood regulation, hormone metabolism, and yes – the natural elimination of waste products. Fiber from vegetables, fruits, and legumes feeds the beneficial bacteria in your gut and keeps the digestive process moving efficiently. This reset is rich in fiber because your gut microbiome is a cornerstone of your overall health.



The Lymphatic System

Your lymphatic system is a network of vessels, nodes, and organs that removes cellular waste, supports immune function, and helps balance fluid levels throughout your body. Unlike your cardiovascular system, your lymphatic system has no pump — it relies on muscle movement and breathing to circulate. This is one of the reasons gentle movement is built into every day of this reset.

The Skin & Lungs

Your skin eliminates some waste products through sweat, which is why adequate hydration and gentle movement support healthy skin function. Your lungs eliminate carbon dioxide with every breath you exhale. Deep, intentional breathing — a component of the movement practices in this guide — directly supports respiratory elimination.

● THE BOTTOM LINE

No pill, powder, or tea can improve on the body's own elimination systems. What these systems need — and what this reset provides — is consistent hydration, fiber-rich whole foods, adequate protein, gentle movement, restful sleep, and stress reduction. That is not a marketing claim. That is the science.



You understand the foundation. Now let's put it into practice.



DAY ONE

Understanding

UNDERSTANDING CREATES CONFIDENCE™

Day 1 Intention

Today is about slowing down long enough to notice. You are not trying to be perfect. You are simply paying attention — to what you eat, how you feel, and what your body is telling you. Approach everything with curiosity rather than judgment.

Morning Reflection

Begin your day here. What is one thing you are hoping to learn or experience during this reset?

● HYDRATION GOAL FOR TODAY

Goal: 8–10 cups (64–80 oz) of fluid today. Start with a full glass of water before breakfast. Try warm lemon water first thing — it gently stimulates digestion and tastes lovely. Add herbal teas throughout the day: ginger for digestion, chamomile for calm.

Nourishment Plan

BREAKFAST

Warm Protein Bowl with Soft Eggs & Greens

- 2 pasture-raised eggs, soft-boiled or poached
- 2 cups spinach or arugula, lightly wilted
- ¼ avocado, sliced
- 2 tbsp hemp seeds



- Drizzle of olive oil, lemon juice, sea salt
- Optional: ¼ cup cooked lentils for added fiber

Wilt greens in a pan with a touch of olive oil. Prepare eggs to your preference. Arrange everything in a bowl, top with hemp seeds, avocado, and a squeeze of lemon. This meal delivers protein, healthy fat, and fiber to stabilize blood sugar from the start.

LUNCH**Midlife Power Salad**

- 3 cups mixed leafy greens (spinach, kale, arugula)
- ½ cup chickpeas, rinsed
- ¼ red cabbage, thinly sliced
- Handful of blueberries
- 2 tbsp hemp seeds
- 1 tbsp nutritional yeast (optional)

Dress with: 2 tbsp olive oil, juice of ½ lemon, 1 tsp apple cider vinegar, sea salt. Toss well. This salad is designed to deliver antioxidants, fiber, and plant-based protein in one beautiful bowl. Eat slowly and without distraction if possible.

DINNER**Baked Salmon with Roasted Broccoli & Sweet Potato**

- 1 salmon fillet (5–6 oz)
- 1 cup broccoli florets
- 1 small sweet potato, cubed
- 1 tbsp olive oil
- Garlic, lemon, sea salt, black pepper
- Fresh herbs (parsley or dill)

Preheat oven to 400°F. Toss sweet potato and broccoli in olive oil and season. Roast for 20 minutes. Season salmon with garlic, lemon, and salt. Add to the pan for final 12–15 minutes. This meal provides omega-3 fatty acids, complex carbohydrates, and cruciferous vegetables — all specifically beneficial for midlife hormonal health.

Snack Ideas



- Apple slices with 1 tbsp almond butter
- Handful of walnuts and a few blueberries
- Cucumber slices with tahini dip
- A cup of warm herbal tea with a small piece of dark chocolate (85%+)
- Hard-boiled egg with sea salt

● SCIENCE BOX

Protein supports muscle protein synthesis — the process by which your body builds and repairs muscle tissue. For women in midlife, research consistently shows that 25–30 grams of protein per meal (rather than spreading the same total amount unevenly across the day) maximizes muscle protein synthesis and helps maintain the muscle mass that naturally declines after menopause.

Gentle Movement

Today's movement is gentle and intentional. If you are tired, that is information. Notice it without judgment and move within your capacity. Even 10 minutes of movement supports lymphatic circulation, blood sugar regulation, and mood.

Morning Walk

20 minutes · Easy to moderate

A gentle walk first thing in the morning helps regulate your circadian rhythm, supports blood sugar management, and elevates mood through endorphin release.

Gentle Yoga or Stretching

15 minutes · Very gentle

Focus on hip openers and spinal movement. YouTube: search 'gentle yoga for menopause' for free guided options. Even 10 minutes significantly reduces cortisol.

● COACH'S TIP — BEVERLY

Today, eat slowly. Put your fork down between bites. This is not a rule — it is a practice in awareness. Slowing down allows your body to register fullness signals appropriately and significantly improves digestion. It also gives you the chance to notice how different foods make you feel — which is exactly the understanding this reset is designed to build.

Today's Learning

Today's learning is simple: protein matters more than you probably think. Research consistently shows that midlife women significantly undereat protein — often consuming half



or less of the amount that optimally supports muscle preservation, satiety, and metabolic health. The general recommendation for active midlife women is 1.2–1.6 grams of protein per kilogram of body weight daily, with 25–30 grams per meal for optimal muscle protein synthesis. This is far more than the 50-gram daily total found on most nutrition labels. Review today's meals and notice where your protein is coming from. The more you notice, the more naturally you will begin to choose protein-rich foods at every meal – not because someone told you to, but because you understand why it matters.

● SLEEP GOAL TONIGHT

Tonight, aim for 7–9 hours. Create a cool, dark environment. Avoid screens for 30 minutes before bed. Try a few minutes of slow, deep breathing – inhale for 4 counts, hold for 4, exhale for 6. This activates your parasympathetic nervous system and supports restful sleep.

Confidence Check-In

At the end of the day, take a few minutes to complete this reflection:

What did you notice about your energy, mood, or digestion today?

What is one thing you did today that showed kindness to your body?

What did you learn today that surprised or encouraged you?



Evidence Tracker

Check off what you completed today. Every check is evidence that you are building this habit.

- | | |
|--|--|
| <input type="checkbox"/> Drank my water goal | <input type="checkbox"/> Ate a nourishing breakfast |
| <input type="checkbox"/> Ate a nourishing lunch | <input type="checkbox"/> Ate a nourishing dinner |
| <input type="checkbox"/> Moved my body | <input type="checkbox"/> Completed my morning reflection |
| <input type="checkbox"/> Completed my evening reflection | <input type="checkbox"/> Got to bed at a reasonable time |

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**DAY TWO****Supporting**

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Day 2 Intention

Day Two is about support – learning what your body's natural systems need and actively providing it. You have already completed one full day. Notice what you observed about yourself yesterday and carry that awareness forward today.

Morning Reflection

Begin your day here. How did you feel waking up this morning compared to yesterday? What do you notice?

● HYDRATION GOAL FOR TODAY

Today, add electrolytes to at least one of your water glasses. A pinch of sea salt and a squeeze of lemon in water provides natural electrolytes that support cellular hydration. Continue aiming for 8–10 cups total.

Nourishment Plan**BREAKFAST****Chocolate Chia Pudding with Berries**

- 1 cup oat or coconut milk
- 5 tablespoons chia seeds
- 2 tbsp raw cacao powder
- 1 tsp cinnamon



- 1 tsp raw honey or maple syrup
- ½ cup fresh or frozen berries
- 1 tbsp hemp seeds (topping)

The night before or 30 minutes before serving: whisk together milk, cacao, cinnamon, and honey. Stir in chia seeds and refrigerate for at least 20 minutes (overnight is ideal). Top with berries and hemp seeds. Chia seeds provide omega-3s, fiber, and complete protein.

LUNCH**Warm Lentil & Roasted Vegetable Bowl**

- ½ cup green or French lentils, cooked
- 1 cup roasted vegetables (zucchini, bell pepper, onion)
- 2 cups arugula or spinach
- ¼ avocado
- 2 tbsp olive oil + lemon dressing
- Fresh herbs: parsley or mint

Roast vegetables at 400°F for 20 minutes. Warm lentils. Layer greens, lentils, and vegetables in a bowl. Top with avocado and dress with olive oil, lemon, and herbs. Lentils are one of the most fiber-rich foods available and an excellent source of plant-based protein and slow-releasing carbohydrates — ideal for blood sugar stability.

DINNER**Ginger-Turmeric Chicken & Cauliflower**

- 1 chicken breast or 2 thighs
- 1 small head cauliflower, cut into florets
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tsp turmeric, 1 tsp ginger, ½ tsp cumin
- 1 tbsp coconut oil or olive oil
- Fresh cilantro, lemon wedge to serve



Season chicken with turmeric, ginger, garlic, salt. Sear in a hot pan with oil for 4 minutes per side, then reduce heat and finish covered. Roast cauliflower with onion at 400°F for 20 minutes. Serve together with fresh cilantro and lemon. Turmeric contains curcumin, which has been studied for its anti-inflammatory properties particularly relevant for midlife women.

Snack Ideas

- Small handful of mixed seeds and dried goji berries
- Celery sticks with almond butter
- Plain Greek yogurt with a drizzle of honey and cinnamon
- A cup of bone broth (excellent collagen and mineral source)
- Sliced cucumber, carrot, and bell pepper with hummus

● SCIENCE BOX

Curcumin, the active compound in turmeric, has been studied for its anti-inflammatory properties. Research suggests it may support joint health, cognitive function, and cardiovascular health — all areas of particular importance during menopause. For optimal absorption, turmeric is best consumed with black pepper (which increases bioavailability by up to 2000%) and a source of fat.

Gentle Movement

Day Two movement focuses on the lymphatic system and core strength. The lymphatic system has no pump — it relies on muscle contractions and diaphragmatic breathing to move fluid. Today's activities specifically address this.

Rebounding or Brisk Walking

20 minutes · Moderate

Mini-trampoline rebounding is one of the most effective activities for lymphatic circulation. If unavailable, a brisk walk with intentional arm movement works well.

Resistance Band or Bodyweight Strength

15–20 minutes · Moderate

Focus on lower body and core: squats, glute bridges, modified push-ups. Muscle contractions directly pump the lymphatic system and build the muscle mass that declines with menopause.



● COACH'S TIP — BEVERLY

Drink your water before you are thirsty. Thirst signals become less reliable as we age, meaning mild dehydration can persist without you noticing. A practical strategy: keep a large water bottle visible at all times. When you see it, drink from it. Visibility drives behavior.

Today's Learning

Today you are learning about inflammation — specifically, the difference between acute inflammation (your body's normal healing response to injury or illness) and chronic low-grade inflammation (a persistent, damaging state that contributes to many of the symptoms midlife women experience, including fatigue, joint pain, brain fog, and weight gain). Declining estrogen increases susceptibility to inflammatory processes, which is why anti-inflammatory food choices become increasingly important during midlife. The foods in today's plan are specifically chosen for their anti-inflammatory properties: turmeric, ginger, leafy greens, omega-3-rich chia seeds, and colorful vegetables all contribute to reducing the inflammatory burden in your body. Notice how you feel today compared to yesterday. This is your body responding.

● SLEEP GOAL TONIGHT

Tonight, try magnesium glycinate if you have it available — it is the most well-researched supplemental form for sleep support and is particularly gentle on digestion. Take 200–400mg about 30–60 minutes before bed. Even without supplementation, practice the 4-4-6 breathing from last night.

Confidence Check-In

At the end of the day, take a few minutes to complete this reflection:

Where in your body did you feel most supported by today's food and movement choices?



What is one habit from today that you could imagine keeping after this reset ends?

What did you learn today that surprised or encouraged you?

Evidence Tracker

Check off what you completed today. Every check is evidence that you are building this habit.

- | | |
|--|--|
| <input type="checkbox"/> Drank my water goal | <input type="checkbox"/> Ate a nourishing breakfast |
| <input type="checkbox"/> Ate a nourishing lunch | <input type="checkbox"/> Ate a nourishing dinner |
| <input type="checkbox"/> Moved my body | <input type="checkbox"/> Completed my morning reflection |
| <input type="checkbox"/> Completed my evening reflection | <input type="checkbox"/> Got to bed at a reasonable time |

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**DAY THREE**

Building Confidence

UNDERSTANDING CREATES CONFIDENCE™

Day 3 Intention

You are on the final day of your reset. Today's theme is building confidence – not through achieving perfection, but through recognizing the evidence of your own capability. You have shown up for yourself for two full days. That matters.

Morning Reflection

Begin your day here. What is different about how you feel today compared to when you started? Be specific.

● HYDRATION GOAL FOR TODAY

Final day hydration goal: 8–10 cups, but today also track what herbal teas you drink. Consider adding a cup of nettle or dandelion root tea – both have been traditionally used to support kidney and liver function and are rich in trace minerals.

Nourishment Plan

BREAKFAST

Veggie-Packed Egg Scramble with Avocado Toast

- 3 eggs or 2 eggs + 2 egg whites
- Handful spinach, handful mushrooms
- ¼ red bell pepper, diced
- 1 slice whole grain or sourdough bread



- ¼ avocado, smashed
- Red pepper flakes, sea salt, fresh herbs
- 1 tbsp olive oil

Sauté mushrooms and pepper in olive oil until soft. Add spinach until wilted. Add eggs and scramble gently. Toast bread and top with smashed avocado. Plate eggs alongside. This breakfast provides eggs' complete amino acid profile, complex carbohydrates for sustained energy, and healthy fats for satiety and hormone support.

LUNCH**Hormone-Supporting Sweet Kale Salad**

- ½ bunch kale, de-stemmed and massaged
- ½ bunch dandelion greens or more kale
- 1 grapefruit, segmented
- ¼ avocado
- 2 tbsp pumpkin seeds
- 1 tbsp hemp seeds
- 1 tsp honey, juice of 1 lemon, 2 tbsp olive oil (dressing)
- Fresh mint leaves

Massage kale with a pinch of salt and the dressing for 2 minutes — this breaks down the tough fibers and makes kale much more digestible and enjoyable. Add grapefruit, avocado, seeds, and mint. Dandelion greens support liver detoxification pathways. Pumpkin seeds are an excellent source of zinc, which supports hormone production.

DINNER**Herb-Roasted Salmon with Green Beans & Quinoa**

- 1 salmon fillet
- 1 pound green beans
- ½ cup quinoa, cooked
- 2 garlic cloves, minced
- Fresh herbs: dill, parsley, or tarragon



- Lemon, olive oil, sea salt
- 1 tbsp hemp seeds (to finish)

Preheat oven to 400°F. Place salmon on a lined baking sheet, top with herbs, garlic, and lemon slices. Toss green beans in olive oil and arrange around the salmon. Roast 15–18 minutes. Serve over quinoa, finished with hemp seeds. Quinoa is a complete protein grain containing all essential amino acids — a rarity in the plant kingdom and an excellent choice for midlife women managing blood sugar.

Snack Ideas

- Brazil nuts (2–3 only — excellent selenium source for thyroid health)
- Sliced apple with tahini
- Edamame with sea salt
- Bone broth with a squeeze of lemon and ginger
- Small bowl of mixed berries with a dollop of coconut yogurt

● SCIENCE BOX

The estrobolome — the collection of gut bacteria involved in estrogen metabolism — produces an enzyme called beta-glucuronidase, which helps reactivate estrogens for recirculation in the body. A diverse, fiber-rich diet supports a healthy estrobolome and appropriate estrogen recycling. Conversely, a low-fiber diet, antibiotic use, and chronic stress can disrupt the estrobolome and contribute to hormonal imbalance.

Gentle Movement

Today's movement celebrates what your body can do. Whatever felt hard on Day One may feel a little easier today. Notice that. That is evidence of your capacity and your body's ability to respond to care.

Nature Walk or Outdoor Movement

25–30 minutes ·

Moderate

Take today's walk outside if possible. Natural light, fresh air, and grounding contact with the earth (barefoot on grass if available) all reduce cortisol and support circadian rhythm regulation.



Yoga, Pilates, or Gentle Stretching

20 minutes · Gentle to moderate

Today focus on strength and balance. Tree pose, warrior poses, or Pilates core work. Proprioception (balance) training is particularly important for midlife women as it supports bone density and fall prevention.

● COACH'S TIP — BEVERLY

You made it to Day Three. That is not a small thing. You showed up for yourself for three days when it would have been easier not to. That is evidence of your capacity. Write that down somewhere. Confidence is not a feeling that arrives fully formed — it is built from exactly this kind of evidence, accumulated one day at a time.

Today's Learning

Today you are learning about the gut-hormone connection — one of the most exciting and practically important areas of midlife health research. Your gut microbiome (the trillions of microorganisms living in your digestive system) plays a direct role in estrogen metabolism. A specific collection of gut bacteria called the estrobolome produces enzymes that help regulate circulating estrogen levels. When the gut microbiome is disrupted by antibiotics, poor diet, chronic stress, or lack of fiber, estrogen metabolism is also disrupted — contributing to the hormonal imbalances many midlife women experience. The food you have been eating throughout this reset — fiber-rich vegetables, fermented foods, diverse plant sources — directly nourishes your gut microbiome. This is not coincidence. It is the foundation of the Holistic Harmony Wellness approach to midlife health.

● SLEEP GOAL TONIGHT

On your final night, begin a gentle wind-down routine 45–60 minutes before bed. Dim lights. Put your phone in another room. Make a cup of chamomile or passionflower tea. Review your three days and write one thing you are proud of. Then sleep — your body has earned it.

Confidence Check-In

At the end of the day, take a few minutes to complete this reflection:



What did you learn about your body during this reset that genuinely surprised you?

Write a letter of appreciation to your body – even one sentence is enough.

What did you learn today that surprised or encouraged you?

Evidence Tracker

Check off what you completed today. Every check is evidence that you are building this habit.

- | | |
|--|--|
| <input type="checkbox"/> Drank my water goal | <input type="checkbox"/> Ate a nourishing breakfast |
| <input type="checkbox"/> Ate a nourishing lunch | <input type="checkbox"/> Ate a nourishing dinner |
| <input type="checkbox"/> Moved my body | <input type="checkbox"/> Completed my morning reflection |
| <input type="checkbox"/> Completed my evening reflection | <input type="checkbox"/> Got to bed at a reasonable time |

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**YOUR PATH FORWARD**

The Confidence Pathway

Completing this three-day reset is a genuine accomplishment — and it is designed to be the beginning of something, not the end of it. Here is the pathway Beverly has designed to help you turn these three days into lasting understanding and real, measurable results.



Step One: Complete the 3-Day Midlife Reset™

You have just done this. Whether you followed every meal exactly or took a gentler path through, you have spent three days paying attention to your body in a new way. You have nourished it intentionally. You have moved it gently. You have begun to understand it more deeply. That is a real foundation.

Step Two: Complete the TrueView Body Systems Assessment

The TrueView Body Systems Assessment is Beverly's signature tool for understanding your unique symptom picture. Rather than guessing at what your body needs, this assessment provides a structured, evidence-informed framework for identifying which of your body's systems may be asking for additional support.

Symptoms like fatigue, brain fog, weight gain, poor sleep, digestive issues, and mood changes are not random. They are signals. The TrueView Assessment helps you read those signals clearly — so you can respond to what your body actually needs rather than chasing generic solutions.

● WHY THIS MATTERS

Understanding your symptoms before beginning any program or making significant lifestyle changes allows you to personalize your approach in a meaningful way. It also creates a baseline so you can track your progress and recognize real improvement as it happens — which is one of the most powerful confidence builders there is.



Step Three: A Complimentary Discovery Session with Beverly

Once you have completed the reset and the TrueView Assessment, Beverly invites you to schedule a complimentary discovery session — a real conversation about what you have noticed, what your assessment revealed, and what ongoing support might look like for you.

This is not a sales call. It is a coaching conversation. Beverly's approach is warm, practical, and entirely focused on helping you understand your options clearly so you can make the right decision for yourself.

There is no pressure. There is no obligation.

There is simply an open door and an invitation to keep going — at your own pace, in your own way, with real support.

How to Take Your Next Step

- Visit holisticharmonywellness.com/assessment to complete the TrueView Body Systems Assessment
- Review your results — Beverly will explain how to interpret them
- Book your complimentary discovery session from the confirmation page
- Arrive to your session having completed both the reset and the assessment

Understanding Creates Confidence™

You have started something meaningful. Keep going.





PREPARATION

Shopping List & Kitchen Checklist

Everything you need for three days of nourishing midlife-focused meals. This list serves one person. Double or triple as needed.

Protein

- Wild salmon (2 fillets)
- Chicken breast or thighs (2 portions)
- Edamame, frozen (1 bag)
- Tempeh or tofu (optional, 1 block)
- Eggs, pasture-raised (1 dozen)
- Hemp seeds (1 bag)
- Legumes: lentils or chickpeas (1 can each)
- Greek yogurt, plain (1 container)

Vegetables

- Leafy greens: spinach, kale, arugula (large bags)
- Cauliflower (1 head)
- Green beans (1 pound)
- Zucchini (2)
- Bell peppers, any color (2)
- Garlic (1 head)
- Avocado (3-4)
- Broccoli (1 large head)
- Asparagus (1 bunch)
- Cucumber (2)
- Sweet potatoes (2 medium)
- Red cabbage (small head)
- Onion (2)

Fruit

- Blueberries, fresh or frozen (2 cups)
- Pineapple (1 small or pre-cut)
- Lemon (4)
- Grapefruit (2)
- Green apple (2)
- Berries, assorted for snacking

Herbs & Fresh Produce

- Fresh basil (1 large bunch)
- Fresh parsley (1 bunch)
- Fresh ginger root (small piece)
- Fresh mint (1 bunch)
- Fresh cilantro (1 bunch)
- Dandelion greens (optional, 1 bunch)



Pantry & Staples

- Extra-virgin olive oil
- Tahini (1 jar)
- Chia seeds (1 bag)
- Nutritional yeast
- Herbes de Provence
- Cinnamon
- Vegetable or bone broth (2–3 cartons)
- Honey (raw, small jar)
- Coconut oil
- Apple cider vinegar, raw
- Raw cacao powder
- Hemp seeds
- Sea salt & black pepper
- Turmeric
- Dairy-free milk: oat, almond, or coconut (2 cartons)
- Bragg's apple cider vinegar

Optional Extras

- Herbal teas: ginger, peppermint, chamomile
- Sparkling water (for hydration variety)
- Collagen powder (unflavored, optional)
- Magnesium glycinate supplement

Kitchen Checklist

Make sure you have these basics before you begin:

- Large mixing bowls
- Sharp chef's knife
- Cutting board
- Blender or food processor
- Large sauté pan
- Baking sheet
- Mason jars (for salads in jars)
- Water bottle (at least 32 oz)
- Measuring cups and spoons
- Quality sea salt
- Kitchen scale (optional)



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