

A close-up photograph of several pink roses with many layers of petals, creating a soft, textured background. A large, white, equilateral triangle is superimposed over the lower half of the image, pointing upwards. The text is centered within this triangle.

# **Revitalize Your Energy & Brain:**

A SIMPLE 7-DAY RESET FOR WOMEN 50+

**Are you feeling drained, foggy, or just not like yourself? It's time to refresh your body and mind with simple, natural steps that help you regain energy, mental clarity, and vibrancy. This 7-day reset is designed for busy women like you—no complicated routines, just small, impactful shifts to help you feel your best. Let's get started!**



# Day 1: Hydration for Energy & Brain Clarity

Why? Dehydration leads to fatigue, brain fog, and sluggishness.

**Action Step:** Start your day with 16 ounces of water (add lemon or a drop of Lemon Vitality essential oil for extra detox benefits). Aim for half your body weight in ounces of water daily.

**Bonus Boost:** Swap one cup of coffee or soda for herbal tea or warm lemon water.



## Day 2: The Power of Breath & Stress Reset

Why? Shallow breathing keeps your nervous system in stress mode, draining energy.

**Action Step:** Practice box breathing: Inhale for 4 seconds, hold for 4, exhale for 4, hold for 4. Do this 3-5 times whenever you feel stressed or tired.

**Bonus Boost:** Diffuse Stress Away, Lavender, or Frankincense for relaxation and focus.



## Day 3: Brain-Boosting Nutrition

Why? Your brain and body need high-quality nutrients to function optimally.

**Action Step:** Add one brain-friendly food today:

- ✓ Healthy fats (avocados, nuts, seeds, olive oil, salmon)
- ✓ Dark leafy greens (spinach, kale, arugula)
- ✓ Antioxidant-rich berries (blueberries, raspberries)

**Bonus Boost:** Take Green Omega3 or MindWise to support brain function.



## Day 4: Movement for Energy & Focus

Why? Gentle movement boosts circulation, oxygenates the brain, and releases energyblocking tension.

**Action Step:** Take a 10-minute walk outside or do gentle stretching when you wake up or mid-afternoon when energy dips.

**Bonus Boost:** Add a drop of Peppermint essential oil to your temples and inhale deeply before moving!



## Day 5: Sleep & Restoration Reset

Why? Poor sleep impacts energy, memory, and mood.

**Action Step:** Create a bedtime routine:

- ✓ No screens 1 hour before bed
- ✓ Dim the lights and diffuse Lavender or Cedarwood
- ✓ Try Deep Night Essence for deeper, restorative sleep

**Bonus Boost:** Journal for 5 minutes about 3 things you're grateful for to shift your mind into relaxation mode.



## Day 6: Essential Oils for Energy & Mood

Why? Aromatherapy stimulates brain function and supports emotional well-being.

**Action Step:** Use an essential oil today for energy and focus:

- ✓ Peppermint + Lemon: Invigorating and refreshing
- ✓ Rosemary: Supports brain clarity and memory
- ✓ Orange + Stress Away: Uplifting and calming

**Bonus Boost:** Try aromatic personal fragrance: Mix 2-3 drops of your favorite oil with a carrier oil and apply to your wrists and neck.





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## Day 7: Mindful Morning & Intention Setting

Why? A positive start to the day shapes your mindset and energy levels.

**Action Step:** Each morning, take 3 deep breaths, stretch, and set an intention like:

- "Today, I choose to feel energized and clear-headed."
- "I nourish my mind and body with love and care."

**Bonus Boost:** Play uplifting music or use a singing bowl to start the day with a calming frequency.



# What's Next? Let's Personalize Your Wellness Plan!

You've started your 7-day reset, but real transformation happens with consistency and the right support!



Let's chat! **Book a Free 30-Minute 'Revitalize Your Energy' Call.**

I'll help you create a personalized wellness plan so you can keep feeling energized, clear, and vibrant—without guesswork.

 [Book Your Free Call Here](#) ✨

Ready to keep this momentum going? Let's do this together!

*Jacque*

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