

AN ESSENTIAL LIFE-CHANGING GUIDE

The Radiant Wellness Reset Guide

YOUR DAILY PATH TO
HORMONE BALANCE,
NERVOUS SYSTEM REGULATION,
HOLISTIC HEALING
& TRUE FREEDOM





WELCOME

Hi friends, I'm Jessi. The heart & soul behind
Radiant Women Wellness.

This guide is my gift to you: the everyday steps I have used to restore my health, balance my hormones, grow spiritually, and create the life of freedom and health I used to dream of.

As someone who struggled with an undiagnosed chronic illness my whole life and was failed by the conventional medical system- I learned how to heal holistically. As someone who became successful in the "corporate world", and then reached burn out at a very young age- I learned the power of building your own business in alignment with yourself, and with a regulated nervous system.

YOUR BODY KNOWS HOW TO HEAL

Your body is always working toward balance. When you support your nervous system, nourish your cells, move your lymph, hydrate deeply, and create calm in your life, your body naturally begins to restore energy, mood, digestion, hormones, and emotional well-being. This guide gives you simple, sustainable daily routines that help your body feel safe, regulated, hydrated, and supported — without extremes, pressure, or perfection.

You'll find:

- Gentle nervous system regulation practices
- Daily lymphatic activation and drainage support
- Foundational nutrition and hydration guidance
- Simple ways to support detox and inflammation reduction
- Tools and rituals for rest, grounding, and emotional balance

This is not about doing everything at once.

It's about slow, compassionate consistency.

Small nervous system-safe changes → long-term transformation.



THE 5 PILLARS OF WHOLE-BODY RESET & ALIGNMENT

Your wellness journey is built on five interconnected areas:

NERVOUS SYSTEM REGULATION

Safety in the body reduces inflammation, anxiety, fatigue, and hormone stress.

HORMONE BALANCE SUPPORT

Balanced nourishment, sleep, stress reduction, and blood sugar stability support mood, energy, and cycle health.

LYMPHATIC FLOW & DRAINAGE

Your lymph system removes cellular waste, supports immunity, and reduces swelling and congestion — but it relies on movement, breath, and hydration.

GENTLE DETOX SUPPORT

Detox isn't extreme — it's helping your liver, gut, skin, and lymph do what they're designed to do through hydration, minerals, fiber, and lifestyle balance.

HOLISTIC DAILY HABITS

Grounding, hydration, movement, nourishing food, emotional safety, and rest all create long-term wellness.



How to use this workbook

This workbook is your daily step-by-step guide to living a more radiant, balanced, and intentional life. Inside, you'll find education, checklists, and daily routines across the key pillars of wellness—hormone health, hydration, nutrition, nervous system balance, and financial freedom.

Use it as both a learning tool and a practical road map: start by choosing one or two habits to focus on, then layer in more as you feel ready.

Make sure to keep notes of your progress, and return to the practices often. Remember—healing isn't about perfection, it's about consistency and awareness. This is your companion to help you feel vibrant, aligned, and empowered every day.

Questions?

RADIANTWOMENWELLNESS@GMAIL.COM

WWW.RADIANTWOMENWELLNESS.COM

IG: @RADIANTWOMENWELLNESS


DAILY CHECKLIST

TOTAL WELLNESS RESET

Morning Reset

- Oil pulling for detox
- Hydrate first thing (warm water + minerals or lemon)
- Nervous system grounding (breath, stillness, journaling, meditation)
- Gentle Movement and Somatic Dancing (stretching, walking, somatic movement)
- Morning Nutrition & supplements (nitric oxide, collagen)
- Light lymph support (dry brushing, lymph drainage exercises)
- Circadian rhythm reset for the day

Mid-Morning Reset

- Breathwork or vagus nerve reset
 - Posture + movement break
 - Nourishing snacks (protein + fiber)
 - Hydration + minerals
 - Quick nervous system check-in
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DAILY CHECKLIST

TOTAL WELLNESS RESET

Afternoon Reset

- Hydration + movement
- Light lymph activation
- Calm nervous system reset
- Support blood sugar + energy

Evening Reset

- Gentle nervous system release
- EFT Tapping
- Light stretching or walking
- Lymphatic self-massage or legs elevated
- Anti-inflammatory, balanced dinner
- Emotional grounding or journaling

Bedtime Wind-Down

- Screens + stimulation reduced
- Calm sleep ritual + breathwork
- Cool, dark bedroom
- Legs up the wall
- Consistent bedtime routine and schedule

MORNING RESET



Morning Reset

Oil Pulling

- Use a cold-pressed, organic oil (coconut, sesame, sunflower, or olive oil).
- Before eating or drinking anything, put a tablespoon of oil in your mouth.
- Swish the oil around in your mouth like mouthwash. (for at least 3 minutes, up to 15)
- Spit out oil (not in sink or drain) and rinse thoroughly with warm water.

Oil pulling promotes detoxification. It also improves oral health, gum health, and improves immune function.

Hydration

- Start your day with a glass of warm water with fresh lemon juice. (bonus points if you drink a hydrogen-rich, 9.5 pH alkalized water filled with antioxidants)

Benefits of drinking warm lemon water in the morning include: increased hydration (especially post-sleep), supports digestion, boosts immune function, enhances skin health, improves mood & mental clarity, and detoxification.

Nervous System Grounding

- Start with a gratitude list. What are 3 things you are grateful for this morning?
- Journal for at least 10 minutes. Get out those thoughts!
- Meditate for at least 5 minutes. Sit in silence.
- Breathwork (deep belly breaths, box breathing, 4-7-8 breathing, etc)
- Barefoot grounding outside or cold water splash.

Morning Reset

Morning Movement

- Start your morning with gentle movement. This can include going on a morning walk or gentle stretching/yoga.
- Spend at least 5-10 minutes doing somatic dancing and movements in the morning.

Some benefits of somatic movement in the morning include stress reduction, improved flexibility and strength, trauma release, and emotional well-being.

Lymph Support

- Dry brushing. Use a soft-bristled dry brush for lymph drainage. Make sure to research the proper way to dry brush, there is an incorrect way to do this. (there is a certain order to ensure the lymph fluid is draining and NOT getting stuck in other places)
- Lymph drainage exercises (as used in ancient Chinese medicine). Some of these include gentle hops, hops with hip turns, body waves, chest opening, trunk twists, arms up/down, golf swings, ballet squats, lateral lunges, loose arm swinging, etc)
- Rebounder, shake plate, or trampoline.
- Legs up the wall for at least 5 minutes- which assists in lymph drainage.

Many people don't know, but the lymph does not drain itself. Which means we have to actively work on stimulating, promoting, and draining your lymph fluid.

Please do your research on the CORRECT method for these modalities, as there are ways to do them incorrectly and not support proper drainage.

Morning Reset

Morning Nutrition and Supplements

- Eat a protein and fiber-rich breakfast within the first 2 hours of waking up. (fruits/vegetables for fiber PLUS protein)
- Type 2 Snow Collagen. This is going to be great for skin/hair elasticity, as well as joint and muscle inflammation. (my go-to is Nueva Snow Collagen)
- Nitric Oxide Supplement. I have been taking Nueva Nitro for about a year now and it has eliminated my "need" for coffee.

Benefits of nitric oxide include increased cognitive function, decrease in 'brain fog', enhanced cardiovascular health, and is overall great for blood flow.

Circadian Rhythm

- NO SCREENS. Avoid looking at your phone or computer first thing in the morning.
- Set a consistent wake up time.
- Sunshine first thing in the morning. GO OUTSIDE.

Regulating your circadian rhythm is crucial to hormone balance, proper sleep and rest, and your mental and physical well-being.

MID-MORNING RESET



Mid-Morning Reset

Vagus Nerve Reset

- Deep breathing exercises. A few examples include:
 - Box Breathing (4 count inhale- 4 count hold- 4 count exhale- 4 count hold)
 - 6-7-8 Breathing. Inhale deeply for 6 seconds, hold for 7 seconds, and exhale for 8 seconds.
- Cold exposure. Splashing your face with cold water, putting cold water on your wrists, or taking a cold shower.
- Singing, humming, or chanting. Engaging your vocal cords through singing or humming will directly stimulate the vagus nerve.

Posture & Movement Break

- Check in on your posture. Are your shoulders tense? Are you slouching over? Take a minute to reset your posture.
- Give your body some movement. Go for a walk, do a quick gentle stretch, get up and dance around for a minute, or even just get up and shake it out.
- Bonus points if you can do these outside and get some sunshine on your face!

Nourishing Snacks

- Keep your blood sugar in check by eating healthy, nourishing snacks throughout the day.
- Fruits, vegetables, nuts, seeds, etc. Remember to always try and pair a protein with fruits or vegetables!

Mid-Morning Reset

Hydration & Minerals

- Reminder to be drinking water throughout the day.
 - Purchasing a hydrogen-rich alkalized water machine was the best decision of my life. It allowed me to drink water all day that is full of antioxidants and hydrates at a cellular level.
- If you do not have the ability to have a hydrogen water machine, consider adding minerals to your regular or reverse osmosis water.
- Additives like mineral-rich salts, magnesium, potassium and calcium can all aid in ultimate hydration and to improve your electrolyte balance.

Be cautious of manufactured, pre-packaged electrolyte drinks. They typically contain added ingredients and processed sugars. Some of the health benefits of naturally mineralized waters include enhanced hydration, electrolyte balance, energy levels, and bone health.

Quick Nervous System Check-In & Reset

- Pause + Notice: "What am I feeling in my body right now?" (tight jaw, shallow breath, racing thoughts, heaviness, tension)
- Take 3 long, deep breaths. In through the nose and long, slow exhale through the mouth.
- Get up and move! Take a few moments and shake it out, move your body, jump around- whatever feels right to you in this moment.
- Go outside and ground in nature. Feel the grass under your feet, put your hands on a tree, smell the flowers- ground yourself with the nature around you.

AFTERNOON RESET



Afternoon Reset

Hydration & Movement

- Have you drunk water recently? Have you added minerals to at least one of those glasses of water?
- Have you gotten up and moved recently? Get outside. Go for a walk. Get up and stretch. Shake it out. Just be moving your body in whatever way feels right for you!

Light Lymph Activation

- 3-5 minutes of gentle rebounding or bouncing up and down on your heels can help activate your lymphatic system.
- Legs up the wall for 5 minutes to support drainage.
- Deep diaphragmatic rib breathing. Be sure to expand ribs + belly while inhaling.

Calm Nervous System Reset

- Pause + Notice: "What am I feeling in my body right now?"
- Take 3 long, deep breaths. In through the nose and long, slow exhale through the mouth.
- Put your hands on your chest and your belly. Relax your shoulders, soften your belly.
- Repeat the mantra "I am safe. My body can soften." Breathe deeply.

Support Blood Sugar and Energy

- Eat every 3-4 hours when trying to balance hormones or blood sugar.
- Remember to always pair proteins with carbs or fruits/vegetables, NEVER carbs alone.

EVENING RESET



Evening Reset

Gentle Nervous System Release

- In the evening, doing a few nervous system releases will help start winding you down.
- Read for at least 10 minutes.
- EFT Tapping. You can get on YouTube and find guided EFT tapping, or you can create your own. (once you learn the order of the tapping)
 - EFT Tapping is beneficial in manifesting your dreams.
 - EFT tapping is also an incredible tool for stress & anxiety management, pain management, and emotional release.

Movement

- Before you start really winding down, it's good to get some more movement in.
- Do what you can with the time you have! Go on a short walk, do some more stretching, or get up and do some somatic dance movements.

Lymphatic Work

- As you have learned, there are several ways to help stimulate and promote lymph drainage. A few of my favorites at night:
- Another dry brush session or self-massage on your lymph systems.
- Arm swings + shoulder rolls to stimulate upper-body lymph flow.
- Ankle circles + calf pumps if sitting for long periods
- Neck + clavicle lymph massage (light, sweeping strokes toward collarbones).
- Deep diaphragmatic rib breathing — expand ribs + belly while inhaling

Evening Reset

Eat an Anti-Inflammatory Balanced Dinner

- Aim for the “PFF plate”. This means protein, fiber, and healthy fat to stabilize blood sugar and hormones overnight.
- Include colorful veggies + leafy greens to support minerals, antioxidants, and gentle detox pathways.
- Choose omega-3 rich foods (salmon, sardines, walnuts, chia, flax) to help reduce inflammation.
- Avoid heavy, greasy, sugary or ultra-processed foods late at night — they can stress digestion and disrupt sleep.
- Eat dinner 2–3 hours before bed when possible to support digestion and circadian rhythm.

Stable glucose at night = better cortisol rhythm, calmer sleep, and steadier morning energy.

Emotional Grounding or Journaling

- Free journal for at least 10 minutes. No rules, no restrictions, just write down your thoughts.
- Practice body-based grounding by noticing sensations instead of thoughts.
- “Release list”. What stress or thoughts am I choosing to set down tonight?
- Write down one or two compassionate sentences towards yourself. What do you love about yourself? What did you accomplish today?
 - Example: I did enough today. My body deserves rest.

BED TIME WIND DOWN



Bedtime Wind-Down

Screens & Stimulations Reduced

- Try putting your screens away at least an hour before you plan to go to sleep.
 - Blue light can delay melatonin production, making it harder to fall asleep.
 - If you do have to work on the screens, try using blue light blocker glasses or putting devices on night mode.
- Avoid intense content that will get you worked up. Keep yourself calm.
- Replace scrolling with calming activities. This can include reading, stretching, journaling, breathwork, etc.

Calm Sleep Ritual & Breathwork

- Try 4-7-8 breathing or slow nasal breathing with long exhales.
- Light stretching or gentle mobility to release stored tension.
- Warm shower, magnesium foot soak, or calming tea to signal wind-down.
- Keep the ritual short + repeatable so it becomes automatic.
- Pair breathwork with a calming phrase like "My body is safe. I can soften."

Cool, Dark Bedroom

- Ideal sleep temperature is often ~60-67°F for most people.
- Use blackout curtains, dim lights, or a sleep mask.
- Remove blinking electronics, bright clocks, or LED lights.
- Try white noise if sound helps regulate your system.

A cool, dark environment helps increase melatonin and deep sleep quality.

Bedtime Wind-Down

Legs Up the Wall

- Hold for 5-10 minutes. Make sure to breathe slowly and soften your shoulders/jaw.
- Can help calm the nervous system and reduce physical tension.
- Keep a pillow under hips if needed. Comfort matters more than perfection.
- Gentle, inverted rest can help the body shift from tension to relaxation.
- This will also help calm down your nervous system and promote deeper, more relaxed sleep.

Consistent Bedtime Routine and Schedule

- Try to go to bed and wake up around the same time daily.
- Consistency supports natural circadian rhythm + hormone balance.
- Build a repeatable 10-20 minute routine that becomes your body's "sleep cue."
- Avoid working or high-stimulus activities right before bed.

Routine trains the brain to link nighttime with safety, rest, and recovery.



AFFIRMATIONS

- I am worthy of everything good coming my way.
- I choose peace everyday.
- My mind is calm and my body is relaxed.
- I am open to receiving love and kindness.
- My body knows how to heal, and I allow it to do so with ease and trust.
- Each breath restores balance, strength, and clarity within me.
- I am open to inspired opportunities.
- My energy upgrades with every sunrise.
- I embody love, prosperity, and peace in all I do.
- My dreams are coming true.
- I am grateful to be in perfect health.
- Miracles happen to me every single day.
- I trust the universe's divine timing.
- I radiate confidence & joy.
- I release all past pain and embrace a future of wellness & joy.
- I am surrounded by loving and supportive people who contribute to my well-being.

Resources

Nueva Nitro

- Link: [Nueva Nitro](#)

Snow Collagen

- Link: [Snow Collagen](#)

Molecular Hydrogen Water

- [K8 Machine](#)
- [EMF Radiation Protection](#)
- [Anespa Shower Filter](#)
- [Ukon Turmeric](#)

Red Light Therapy Machines

- Link: [MitoRed Light Therapy](#)
- Link: [Megelin Red Light Therapy](#)

SENDING YOU LOVE ON THIS BEAUTIFUL HEALING JOURNEY



CONTACT ME

radiantwomenwellness@gmail.com

(908) 256-4377

www.radiantwomenwellness.com

IG: @radiantwomenwellness