



THE RESET CODE: FOUNDATION

by Sirius B.



WELCOME

THIS IS YOUR STARTING POINT ,YOUR GENTLE ENTRY INTO THE DETOX
PROCESS.

NO PRESSURE. NO EXTREMES. JUST THE WISDOM OF FRUIT, HYDRATION
AND SIMPLICITY.

WHETHER YOU'RE ABOUT TO BEGIN A 7-DAY, 14-DAY, OR 21-DAY DETOX,
THESE 3 DAYS ARE HERE TO HELP YOU:
EASE INTO THE PROCESS WITH CLARITY AND INTENTION

PREPARE YOUR BODY PHYSICALLY AND EMOTIONALLY

ACTIVATE YOUR NATURAL ELIMINATION PATHWAYS

START CLEANSING GENTLY, WITHOUT OVERWHELM

THIS IS YOUR FOUNDATION ,THE SOIL WHERE DEEP TRANSFORMATION
BEGINS.

Sirius B.



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CHAPTER 1

WHAT IS THE PRE-DETOX PHASE?



CHAPTER 1

WHAT IS THE PRE-DETOX PHASE?

This is the doorway ,the soft landing before the real reset begins.

The Pre-Detox Phase is where the healing starts ,not with intensity, but with intention.

It's your body's gentle reintroduction to clarity.

It's the moment where you press pause on complexity, and choose simplicity instead.

You're not diving into a full detox just yet.

You're preparing the space ,physically, emotionally, and energetically ,so that when you do go deeper, your body can receive it fully, without shock, resistance, or overwhelm.

This is the bridge between your current lifestyle and the deeper transformation you're ready for..

And without this bridge, the jump often feels too far

CHAPTER 1

Why It Matters So Much

Most people try to go from a typical modern diet ,full of caffeine, processed foods, mucus-forming meals, stress, and emotional eating ,straight into a fruit-only or juice-based cleanse.

That's like asking a traffic-jammed highway to suddenly clear itself in five seconds flat.

It doesn't work ,and even if it does, it's chaotic.
Your nervous system panics.

Your cravings scream.

Your digestion rebels.

Your mind resists.

And you give up before your body even had a chance to feel the benefits.

The pre-detox phase prevents this.

It's the grounding that makes the transformation sustainable.

It's the trust-building that keeps you moving when things get uncomfortable.

It's the grace that makes the process feel loving ,not punishing.



CHAPTER 1

What Actually Happens in the Pre-Detox?

In just three days, you begin to:

- Remove the most inflammatory and mucus-forming foods
- Unclog your elimination channels (kidneys, skin, colon)
- Reawaken your tastebuds and inner intuition
- Calm blood sugar fluctuations with natural fruit sugars
- Hydrate your tissues so they're able to release waste
- Warm up the liver and bowels without shocking them
- Begin releasing retained water, bloating, and heaviness
- Reduce emotional friction ,because you feel nourished, not starved
- It's not a full detox ,but it's enough to feel:
 - Lighter
 - More focused
 - Less reactive
 - More connected to your body

CHAPTER 1

And On a Deeper Level...

This phase is about rebuilding the relationship between you and your body.

Because maybe your body's been speaking... and you haven't had the space to hear it.

Maybe it's been asking for water, for rest, for breath, for simplicity.

And now ,in this gentle 3-day window

Why This Version Is Even More Powerful

This protocol includes not just fruit and hydration ,but also one warm, plant-based meal per evening.

Why?

Because for many people, going fruit-only right away can be mentally overwhelming.

And when the mind feels unsafe, it shuts down the body's ability to relax and release.

That's why we now anchor the day with:

- A mineral-rich soup
- A light veggie broth
- Or simple steamed greens with lemon and herbs

This tiny addition makes a massive difference in how safe, doable, and grounded the process feels.



CHAPTER 1

And yes ,your body still enters detox mode.

You're still removing the junk.

But you're doing it in a way that honors your humanity, not just your biology.

A Message from Your Future Self

There will be a moment ,maybe on Day 2 ,when you'll feel it:

- Your digestion will feel calm
- Your head will feel clear
- Your cravings will soften
- Your breath will deepen
- Your nervous system will stop gripping

And you'll realize:

"I don't need chaos to heal.

I just need clarity and consistency."

That's the pre-detox phase.

That's the magic of beginning gently.





CHAPTER 2

WHY IT WORKS



CHAPTER 2

WHY IT WORKS

Because true healing is not about doing more. It's about removing what's in the way.

You've probably tried a lot of things.

Diets. Supplements. Workouts. Clean-eating plans. Maybe even detox teas or powders.

And yet... the results don't last. Or worse , nothing changes at all.

Why?

Because most methods add more: more rules, more restrictions, more products, more confusion.

But your body doesn't need more.

Your body needs less interference.

This protocol works because it does the opposite.

It simplifies. It softens. It clears the path so that your body's own intelligence can do what it was designed to do:

Clean. Heal. Rebalance. Rebuild.

CHAPTER 2

It Works Because It Respects Your Design

Your body is not broken.

It's not confused.

It's just burdened.

Every day, you're exposed to:

- Processed foods that clog the gut
- Acids that irritate your tissues
- Stress hormones that disrupt your rhythm
- Mucus-forming meals that back up your lymphatic system
- A lifestyle that disconnects you from your own signals

And yet, your body still shows up for you. Every day.

This protocol simply gives it a break, so it can catch up and clear out what's been building up for years.

1. Lemon Water: Simple, Powerful, Daily Reset

Starting your day with warm lemon water isn't just a "wellness trend."

It's a daily act of support for your liver, kidneys, and lymphatic system.

Lemon water helps to:

- Alkalize the body (yes, lemons are alkaline-forming inside)
- Stimulate gentle bile release from the liver
- Encourage morning bowel movement
- Hydrate tissues after sleep
- Wake up your system without caffeine or sugar





It's nature's detox elixir ,inexpensive, reliable, and grounding.

2. Fruit: The Perfect Fuel for Detox

Fruits aren't just food.

They're information.

They contain the exact ratio of hydration, natural sugars, minerals, fiber, enzymes, and electrical energy your cells understand.

Fruits work because they:

- Require very little digestive energy ,so more energy can go toward detoxification
- Hydrate on a cellular level
- Mobilize the lymphatic system (your inner sewer and immune highway)
- Contain astringent properties that loosen mucus and waste
- Feed your brain and adrenal glands with clean glucose
- Bring life force ,what some call prana, others call bioelectricity

And when you eat mono-meals (one fruit at a time), the digestive load is cut in half again ,giving your body even more freedom to eliminate.

CHAPTER 2

3. The Light Evening Meal: Grounding Without Slowing You Down

This protocol includes a small, nourishing meal each evening and that's not a weakness. It's a feature. Because for many, especially beginners, all-fruit detox can feel emotionally or mentally unsafe.

One warm, mineral-rich soup, broth, or steamed vegetable dish gives you:

- A feeling of satisfaction and comfort
- Extra trace minerals to support detox organs
- Something to look forward to at the end of the day
- Nervous system safety ,which is key to healing

It prevents burnout.

It reduces resistance.

It anchors the experience in compassion, not pressure.

4. Deep Hydration: The Forgotten Detox Tool

Let's be real ,most people are dehydrated.

And the body cannot eliminate toxins without water.



CHAPTER 2

This protocol reminds you to:

- Start the day hydrated
- Continue sipping throughout the day
- Use fruits as hydrating tools

Support your skin, colon, and kidneys in flushing out the waste you're loosening

Water is not a side note.

It's the river that carries your healing downstream.

5. Emotional Simplicity = Less Overwhelm

By narrowing your food choices to just 2–3 fruits and one evening meal, you:

- Reduce decision fatigue
- Quiet cravings (yes, they pass!)
- Discover what hunger actually feels like
- Unplug from emotional eating
- Reconnect with why you eat, not just what you eat

And that clarity? It doesn't just make detox easier.

It changes your relationship with food forever.



What You May Notice in Just 3 Days

- Less bloating
- Better digestion
- Deeper sleep
- A lightness in your thoughts
- Emotional shifts that surprise you
- More energy with less food
- A clearer sense of self

It doesn't take long.

Because when you remove the interference, the body responds immediately.

This Is Not a Cleanse. It's a Conversation.

Between you and your body.

Between you and your breath.

Between who you were and who you're becoming.

This protocol works because it honors your biology, your rhythm, and your emotions.

It doesn't rush you.

It welcomes you.

And in that welcome, your body feels safe enough to let go.





CHAPTER 3

PRE-DETOX GUIDELINES (3 SIMPLE RULES)



CHAPTER 3

PRE-DETOX GUIDELINES (3 SIMPLE RULES)

Not rules to restrict you ,rules to free you.

This protocol is not about rules for the sake of control.

It's about rhythm. About flow. About giving your body what it needs and removing what clouds the signal.

These three guidelines are not strict. They are sacred boundaries.

They exist to simplify your experience, calm your mind, and allow your system to gently return to balance without confusion, stress, or obsession.

So when I say "rules," I don't mean pressure.

I mean structure that supports your freedom.

Let's walk through them, together.

1. Fruits Only During the Day

Clean fuel. Light digestion. True nourishment.

Fruits are the star of this phase and for good reason. They hydrate, alkalize, energize, and cleanse without stressing the digestive system.

During the day (until your evening meal), stick to:

- Whole, raw, fresh fruits
- Choose 1–2 fruits only for the entire protocol (grapes, papaya, citrus, melon, mango, apples)
- Eat mono-meals whenever possible (one fruit per meal = less fermentation, more clarity)
- Listen to your body :eat when you're truly hungry, not out of habit

Why this works:

Your digestion is most active earlier in the day. Giving it clean, easily digestible fuel lets your body use energy for detoxification ,not just digestion.

If you're craving variety, alternate fruits across meals ,but avoid mixing 3+ in one plate.



2. Hydrate, Hydrate, Hydrate

Your body cannot release what it cannot flush.

Hydration isn't optional. It's essential.

Most of the symptoms people experience during detox (headaches, fatigue, brain fog, hunger) aren't from lack of food, they're from lack of water.

Each morning starts with:

- 500ml warm lemon water upon waking
→ It gently activates digestion, supports the liver, and prepares the bowels for release.

Then throughout the day:

Drink 2.5 to 3 liters of water

- Add fresh lemon or cucumber slices if desired
- Herbal teas are welcome (dandelion, nettle, lemon balm, ginger, etc.)
- Avoid caffeine, carbonated drinks, and alcohol

Why this works:

Water keeps everything moving :lymph, stool, urine, mucus, emotions. It literally carries waste out of the body. Without hydration, detox becomes stagnation.

If in doubt, drink more water.



CHAPTER 3

3. One Light, Warm Plant-Based Meal in the Evening

Because comfort and cleansing can co-exist.

Here's where this protocol becomes different and more sustainable.

We're not here to shock your body. We're here to support it.

Each evening, you'll enjoy a single light meal designed to:

- Ground your energy
- Support your nervous system
- Provide minerals + warmth
- Help you feel satisfied, not deprived

Your meal should be:

- Steamed or blended vegetable soup
- Simple broth with herbs and root vegetables
- Light plate of steamed zucchini, fennel, fresh parsley or Cilantro
- Small salad (if desired) with herbs and lemon or a touch of olive oil (1 tsp max)

Avoid:

- Animal products
- Oils or fried foods
- Grains and legumes

Nuts, seeds, or creamy sauces



Why this works

That one warm meal at night brings comfort and confidence. It allows the body to relax, which deepens detox instead of triggering resistance. It also keeps blood sugar stable and offers emotional support through food without reversing your progress.

If you feel bloated or heavy the next morning, simplify even more.

Bonus Guideline: don't Overthink It.

This phase is not about perfection ,it's about presence.

You're not here to obsess. You're here to listen.

Your body already knows what to do.

These 3 simple guidelines just help it do it gently, gracefully, and without confusion.

Let this be your daily rhythm:

- Fruit during the day
- Water all day
- Light meal at night

That's it.

No stress. No struggle. Just flow.





CHAPTER 4

FRUIT CHOICES (STICK TO SIMPLICITY)



CHAPTER 4

FRUIT CHOICES (STICK TO SIMPLICITY)

The magic isn't in variety. It's in clarity.

Fruits are not just food ,they're medicine, energy, information, and memory.

They are the original human food ,easy to digest, hydrating, electrical, and rich in life force.

In this pre-detox phase, we don't chase complexity.

We return to simplicity because that's where healing lives.

Why Simplicity Works Best

When you eat too many types of fruit together, you create:

- Digestive confusion :different fruits digest at different speeds
- Fermentation :which leads to bloating, gas, and heaviness
- Mixed signals : your body doesn't know where to focus

But when you stick to just 1–3 fruits over these 3 days, something shifts:

- Digestion slows down
- Energy increases
- Taste becomes sharper
- Detox symptoms ease up
- You become more present with your food

The cleaner the input, the clearer the signal.

Choose 2 to 3 Fruits for the Entire Protocol

Yes, just 2 or 3. Not because you're being restricted ,but because you're building internal consistency.

You're teaching your body:

"This is what we're doing. You're safe. You can begin to release."



Top Detox-Friendly Fruits

All fruits support healing, but some are especially effective for detoxification because they hydrate the most, cleanse mucus, and support lymphatic flow.

Here are my top recommendations for this pre-detox phase:

Grapes (red, black, or green if black and red not available)

- High in antioxidants, hydration, and astringent power
- Excellent for lymphatic drainage
- Help break down mucus
- Easy to mono-meal (just grapes all day = powerful detoxifier)

Organic seeded varieties are ideal, but do what's accessible

Melons (watermelon, cantaloupe, honeydew)

- Extremely hydrating ,over 90% water
- Best eaten alone (do not mix with other fruits or meals)
- Support kidney filtration and skin clarity
- Soothing to the GI tract

Eat melons in the morning on an empty stomach for best results.



Papaya

- Soothes the digestive tract and reduces inflammation
 - High in enzymes (especially papain) that help with gut repair
 - Easy to digest, soft, cooling
- Great for those transitioning from heavier diets

Mono-mealing papaya for lunch or dinner = gold.

Citrus (oranges, mandarins, grapefruit)

- Rich in vitamin C and alkalizing minerals
- Support liver detox and colon cleansing
- Excellent mucus busters
- Energizing and mentally uplifting

Fresh-squeezed citrus juice is allowed in moderation between meals.

Mango

- Soft, sweet, and grounding
- Good transition fruit for people new to fruit-based cleansing
- Offers both hydration and density
- Calms sugar cravings while still detoxifying

Combine with papaya or eat alone for emotional balance.



Apples or Pears

- Fibrous, gently astringent, cleansing to the colon
- Provide mild glucose for brain and energy
- Emotionally comforting
- Blend well into juices if desired

Try steamed apples with cinnamon if detox symptoms are intense.

Fruits to Avoid in This Phase

Not because they're "bad" ,just because they don't support cleansing as well in this window.

- Bananas – too starchy, slow down detox
- Avocados – technically fruit, but too fatty for this phase
- Dried fruit – overly concentrated, can spike sugar and dehydrate

Frozen fruits – cold dampens digestive fire (unless blended with warm water)





CHAPTER 5

DAILY SCHEDULE EXAMPLE

TIME	SUNDAY		
8:00 AM			
9:00 AM			
10:00 AM			
11:00 AM			



CHAPTER 5

DAILY SCHEDULE EXAMPLE

This isn't a strict routine. It's a rhythm. A return to your body's natural intelligence.

Your body already knows what time it prefers to eat, move, and rest.

This schedule is here to guide you back to that rhythm ,softly, without pressure.

There's no need to follow this perfectly.

What matters most is that you stay connected to how you feel. That said, structure creates safety, and safety creates results.

So here's a suggested day that supports hydration, elimination, and emotional ease ,without overload.

Morning | Awaken + Activate

7:00 – 8:30 AM

☐ 500ml warm lemon water (on an empty stomach)

→ gently wakes up digestion, flushes the liver and kidneys, hydrates your tissues

☐ Light movement (stretching, yoga, rebounding, 5–10 min walk)

☐ Breathwork or intentional deep breathing (3–5 minutes)

→ this tells your nervous system: "We're safe. Let's release."

☐ Fruit Breakfast :one type only (grapes, melon, citrus)

→ eat slowly, with presence. Let this be a moment of nourishment, not a race.

CHAPTER 5

Optional:

- Herbal tea (nettle or lemon balm)
- Journaling: "How do I feel this morning? What's rising?"

Midday | Cleanse + Center

11:30 AM – 1:00 PM

- Mono-fruit lunch (papaya, mango, apple)
→ keep it light, hydrating, and cleansing. Feel free to eat until satisfied.
- Hydration :at least 500ml of water or herbal tea
- Walk, rest, or do breathwork again
- Journaling (optional): "What do I need emotionally today?"
- Avoid screen overload or stressful tasks if possible ,let this time be gentle.

Afternoon | Support + Settle

3:00 – 5:00 PM

- Citrus water or herbal tea
- Light movement (walk, breath, stretch, sun)
- Emotional check-in :cravings, energy shifts, mood swings?

If symptoms arise (headache, fatigue, irritability), this is your signal to:

- Drink more water
- Breathe
- Rest, not push

Reconnect to your intention

CHAPTER 5

Evening | Nourish + Ground

6:00 – 7:30 PM

- Warm Light Meal (choose from soup, broth, or steamed vegetables)
 - your only solid, grounding meal of the day
 - keep it small, clean, and emotionally comforting ,not heavy or stimulating

Examples:

- Steamed zucchini, fennel, and parsley with lemon
 - Blended soup with celery, spring onion, and ginger
 - Mineral broth with parsley and Kale
-
- Herbal tea (chamomile, fennel, lemon balm)
 - Journaling: “What did I learn today about myself?”
 - Light stretching, music, or breathwork (5–10 min)

Night | Restore + Release

9:00 – 10:00 PM

- Begin winding down screens and stimulation
- Reflect on your wins ,even the smallest ones
- Gentle gratitude practice: “What am I proud of today?”
- Lights low. Screens off. Breathe deeply before bed.

Aim for sleep by 10:00 PM ,this helps your liver, adrenals, and lymphatic system do their job at night.

CHAPTER 5

Why This Works

- Eating earlier in the day lets digestion rest in the evening
- Hydrating early supports detox before symptoms intensify
- Evening grounding meals prevent binge urges or blood sugar crashes
- Breathwork + journaling = emotional detox made tangible
- This schedule creates a flow you can actually stick to, one that feels doable, loving, and sustainable

Healing isn't a race.

It's a rhythm.

This schedule is here to bring you back to yours.

One breath, one bite, one soft reset at a time.



CHAPTER 6

COMMON DETOX SYMPTOMS (NORMAL &
TEMPORARY)

**Signs
And
Symptoms**



CHAPTER 6

COMMON DETOX SYMPTOMS (NORMAL & TEMPORARY)

Your body isn't breaking down ,it's breaking free.

Let's be clear: detox is not always comfortable.

But that doesn't mean it's not working. In fact, the discomfort is often a sign that it is working.

When you start removing processed foods, stimulants, and mucus-forming meals and instead flood the body with hydration, fruit sugars, fiber, and minerals ,your cells start letting go.

Letting go of what?

Toxins. Acids. Cellular debris. Mucus. Emotional stagnation.

Everything that's been stored, suppressed, and waiting for a way out. This release doesn't always feel smooth. It can be surprising. Emotional. Even frustrating.

But it is temporary, and it is necessary.

This is your body rebooting. Cleaning house. Rebalancing.

So instead of fearing your symptoms ,learn to read them.

They are feedback, not failure.

CHAPTER 6

The 5 Most Common Detox Symptoms (and Why They Happen)

1. Headache or Brain Fog

Especially if you're coming off coffee, sugar, processed foods, or heavy fats.

Why it happens:

- Withdrawal from caffeine/stimulants
- Lymphatic drainage through the head
- Dehydration (even mild)
- Low blood sugar as your body adapts to natural sugars

What helps:

- Hydrate! Warm lemon water, citrus water, or herbal tea
- Rest your eyes, reduce screen time
- Breathwork (oxygen = clarity)
- Gentle movement like a walk or light stretch

Tip: Don't panic. Breathe through it. It usually fades by Day 2 or 3.

CHAPTER 6

2. Fatigue or Low Energy

Yes, even with all the fruit.

Why it happens:

- Your body is reallocating energy from digestion to detox
- You're withdrawing from adrenal stimulants (coffee, sugar, heavy carbs)
- Emotional release can also feel physically draining

What helps:

- Nap or rest guilt-free
- Increase fruit intake slightly if needed
- Breathe deeply :often energy returns after a few big breaths
- Focus on "being," not "doing"

Tip: This is not a crash ,it's a reset.

3. Skin Reactions (acne, rashes, itchiness)

The skin is your largest detox organ.

Why it happens:

- The liver is offloading
- The colon or kidneys are backed up
- Lymphatic waste is being pushed out through the skin

Old food or chemical sensitivities are being revealed

CHAPTER 6

4. Emotional Waves or Mood Swings

Yes, detox happens on all levels.

Why it happens:

- Emotions are stored in the body, especially the gut and liver
- Detox loosens physical and emotional stagnation
- Blood sugar dips can mimic emotional stress
- Letting go of comfort foods can trigger grief or old patterns

What helps:

- Journaling (no filter needed)
- Walks in nature
- Breathwork or emotional release exercises
- Talk it out, cry it out, or rest it out

Tip: Emotions that rise are meant to leave. You're not "too sensitive", you're healing.

5. Digestive Changes (bloating, gas, looser stools, constipation)

Why it happens:

- Fiber + hydration is waking up the colon
- Gut bacteria is shifting
- Mucus and waste are being loosened and moved

Transit time may speed up (or slow down initially)

CHAPTER 6

What helps:

- Stick with mono-fruit meals
- Add herbal teas like fennel, ginger, or slippery elm
- Gentle abdominal massage or light rebounding
- Don't restrict food ,just listen

Tip: Elimination is the goal ,don't be alarmed by how it looks. Just keep supporting the flow.

Less Common, But Still Normal

- Mild nausea
- Bad breath or coated tongue
- Light dizziness (often from not eating enough or dehydration)
- Vivid dreams
- Crying for "no reason"
- Euphoria or lightness (yes, it can feel amazing too!)

CHAPTER 6

What to Remember

- These symptoms are temporary
- Your body is not attacking you ,it's protecting you
- If something feels intense, slow down ,add more cooked veggies or warm broths
- If symptoms are too strong, rest, breathe, hydrate and ask for support

You don't need to push through pain.

You just need to keep listening.

Final Words

Detox is not just about what you remove.

It's about what you face, what you feel, and what you're finally ready to release.

Your symptoms are not setbacks ,they are signs that the body is doing the exact job you asked it to do.

Trust them.

Support them.

Honor them.

And let them pass like clouds, like waves, like emotions.

This, too, is part of the RESET.



FAQ

F

A

Q

FAQ

Q: Can I eat more if I'm hungry?

Yes! Eat more fruit or drink mineral broth. This isn't about restriction ,it's about choosing cleansing nourishment.

Q: Can I drink herbal teas?

Yes ,dandelion, chamomile, lemon balm, nettle, or ginger.

Q: Can I work out?

Light movement only: stretching, walking, rebounding, or light yoga.

Q: Can I use spices or oil?

Use herbs freely. A tiny amount of olive oil (1 tsp/day max) is okay. No heavy oils or fried foods.



CHAPTER 7

FINAL WORDS FROM SIRIUS B.

CONCLUSION

CHAPTER 7

FINAL WORDS FROM SIRIUS B.

This isn't just the end of a protocol. It's the beginning of a deeper conversation with your body.

If you've made it this far, I want you to pause... and breathe.

Because what you just did or are about to do is more than a 3-day protocol.

It's an act of courage.

Of intention.

Of coming home.

You didn't just eat fruit.

You removed what was clogging your clarity.

You hydrated tissues that have been dry for years.

You listened to your body instead of ignoring it.

You softened. You simplified.

You let go.

And that's the real detox.

This wasn't about being perfect.

It wasn't about doing it "right."

It was about showing up with honesty, with gentleness, and with a willingness to reset ,not just your meals, but your relationship to yourself.

You gave your body the message:

"You're safe. I'm listening. I'm here with you now."

And believe me your body heard it.

CHAPTER 7

You may not feel transformed yet.

But you've planted the seed.

And that seed? It's already growing.

Whether you're going deeper into the 7-day, 14-day, or 21-day protocol or simply choosing to integrate this rhythm more often, I want you to remember something:

You don't need to be extreme to heal.

You need to be consistent.

You need to be present.

You need to keep showing up with breath, with trust, with patience.

So What Comes Next?

Now that you've cleared some space, your next steps can land more deeply.

You're ready for:

- Deeper detox
- More refined energy
- Clearer connection to your body's intuition
- Lighter digestion
- And yes more joy in simplicity

CHAPTER 7

My Invitation to You

Use this 3-day foundation whenever you need a reset.

Between seasons. After travel. After emotional overwhelm.

Anytime you feel disconnected this is your reconnection point.

And if you're ready to go further?

The RESET CODE: ESSENTIAL or MASTER phases are waiting.

Each one meeting you with the same respect, simplicity, and intelligence you experienced here.

Thank you for trusting this path.

Thank you for trusting your body.

And thank you for choosing to do it gently.

I'm proud of you.

And so is your future self.

See you on the next level.

With clarity, with softness, and with love

Sirius B.

Creator of The RESET CODE