



7-DAY HIRAYA HEALTH RESET GUIDE

Small, evidence-based habits to restore energy,
balance hormones, and feel like yourself again.

by Dr. Hershey Valenzuela



Introduction: The Balance You've Been Missing — The HIRAYA Way

How many times this week have you said,
“I just don't feel like myself lately”?

You wake up tired, push through the day on caffeine,
and wonder why your energy never lasts.

At **HIRAYA Lifestyle**, we believe your body isn't broken —
it's simply out of rhythm.

When sleep, stress, and nourishment fall out of sync,
your hormones and metabolism do too.
The result? Fatigue, mood swings, and feeling off-balance.

The **7-Day HIRAYA Health Reset** helps you restore that rhythm —
no diets, no extremes, just small, evidence-based steps.

You'll learn to:

- Reconnect with your body's rhythm.
- Support your hormones naturally.
- Build habits that feel good and last.

Each day, focus on one of The HIRAYA Pillars:

Sleep • Stress • Movement • Nourish.

This is where balance begins —
simple actions, steady energy, and a renewed sense of control.

Welcome to The HIRAYA Way. 🌿

Why You Feel Out of Sync and How to Restore It

Picture this:

It's mid-afternoon. You've done a lot, but your energy suddenly dips. Your brain feels foggy, and you reach for caffeine or sugar just to push through.

You're not lazy — your body is simply asking for **rhythm**.

When sleep, meals, and stress are off balance, your hormones and metabolism struggle to keep up — leading to the cycle of fatigue, cravings, and burnout.

The Real Culprit: Energy Out of Sync

Here's what happens inside your body:

1. **The Spike** — Quick meals or sweets raise your blood sugar fast.
2. **The Crash** — Your body overcorrects, energy plummets, and you crave another fix.

It's not lack of effort — it's your body's signal that it needs steadier fuel and rest.

The HIRAYA Reset

In this guide, you'll use small, science-based steps to:

- Rebuild steady energy through balanced meals
- Improve sleep quality
- Calm your stress response

This is your first step to restoring balance —

The 7-Day HIRAYA Health Reset Way. 🌱

Why Coffee and Snacks Don't Actually Help

Let's be honest — when the energy crash hits, it's easy to reach for:

- Another cup of coffee
- Something sweet
- A quick snack

These give a short boost, but they don't solve the problem — they only make it worse.

☕ **Caffeine** triggers a temporary high, but it also raises cortisol, your stress hormone, which can cause another dip later.

🍪 **Sugary snacks** or **refined carbs** spike your blood sugar, then crash it again, leaving you more tired and craving more.

The result: You stay caught in a loop of spikes, crashes, and exhaustion.

HERE'S THE TRUTH

Your body isn't failing — it's adapting.
It's just running on an unstable fuel source.

The good news? You can restore steady energy without cutting food groups or following extreme diets.

It starts with awareness — understanding your body's rhythm before you try to fix it.

Action Step: The Awareness Reset

For the next 2–3 days, notice:

- When your energy crashes
- What you ate 1–2 hours before it happened

This isn't about restriction — it's about awareness.

Once you see your body's patterns, you can start to restore balance —

the HIRAYA Way. 🌱

The Truth About Diets: Why Balance Beats Restriction

If you've ever searched for "best diet to lose weight," you've probably felt overwhelmed by advice.

"Go keto."

"Try intermittent fasting."

"Cut out carbs."

Each promises quick results; glowing skin, more energy, a smaller waist.

And maybe you've even tried a few. At first, they seem to work. Then energy dips, cravings hit, and you find yourself right back where you started.

WHY QUICK-FIX DIETS WORK (THEN DON'T)

Most trendy diets share one thing: **they reduce blood-sugar spikes** — which makes you feel great early on.

But over time, your body fights back.

- **Keto** limits carbs so much your metabolism slows once you stop.
- **Fasting** lowers calories, but often leads to overeating later.
- **Vegan or Clean-Only diets** can miss key nutrients if not balanced.

When the rules get too rigid, your body (and mind) burn out.

THE REAL FIX: GENTLE BALANCE

You don't need to quit food groups to reset your hormones and energy. What your body truly needs is consistency, not restriction.

- Eat balanced meals with protein, fiber, and color.
- Add steady movement instead of "all-or-nothing" workouts.
- Let flexibility replace guilt — health should fit your real life.

This is how you build results that last: steady, calm energy without extremes. That's the HIRAYA Way. 🌿

Action Step: Reflect on Your Reset

For the next day or two, ask yourself:

- Have I ever gone "all in" on a diet, then crashed?
- What small, sustainable change feels doable this week?

Write it down — one simple shift is all you need to stay in rhythm.

THE 7-DAY HIRAYA RESET FRAMEWORK

(The Nourish Pillar — Fueling Your Energy the Right Way)

Now that you understand how quick fixes and crash diets drain your energy, it's time to focus on nourishment — the kind that supports your hormones, stabilizes your mood, and restores your rhythm.

This is where **The HIRAYA Nourish Framework** comes in:

simple, science-based habits that balance your blood sugar and feed your body with what it truly needs

THE CORE RULE: PAIR EVERY CARB

Here's the simplest yet most powerful change for your energy:

Never eat a carb alone.

That means:

- Smaller sugar spikes
- Fewer energy crashes
- More balanced hormones and focus

Examples:

🍏 Apple + almonds

🍞 Toast + eggs + avocado

🍝 Pasta + chicken + vegetables + olive oil

Consistency is what restores balance across all four pillars:

- **Sleep** becomes deeper.
- **Stress** feels lighter.
- **Movement** feels easier.
- **Nourishment** becomes natural.

Action Step: Rebuild One Meal

Choose one meal today (breakfast, lunch, or snack).

Write down how you normally eat it — then apply the pairing rule.

Example:

If you usually grab coffee and bread, add protein like eggs or yogurt with fruit.

If you snack on chips, switch to hummus with sliced veggies.

Try this for the next 2–3 days — notice how much steadier your energy feels. 🌱

SLEEP

YOUR BODY'S NATURAL RESET

We often think energy comes from food or coffee.
But your most powerful reset button happens when you sleep.

Sleep is where your body repairs, balances hormones, and restores your rhythm.
When it's cut short or inconsistent, you wake up foggy, crave sugar, and feel like you're constantly running on empty.



THE SCIENCE OF RHYTHM

Your body follows a natural clock — your **circadian rhythm**.
It controls when your hormones rise and fall, your metabolism, and even your mood.

When that rhythm is disrupted — by late nights, screens, or irregular sleep — cortisol rises, melatonin drops, and your energy suffers.

Balanced sleep = balanced hormones.
That's why better rest is one of the fastest ways to feel like yourself again.

THE HIRAYA WAY: DOCTOR-GUIDED EXTENSIVE RESET

Our personalized sleep and lifestyle program helps you go deeper — understanding your hormones, metabolism, and stress patterns to design a plan that truly fits you.

STRESS

CALM YOUR SYSTEM, RESTORE YOUR FLOW

You can eat well and sleep on time, but if your stress never settles, your body stays in “alert mode.”

That constant state of tension keeps cortisol high, slows metabolism, and disrupts your hormones — especially those that regulate sleep, mood, and weight.

Your body isn’t meant to be in fight-or-flight all day.
It’s meant to move between focus and calm — effort and ease.


READY TO GO DEEPER?

What you’ve learned here is just the beginning.

If you want to understand how stress affects your hormones, sleep, and metabolism — and how to truly reset from within — we can help you through:

A doctor-guided, personalized consultation that helps you:

- Identify your stress patterns and hormone triggers
- Build a plan that fits your body and lifestyle
- Restore your energy, focus, and emotional balance — naturally

 Book your personalized consultation today and discover your complete HIRAYA Stress Reset — where science meets calm.

WHY THIS WORKS

When your nervous system feels safe, your body follows:

- Cortisol stabilizes
- Sleep improves
- Digestion smooths out
- Focus and mood become steady

Stress management isn't about removing stress — it's about teaching your body how to recover from it.

Action Step: One-Minute Reset

Pause 3 times today — morning, noon, and evening.
Close your eyes, inhale deeply, and exhale longer than your inhale.

Notice how your shoulders drop and your mind clears.
That's your nervous system finding its balance — **the HIRAYA Way.** 🌱

MOVEMENT

RECLAIM YOUR STRENGTH, RESTORE YOUR ENERGY

You don't need a perfect workout routine — you just need movement that fits your life.

Movement isn't about punishment or "burning calories."
It's about reminding your body what it's built to do — move, breathe, and release stress.

When you move regularly, your muscles become more efficient at using glucose, your hormones balance naturally, and your energy becomes steadier throughout the day.

WHY IT WORKS

Movement connects all your HIRAYA pillars:

- Improves sleep quality
- Reduces stress hormones
- Enhances metabolism
- Boosts mood and confidence

You'll notice, the more you move, the more energy your body gives back.

Action Step: The 10-Minute Promise

Choose one 10-minute movement each day this week:

- A brisk walk after lunch
- Light stretches before bed
- A few strength moves before your morning coffee

Set a reminder. Keep it simple.

Every small movement tells your body: "I'm taking care of you." 🌱

REFLECTION & NEXT STEP

KEEP YOUR RHYTHM GOING

You've spent the past seven days reconnecting with your body — one small action at a time. You've learned to nourish, rest, move, and calm your system.

Now it's time to pause and reflect:
What changed? Even in the smallest way?

These small wins matter. They show that your body responds when you care for it with rhythm and intention. 🌱

YOUR PROGRESS CHECKLIST

- ✓ I've been more mindful of my meals.
- ✓ I've added at least one short movement each day.
- ✓ I've started sleeping earlier or more consistently.
- ✓ I've paused to breathe or slow down when I felt tense.

KEEP THE MOMENTUM

Healing doesn't end in seven days — this is just the beginning.
Your next step is to **personalize your reset** based on your lifestyle, goals, and hormones.

At **HIRAYA Lifestyle**, we help you turn awareness into a long-term plan — built on your story, your rhythm, and your goals.

Because when you understand your body, you take back control of your energy, mood, and confidence.

BONUS

THE HIRAYA HEALTHY RESET GROCERY LIST (PINOY EDITION)

Your guide to real, accessible food that nourishes your hormones, energy, and rhythm.

Pro Tip:

Stock 2–3 items from each category weekly. Choose whole, fresh, and colorful foods you can find in your local palengke or supermarket.

Simple swaps make a big difference, no imported brands required.

PROTEINS

- Itlog (boiled, scrambled, or hard-boiled)
- Manok (breast, adobo cut, or tinola cut)
- Isda (bangus, tilapia, or tuna)

HEALTHY FATS

- Abokado (in season – great for breakfast or snack)
- Mani or kasuy (unsalted peanuts or cashews)
- Olive or canola oil (for cooking or dressing)

SMART CARBS

- Brown or red rice
- Kamote (sweet potato)
- Oats or whole grain bread

VEGGIES

- Malunggay or kangkong
- Kalabasa or sitaw
- Pechay or sayote

BONUS

THE HIRAYA HEALTHY RESET GROCERY LIST (PINOY EDITION)



SMART CARBS

1. **Kanin** (brown, red, or black rice if available)
2. **Kamote** (sweet potatoes, boiled or baked)
3. **Mais** (boiled corn or corn kernels)
4. **Saging** na saba (boiled or grilled, great merienda)
5. **Oats** (rolled or instant plain)
6. **Tinapay** na whole wheat (avoid white bread if possible)
7. **Pasta** (whole wheat or rice pasta)
8. **Root crops** (gabi, ube, cassava)
9. **Prutas** (apple, banana, pear, mango, papaya)
10. **Berries** (frozen packs from grocery ok!)



VEGGIES

1. **Malunggay** (add to soup or tinola)
2. **Ampalaya** (great for blood sugar balance)
3. **Sitaw** (string beans)
4. **Kalabasa** (rich in vitamins and fiber)
5. **Okra** (for digestion and gut health)
6. **Talong** (eggplant – grilled or sautéed)
7. **Pechay** / Mustasa / Kangkong (easy to find, good for iron)
8. **Sayote** or Upo (hydrating and light)
9. **Broccoli** / Cauliflower (for hormone support)
10. **Tomatoes** & onions (base for most healthy ulam dishes)



HIRAYA TIP:

Choose foods that make you feel alive, nourished, and in balance.
You don't need imported ingredients – just fresh, colorful, and mindful choices from your local market.

Every plate is medicine. That's the HIRAYA Way. 🌿




REFLECT & RESET

- Which habit felt easiest this week?
- What surprised you about your energy or mood?
- What's one thing you'll continue next week?

Your Notes



*Awareness is where healing begins.
You've started – now let's personalize it for you. *



LET'S PERSONALIZE YOUR RESET

You've started your reset – now let's make it comprehensive and truly yours.

Book a 1-on-1 Consultation with Dr. Hershey Valenzuela to:

- Decode your self-check insights
- Understand your stress, hormone, and lifestyle patterns
- Build a sustainable plan for both kickstart and long-term results

✨ This is your next step toward clarity, balance, and lasting energy – the HIRAYA Way.

 [BOOK MY CONSULTATION →](#)

