



# Top 5 Natural Supplements That Changed My Health

*+ When, Why, and How I Take  
Them for Energy, Digestion, & Focus*

These 5 supplements helped me go from  
burnout and brain fog to feeling focused, calm,  
and energized—naturally.



HOLISTIC RESET METHOD



# Top 5 Natural Supplements That Changed My Health

| Supplement          | What It Helps With              |
|---------------------|---------------------------------|
| Magnesium Glycinate | Sleep, stress, anxiety          |
| Ashwagandha         | Hormones, fatigue, mood         |
| Chlorophyll Drops   | Digestion, body odor, energy    |
| Sea Moss Gel        | Immunity, minerals, thyroid     |
| Turmeric Root       | Inflammation, gut, joint health |





# Ready for a Full-Body Reset?

Your supplements are just the start. Discover the full 7-day wellness reset that helped me restore my energy, digestion, and mental clarity—*naturally*.

- My daily 7-day fasting + detox routine
- Simple grocery + supplement reset list
- A Notion-based self-care tracker
- Morning + night rituals that work
- Calm, clear energy without extreme diets

✨ **Special Launch Price: \$27**

👉 Click below to grab the full 7-Day Natural Reset Toolkit:

**Get it Now**

*Take the guesswork out of your reset.  
You deserve to feel good again.*



Holistic Reset Method