



# 7-Day Metabolic Reset Plan

By Sarah Kekus, The Health Architect





# Why, What, Who?

Weight loss can be tricky for women; especially after childbirth, or in the years approaching menopause, women may find they have gained weight, which they then struggle to shift. Blood sugar instability, thyroid issues, sex hormones and soaring stress hormones can all contribute.

Another factor to consider is the health of your liver – the greater your toxic load, the harder your liver has to work, but slowly it can become less efficient. It's true, the liver is very robust but weight gain can be one of the signs that your liver is overworked!

This reset plan is designed for women of all ages and will work to address some key causes of metabolic imbalances including:

- Blood sugar instability
- Chronic stress
- History of yo-yo dieting
- Nutrient deficiencies
- Poor gut health/inflammation
- Toxic overload from chemicals, plastics, cosmetics etc.
- Sugar, alcohol & caffeine
- Hormone contraception





# The Sugar Roller-coaster

Different foods release sugar into the bloodstream at different speeds. Refined carbohydrates such as white flour, fruit juice, biscuits, cakes and energy drinks will cause a rapid spike in blood glucose. This gives an initial boost of energy but often too much insulin is released; energy levels crash as blood sugar levels drop too low – leaving you jittery and reaching for another biscuit! And so the “roller-coaster” ride begins!

Instead, it is best to choose complex carbohydrates; they take longer to digest as they contain fibre and other nutrients such as protein, healthy fats, mineral and vitamins. Instead of “spiking” the blood sugar they cause levels to rise more gradually, providing a steadier source of energy. Examples include vegetables, wholegrains, pulses, seeds and nuts.

In addition, the following strategies can help you keep your blood sugar on a more even keel:

- Eat 3 evenly spaced meals per day
- Ensure you eat protein and healthy fats with every meal
- Avoid snacking between meals, especially on sweet foods
- Reduce your caffeine intake and avoid alcohol



# Other Dietary Strategies

In addition to restoring blood sugar balance, supporting your liver is crucial to improving metabolism, and hormone balance.

This major detox organ doesn't just "clean-up" after you've had a few glasses of wine, it cleans everything, including toxins from cosmetics, plastic packaging and the environment. It's also the organ responsible for breaking down "old" hormones, such as sex and stress hormones. This plan provides many of the nutrients your liver needs to function optimally whilst also reducing your toxic load, so your liver gets a "breather"!

And poor digestive health can also contribute to weight-loss resistance, so this clean-eating plan removes caffeine, alcohol, gluten, wheat, simple sugars and red meat. Additional key strategies include:

- Drinking around 2 litres of filtered water each day
- Cutting out "zero calorie" fizzy drinks and artificial sweeteners
- Increasing high quality, clean, lean and organic protein
- Adding more healthy fats; e.g. avocado, olive oil & coconut oil
- Eating more vegetables



# At-a-Glance Menu Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Blueberry & Maca Smoothie	Cashew Nut Porridge with strawberries	Coconut & Chia Overnight Jar	Carrot & Ginger Granola with oat milk & raspberries	Cashew Yoghurt with fruit, tahini & flaked almonds	Cherry Almond Parfait	Buckwheat Pancakes with smashed avocado & eggs
Lunch	Black Fig & Chicory Salad with grilled tempeh or smoked mackerel	Spinach & Ginger Soup with dumplings	Quinoa & Lentil Tabbouleh with hummus	Super-Charge Salad with tofu	Spicy Pumpkin Soup with almond cream & falafels	Easy Stuffed Peppers with a green salad	Modern Greek Salad With sliced avocado
Evening	Asparagus Salad with Puy lentils & 2 organic soft-boiled or poached eggs	Broccoli & Prawn Stir Fry with quinoa	*Pan-fried Chicken with steamed kale, edamame beans & Dijon mustard	Zesty Walnut Falafels with roasted beetroot & Brussels sprout	Grilled, Wild Salmon with steamed broccoli & sugar snaps	Mushroom & Tofu Lasagne with roasted cauliflower & carrots	Smoked Fish Chowder

# Lifestyle Medicine

Exercise is a key part of resetting your metabolism as it improves glucose uptake in the muscles, as well as insulin sensitivity. Aim to move for at least 45 minutes a day, raising your heart-rate significantly for around half of that time. In addition, improving muscle tone and size will help you to burn more calories.

However, if you are already stressed-out then punishing runs or gym sessions will just add to this. Instead consider brisk walking and strong yoga styles such as Ashtanga or Power Vinyasa – not only will they help with conditioning but they can alleviate stress too. In addition a daily mindfulness practice can really help you to feel calmer; I find journaling, yoga and a “gratitude practice” the most helpful for me.

And, here are some other lifestyle adjustments to help you reset:

- Prioritise sleep & stop “screen time” at least 1 hour before bed
- Boost magnesium with Epsom Salt baths
- Switch to natural toiletries and cleaning products
- Drink only filtered water
- Avoid plastic packaging and food storage
- Switch off your WIFI at night







# Work With Me

To find out more about the way I work, book a **Free 20-minute Discovery Session**; There's no obligation at all – it really is simply an opportunity to find out if I am the right person to help you.

All my work begins with helping you to envision the healthiest, most enlivened version of yourself and then, a two-way process begins, as I guide you towards this goal. My areas of specialism are female hormonal health, gastro-intestinal health and emotional eating. Plus, all my work considers the damaging effects of stress on mental and physical wellbeing.

## Female Rebalance Programme

I believe every woman deserves to live in harmony with her own body so she can enjoy feeling healthy, happy and full of energy. However, I see far too many women struggling on a hormonal roller-coaster, believing they must accept their symptoms as a part of being female. I absolutely disagree, and that is why I created this programme.

Designed for women who sincerely want to seize control of their own health destiny, this intense programme is for those truly committed to improving their wellbeing, this programme consistently helps women to achieve long-lasting health improvements.





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