



Herbal Healing Premium 10-Day Digestion & Nervous System Reset

www.herbalhealing.co.nz

**Restore Your Gut - Calm Your Nervous System
Sleep Deeply Again**

Introduction

This premium reset has been designed specifically for women experiencing bloating, poor sleep, stress, and hormonal changes during perimenopause and beyond.

By supporting your parasympathetic nervous system, your body's rest, digest, and heal mode you can restore balance naturally.

This guide combines:

1. Herbal support,
2. Nervous system rituals, and
3. Plant-based nourishment.

Understanding Your Parasympathetic Nervous System

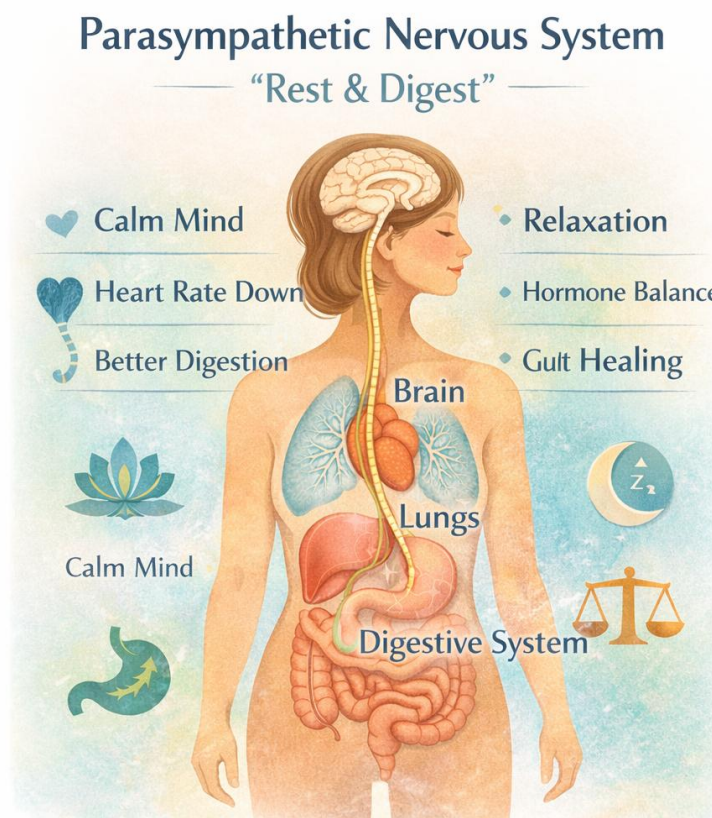
This is your “rest, digest, and restore” state.

It governs your ability to:

1. Properly digest and absorb nutrients
2. Fall into deep, restorative sleep
3. Balance hormones
4. Repair your gut lining
5. Calm inflammation

When this system is supported, healing happens naturally. When it is suppressed, symptoms appear everywhere.

The parasympathetic nervous system controls digestion, sleep, and healing. When activated, your body can repair the gut lining, improve nutrient absorption, and promote deep sleep.



Your nervous system has two primary branches:

1. **Sympathetic Nervous System** = Fight or flight
2. **Parasympathetic Nervous System** = Rest and digest

These systems cannot fully operate at the same time.

If your body believes you are under threat — whether from work stress, emotional strain, blood sugar instability, inflammation, or poor sleep — digestion is not prioritised.

The Gut-Brain Connection

Why Digestion and Sleep Are Completely Interdependent

Sleep and digestion are not separate systems. They are one continuous feedback loop. During deep sleep, your body activates critical repair processes:

1. Gut lining repair

The intestinal lining regenerates primarily at night.

Without deep sleep, gut permeability increases.

This contributes to:

- Food sensitivities
- Inflammation
- Bloating

2. Microbiome regulation

Your gut bacteria follow circadian rhythms. Poor sleep disrupts microbiome balance. Studies published via organisations show sleep disruption alters gut flora diversity. This affects digestion, immunity, and mood.

3. Hormonal regulation

Sleep regulates:

1. Cortisol
2. Insulin
3. Oestrogen
4. Progesterone

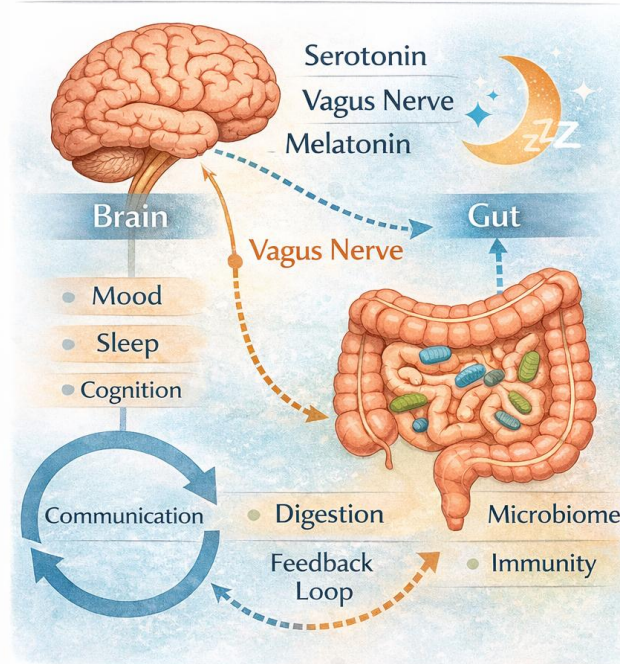
This is especially critical during perimenopause.

Poor sleep worsens:

1. Weight gain
2. Cravings
3. Bloating
4. Night waking

And poor digestion worsens sleep. This is the cycle many women are trapped in.

The Gut-Brain Connection



The gut and brain communicate constantly through the vagus nerve. Supporting this connection improves digestion, emotional balance, and sleep quality.

Your 10-Day Reset Programme

**Check recipes on pages 8 and 9*

Day 1	Day 2	Day 3	Day 4	Day 5
Morning Ritual: <ul style="list-style-type: none"> • Warm lemon water • Tummy Tea • Protein-rich plant-based breakfast 	Morning Ritual: <ul style="list-style-type: none"> • Warm lemon water • Protein-rich plant-based breakfast Yin Yoga 	Morning Ritual: <ul style="list-style-type: none"> • Warm lemon water • Tummy Tea • Protein-rich plant-based breakfast 	Morning Ritual: <ul style="list-style-type: none"> • Warm lemon water • Protein-rich plant-based breakfast Yin Yoga 	Morning Ritual: <ul style="list-style-type: none"> • Warm lemon water • Tummy Tea • Protein-rich plant-based breakfast
Midday Support: <ul style="list-style-type: none"> • Anti-inflammatory nourish bowl • Gentle walk after eating 	Midday Support: <ul style="list-style-type: none"> • Anti-inflammatory nourish bowl • Herbal Healing Tummy Tea after eating 	Midday Support: <ul style="list-style-type: none"> • Anti-inflammatory nourish bowl • Gentle exercise after eating 	Midday Support: <ul style="list-style-type: none"> • Anti-inflammatory nourish bowl • Tummy Tea • Gentle walk after eating 	Midday Support: <ul style="list-style-type: none"> • Anti-inflammatory nourish bowl
Evening Ritual: <ul style="list-style-type: none"> • Light dinner • Tummy Tea • Screen-free wind-down 	Evening Ritual: <ul style="list-style-type: none"> • Light dinner • Tummy Tea • Screen-free wind-down 	Evening Ritual: <ul style="list-style-type: none"> • Light dinner • Tummy Tea • Screen-free wind-down 	Evening Ritual: <ul style="list-style-type: none"> • Light dinner • Tummy Tea • Screen-free wind-down 	Evening Ritual: <ul style="list-style-type: none"> • Light dinner • Tummy Tea • Screen-free wind-down
Night Ritual: <ul style="list-style-type: none"> • Apply Sleep Spray • Deep breathing • Sleep before 10:30pm 	Night Ritual: <ul style="list-style-type: none"> • Apply Sleep Spray • Deep breathing • Sleep before 10:30pm 	Night Ritual: <ul style="list-style-type: none"> • Apply Sleep Spray [during night if sleep broken] • Deep breathing 	Night Ritual: <ul style="list-style-type: none"> • Apply Sleep Spray • Meditation • Sleep before 10:30pm 	Night Ritual: <ul style="list-style-type: none"> • Apply Sleep Spray • Meditation • Sleep before 10:30pm

Day 6	Day 7	Day 8	Day 9	Day 10
<p>Morning Ritual:</p> <ul style="list-style-type: none"> • Warm lemon water • Tummy Tea • Protein-rich plant-based breakfast <p>Ashwagandha Smoothie</p>	<p>Morning Ritual:</p> <ul style="list-style-type: none"> • Warm lemon water • Protein-rich plant-based breakfast <p>Or Smoothie [Green] Add Matcha to your routine</p>	<p>Morning Ritual:</p> <ul style="list-style-type: none"> • Warm lemon water • Tummy Tea • Protein-rich plant-based breakfast 	<p>Morning Ritual:</p> <ul style="list-style-type: none"> • Warm lemon water • Tummy Tea • Smoothie [Green] 	<p>Morning Ritual:</p> <ul style="list-style-type: none"> • Warm lemon water • Protein-rich plant-based breakfast <p>Ashwagandha Smoothie</p>
<p>Midday Support:</p> <ul style="list-style-type: none"> • Anti-inflammatory nourish bowl • Gentle walk after eating 	<p>Midday Support:</p> <ul style="list-style-type: none"> • Anti-inflammatory nourish bowl • Herbal Healing Tummy Tea 	<p>Midday Support:</p> <ul style="list-style-type: none"> • Anti-inflammatory nourish bowl or Protein Smoothie • Exercise Activity 	<p>Midday Support:</p> <ul style="list-style-type: none"> • Anti-inflammatory nourish bowl • Gentle Walk after eating 	<p>Midday Support:</p> <ul style="list-style-type: none"> • Anti-inflammatory nourish bowl • Tummy Tea
<p>Evening Ritual:</p> <ul style="list-style-type: none"> • Light dinner • Tummy Tea • Screen-free wind-down 30mins before bedtime 	<p>Evening Ritual:</p> <ul style="list-style-type: none"> • Light dinner • Tummy Tea • Screen-free wind-down 30mins before bedtime 	<p>Evening Ritual:</p> <ul style="list-style-type: none"> • Light dinner • Tummy Tea • Screen-free wind-down <p>Yin Yoga</p>	<p>Evening Ritual:</p> <ul style="list-style-type: none"> • Light dinner • Tummy Tea • Screen-free wind-down 	<p>Evening Ritual:</p> <ul style="list-style-type: none"> • Light dinner • Tummy Tea • Screen-free wind-down <p>Gentle walk after eating</p>
<p>Night Ritual:</p> <ul style="list-style-type: none"> • Apply Sleep Spray • Deep breathing • Sleep before 10:30pm 	<p>Night Ritual:</p> <ul style="list-style-type: none"> • Apply Sleep Spray • Deep breathing • Sleep before 10:30pm 	<p>Night Ritual:</p> <ul style="list-style-type: none"> • Apply Sleep Spray • Deep breathing • Sleep before 10:30pm 	<p>Night Ritual:</p> <ul style="list-style-type: none"> • Apply Sleep Spray • Deep breathing • Sleep before 10:30pm 	<p>Night Ritual:</p> <ul style="list-style-type: none"> • Apply Sleep Spray • Deep breathing • Sleep before 10:30pm

Some Healing Recipes



Gut Healing Chia Pudding

Ingredients:

- Chia seeds
- Almond milk
- Blueberries
- Walnuts or other nuts to mix

Benefits: Supports microbiome and reduces inflammation.

Anti-Inflammatory Nourish Bowl

Ingredients:

- Quinoa
- Roasted vegetables
- Leafy greens
- Olive oil

Benefits: Supports digestion and hormone balance.





Calming Root Vegetable Soup

Ingredients:

- Carrot
- Kumara
- Ginger
- Turmeric

Benefits: Easy to digest and supports gut repair.

Ashwagandha Powder





Tummy Tea

This blend would be especially supportive for individuals with occasional digestive discomfort, bloating, or constipation, but as always, it's important to consider your own sensitivities to any herb in a blend.

Sleep Spray

This is a must for the family first aid kit. Can be used for children over the age of 3 years old to assist with a deeper and longer sleep routine, reducing broken sleep.

1. Promotes relaxation
2. Encourages a calming bedtime routine
3. Soothing lavender and magnesium mist for a restful atmosphere
4. Supports a sense of a calm at night



Your Healing Journey

This reset is the beginning of your healing journey.

Focusing on your 10-day programme, will ensure you see the results. Continue to use your Herbal Healing Tummy Tea, and other teas that may be useful to you to reset. Your bottle of Sleep Spray is essential to support you through the reset, as this aids your nervous system to calm and relax and maintain a better-quality sleep.

By implemented the 10-day reset rituals, your body can restore deep sleep, healthy digestion, and nervous system balance.

Go well and take care of you.

Eloise Tzimas, Founder
*Certified Herbalist, Aromatologist,
Life Coach*

Herbal Healing
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