



# The 7-Day Hormonal Meridian Reset

*Restore Energy, Stabilize Your Mood,  
and Support Your Body's Hormonal Rhythm Naturally*

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# Why Hormones Feel “Off”

*(Even When Your Labs Are Normal)*

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If you’re here, you may be experiencing:

- Brain fog that makes it hard to focus
- Anxiety that rises without clear cause
- Mood swings before your cycle
- Energy crashes in the afternoon
- Sleep that feels light or disrupted
- PMS that feels stronger than it used to
- A cycle that feels less predictable

You may have been told:

“Your labs are normal.”

“It’s just stress.”

“It’s part of getting older.”

**But feeling exhausted, irritable, wired, flat, or foggy isn’t something you have to accept as your baseline.**

Hormones don't operate in isolation.

They respond to your nervous system, your stress load, sleep, digestion, your emotional patterns, and your daily rhythms.

When stress becomes chronic — even subtly — your body shifts into survival mode. In that state:

- Cortisol rises.
- Progesterone may decrease.
- Blood sugar becomes less stable.
- Detox pathways slow.
- Sleep quality declines.

Over time, this creates the symptoms many women describe as “hormonal imbalance.”

**This 7-day reset isn't about forcing your hormones to behave. It's about restoring the foundational systems that allow hormones to regulate naturally.**

Through gentle meridian-informed yoga and simple nourishment anchors, you will:

- Calm stress signaling
- Improve circulation and detox support
- Stabilize blood sugar rhythms
- Support sleep quality
- Reconnect with your body's internal timing

The goal isn't perfection in seven days. The goal is regulation.

When regulation improves, clarity returns. Energy steadies. Mood stabilizes. Cycles become more predictable. And most importantly, you begin to trust your body again.

Let's begin.



## How to Use This 7-Day Reset

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This reset is meant to be simple, structured, and doable. Each day includes:

- A short educational explanation
- A 20-25 minute meridian-informed practice (Day 7 is a longer 35-min integrative practice)
- One reflection prompt
- One daily anchor

You don't need to be experienced in meridian yoga to benefit from this guide. All practices are intentionally gentle and accessible.

For the next seven days:

- Complete the daily practice once.
- Implement the anchor habit.
- Notice your patterns without judgment.

You don't need to be perfect. Consistency matters more than intensity. If you miss a day, simply continue where you left off.

**This reset isn't about restriction or dramatic intervention. It's about restoring rhythm. Small shifts in regulation compound quickly.**

By the end of seven days, many women report:

- More stable energy
- Clearer thinking
- Less emotional volatility
- Improved sleep
- A greater sense of connection to their body

**Allow this week to be observational as much as corrective.**

Your body is already intelligent. We're simply removing interference.

### **A Note on the Daily Anchors**

Each day includes one simple anchor habit. Think of these as experiments, not obligations.

You're not expected to implement every anchor perfectly or permanently. Your role is to test what shifts your energy and awareness.

If an anchor feels supportive, keep it. If it feels overwhelming, modify it.

Regulation builds through compassion and consistency, not intensity. Small, repeatable shifts are more powerful than dramatic change.



## What This Reset Is — and Isn't

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This 7-day reset isn't a quick hormonal "fix." It isn't a detox, cleanse, or dramatic intervention.

**It's a structured recalibration of the foundational systems that influence hormonal health.**

In seven days, you're unlikely to completely resolve long-standing cycle irregularities or deeply rooted stress patterns.

What you can expect is something more sustainable:

- Increased awareness of how stress affects your body
- Small but noticeable shifts in energy stability
- Less mental reactivity
- Improved sleep quality
- A clearer understanding of your patterns

For some women, the shifts are subtle but grounding. For others, they're surprisingly significant. Both are valid.

**Hormonal health is cumulative. Regulation builds over time.**

This reset introduces practices that support:

- Nervous system recovery
- Blood sugar steadiness
- Circulatory flow
- Emotional processing
- Sleep rhythm

When these systems begin to stabilize, hormonal balance often follows.

Your responsibility during this reset is simple:

1. Show up.
2. Practice consistently.
3. Observe honestly.
4. No perfection required.

**If nothing else, by the end of this week you will understand your body more clearly than you did before.**

And that clarity alone is powerful.

# Day 1

## *Regulate Stress & Restore Baseline Stability*

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Stress is often the hidden disruptor beneath hormonal imbalance. If you experience:

- Brain fog
- Anxiety or racing thoughts
- Irritability before your period
- Trouble falling or staying asleep
- Afternoon energy crashes
- Feeling wired but exhausted

Cortisol — your primary stress hormone — doesn't operate in isolation. When elevated long-term, it influences blood sugar regulation, ovulation timing, progesterone production, inflammation, and detox pathways.

From a meridian-informed perspective, prolonged stress creates tension patterns in the back body and lower abdomen that restrict circulation and recovery.

Hormonal imbalance often isn't a hormone problem first. It's frequently a stress regulation problem.

### **Theme: Safety before change.**

Today's practice supports the back body and lower abdomen — areas that commonly hold chronic stress tension.

This isn't about forcing calm. It's about restoring baseline stability.

[\[Practice Here\]](#)

## Reflection

Where do you habitually brace against stress?

Jaw? Shoulders? Lower belly? Thought patterns?

Awareness is the first layer of regulation.

## Today's Anchor

- Extend your exhale longer than your inhale at least three times today.
- Even one minute can interrupt a stress cascade.

Allow experimentation over perfection.

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## Optional: For the Curious Mind — Research & Physiological Notes

These practices are meant to be felt in the body first. For readers who enjoy understanding some of the physiological or research perspectives that support them, I've included optional notes and references for each day.

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**Stress Regulation & Cortisol:** Chronic activation of the stress response alters hypothalamic–pituitary–adrenal (HPA) axis signaling and affects reproductive hormone balance.

- Research shows prolonged cortisol elevation can suppress progesterone and disrupt ovulation timing.
- Slow breathing practices increase vagal tone and reduce sympathetic dominance.
- Extended exhalation patterns have been shown to increase parasympathetic activity and improve heart rate variability (HRV).

Foundational references:

- Stephen Porges – Polyvagal Theory
- McEwen, B. – Allostatic Load & stress physiology
- Lehrer et al. – Slow breathing and HRV research

# Day 2

## *Move Stagnation & Support Liver Flow*

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From both a Chinese medicine and modern physiology perspective, chronic stress disrupts liver function — metabolically and emotionally.

In TCM:

- The Liver ensures smooth flow of qi.
- When constrained → irritability, PMS, breast tenderness, mood shifts, headaches.

In modern language:

- The liver metabolizes estrogen.
- Stress hormones interfere with detox pathways.
- Suppressed frustration often shows up in the body.

Today is about gentle movement, not intensity. We aren't "fixing hormones." We're improving flow.

**Theme: When energy doesn't move, it turns into pressure.**

This practice supports the inner thighs, side body, and hips — areas associated with the Liver and Gallbladder meridians. You may notice:

- Emotional waves
- Subtle irritability
- Or unexpected relief

All are welcome. Today's intention isn't catharsis. It's circulation.

[\[Practice Here\]](#)

## Reflection Prompt

Where do you feel pressure building in your life right now?

What would “circulation” look like instead of suppression?

## Today's Anchor

Before responding to something frustrating today:

- Pause.
- Exhale slowly.
- Unclench your jaw.

Allow flow before reaction.

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## Research & Physiological Notes — Circulation & Oxygenation

Movement improves vascular and lymphatic circulation, supporting hormone transport and cellular oxygenation.

- Gentle muscular contraction increases venous return.
- Lymphatic flow depends on muscle movement and diaphragmatic breathing.
- Sedentary stress patterns impair circulation and recovery.

Foundational references:

- Schmid-Schönbein – Lymphatic physiology
- Research on diaphragmatic breathing and venous return

Circulation isn't only cardiovascular. It's hormonal and lymphatic.

# Day 3

## *Stabilize Energy & Support Digestive Rhythm*

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From both a Chinese medicine and modern physiology perspective, unstable energy often begins in the digestive system.

In TCM:

- The Spleen transforms food into usable energy.
- When weakened → fatigue, cravings, overthinking, bloating, heaviness.

In modern language:

- Blood sugar fluctuations affect cortisol and insulin balance.
- Energy crashes can increase anxiety and irritability.
- Chronic stress impairs digestion and nutrient absorption.

Through both lenses, when nourishment isn't processed efficiently — physically or emotionally — energy becomes inconsistent.

Today is about steady activation, not depletion. We aren't pushing for more productivity. We're building sustainable energy.

### **Theme: Stability creates freedom.**

This practice supports the abdomen, side ribs, and front body — areas associated with the Spleen and Stomach meridians. You may notice:

- Mental chatter slowing
- A subtle warmth in the belly
- A feeling of grounded alertness

All are welcome. Today's intention isn't intensity. It's steadiness.

[\[Practice Here\]](#)

## Reflection Prompt

Where in your life do you feel inconsistent or depleted?

What would steadiness look like instead of urgency?

## Today's Anchor

- Eat within 60–90 minutes of waking.
- Include protein and something warm if possible.
- Notice how your energy responds.

Allow grounding and centering before action.

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## Research & Physiological Notes — Blood Sugar & Energy Stability

Blood sugar fluctuations directly influence cortisol and inflammatory signaling.

- Even mild glucose instability increases stress hormone output.
- Muscle engagement improves glucose uptake independent of insulin.
- Stable blood sugar supports progesterone production and mood regulation.

Foundational references:

- James DiNicolantonio – glucose variability
- Research linking glycemic variability and cortisol response

# Day 4

## *Open the Heart & Support Emotional Regulation*

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From both a Chinese medicine and modern physiology perspective, emotional regulation is deeply connected to hormonal balance.

In TCM:

- The Heart houses the Shen — your consciousness and emotional clarity: When disturbed → anxiety, restlessness, insomnia, mood swings.
- The Pericardium protects the Heart: When guarded → emotional withdrawal, tension in the chest, difficulty connecting.

In modern language:

- Chronic stress elevates cortisol, which disrupts sleep and reproductive hormone signaling.
- Emotional suppression increases sympathetic activation.
- Heart rate variability — a marker of resilience — improves when we feel safe and connected.

Through both lenses, when the heart space softens, the nervous system follows, so today is about openness without overwhelm. We aren't forcing vulnerability. We're restoring safety in connection.

### **Theme: Softness is strength.**

This practice supports the chest, inner arms, and upper back — areas associated with the Heart and Pericardium meridians. You may notice:

- Unexpected emotion
- A deep sigh
- Subtle spaciousness behind the breastbone

All are welcome. Today's intention isn't catharsis. It's gently opening.

[\[Practice Here\]](#)

## Reflection Prompt

Where do you protect yourself by tightening?

What would safe openness feel like — even 5% more?

## Today's Anchor

- Place one hand on your chest today during a quiet moment.
- Take three slow breaths.
- Let your exhale be longer than your inhale.

Allow connection before correction.

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## Research & Physiological Notes — Oxytocin & Emotional Regulation

Oxytocin plays a role in buffering stress and enhancing social bonding.

- Oxytocin lowers amygdala reactivity.
- Gentle touch stimulates calming sensory nerves in the skin, promoting parasympathetic activation.
- Feelings of safety regulate endocrine output.

Foundational references:

- Kerstin Uvnäs Moberg – Oxytocin research
- Polyvagal theory and relational safety

# Day 5

## *Support Detox Pathways & Emotional Release*

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From both a Chinese medicine and modern physiology perspective, healthy hormone balance depends on effective elimination.

In TCM:

- The Liver transforms and moves.
- The Lungs & Large Intestine lets go of what is no longer needed.
- When release is impaired → bloating, sluggishness, irritability, grief that lingers, difficulty setting boundaries.

In modern language:

- The liver metabolizes estrogen for excretion.
- The digestive system eliminates hormone byproducts.
- Chronic stress slows motility and impairs detox pathways.

Emotionally, unprocessed experiences can accumulate in the same way physical waste does. When the body releases well, the mind & emotions often follow, so today is about clearing without force. We aren't purging. We're creating space.

### **Theme: Release makes room for renewal.**

This practice supports the side body, lower abdomen, shoulders, and breath — encouraging both physical and emotional clearing. You may notice:

- A subtle emotional shift
- A deep exhale
- Unexpected lightness

All are welcome. Today's intention isn't dramatic catharsis. It's quiet completion.

[\[Practice Here\]](#)

## Reflection Prompt

What feels complete in your life right now?

Where are you holding onto something out of habit rather than alignment?

## Today's Anchor

- Hydrate intentionally today.
- Add warm water with lemon or a simple herbal infusion if available.
- And ask yourself once: What am I ready to release — even slightly?

Allow space before accumulation.

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## Research & Physiological Notes — Detox Pathways & Liver Support

The liver metabolizes hormones, including estrogen, to be eliminated from the body.

- Chronic stress alters phase I and phase II detoxification pathways.
- Twisting and diaphragmatic breathing enhance venous and lymphatic return.
- Emotional suppression correlates with increased sympathetic tone.

Foundational references:

- Research on hepatic metabolism of estrogen
- Lymphatic return and diaphragmatic breathing literature

# Day 6

## *Restore Internal Rhythm & Hormonal Timing*

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From both a Chinese medicine and modern physiology perspective, hormonal balance depends on rhythm.

In TCM:

- The Kidneys store Jing — your foundational energy and reproductive essence.
- They govern growth, cycles, and long-term vitality.
- When depleted or dysregulated → fatigue, cycle irregularity, feeling “off timing,” difficulty resting.

In modern language:

- Hormones operate in coordinated patterns — daily (circadian rhythm) and monthly.
- Chronic stress disrupts cortisol rhythm, which influences sleep, metabolism, and reproductive hormones.

When rhythm is inconsistent, the body struggles to synchronize. Without rhythm, even good habits feel unstable, so today is about attuning, not optimizing. We aren't controlling your cycle. We're listening for your timing.

**Theme: Your body has its own clock.**

This practice supports the low back, lower abdomen, and deep rest — areas associated with Kidney energy and internal restoration. You may notice:

- A desire to slow down
- A subtle fatigue surfacing
- Or a sense of grounding settling in

All are welcome. Today's intention isn't productivity. It's alignment.

[\[Practice Here\]](#)

## Reflection Prompt

Where are you pushing against your natural timing?

What would it look like to trust your internal rhythm — even slightly more?

## Today's Anchor

Choose one moment today to move more slowly than usual.

- Walk slower.
- Eat slower.
- Transition slower.

Choose rhythm before urgency.

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## Research & Physiological Notes — Circadian Rhythm & Adrenal Regulation

Healthy cortisol follows a natural daily rhythm.

- Flattened cortisol curves are associated with chronic stress and fatigue.
- Slow movement and rest improve HRV and parasympathetic tone.
- Melatonin production depends on circadian consistency.

Foundational references:

- HPA axis research
- Studies on HRV and restorative yoga
- Matthew Walker – circadian rhythm and sleep science

# Day 7

## *Integrate the Week & Rebuild Body Trust*

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From both a Chinese medicine and modern physiology perspective, transformation doesn't come from intensity. It comes from consistency and integration.

In TCM:

- Harmony isn't the absence of imbalance — it's the body's ability to return to center.
- The meridians work together as a network. No organ functions alone.

In modern language:

- The nervous system changes through repetition.
- Hormonal regulation improves when stress signaling decreases over time.

**Trust is built through predictable safety cues, so sustainable change isn't dramatic. It's rhythmic.**

This week you have:

- Regulated stress
- Improved circulation
- Stabilized energy
- Softened the heart
- Supported elimination
- Reconnected with rhythm

Not perfectly, but intentionally. Today is about integration. We're not adding anything new. We're acknowledging what has shifted.

**Theme: Your body isn't broken. It's responsive.**

This practice is a full-body integration sequence — gentle, steady, aware — including meridian tapping and acupressure in the final seated postures.

You may notice:

- More clarity
- Subtle steadiness
- Or simply familiarity with your own signals

All are welcome. Today's intention isn't improvement. It's recognition.

[\[Practice Here\]](#)

### **Reflection Prompt**

What changed this week — even subtly?

What felt different when you slowed down and listened?

What would it look like to continue this for 30+ days instead of 7?

### **Today's Anchor**

Choose one practice from this week to repeat.

1. Repetition builds safety.
2. Safety builds regulation.
3. Regulation builds resilience.

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### **Research & Physiological Notes — Integration & Nervous System Science**

Hormonal balance is influenced by nervous system stability.

- Improved HRV correlates with better stress resilience.
- Safety perception modulates endocrine signaling.
- Consistent regulation practices reshape baseline stress response over time.

Foundational references:

- HRV research (Thayer & Lane)
- Neuroplasticity and autonomic regulation studies



## What to Notice in the Next 2-4 Weeks

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- Subtle energy stabilization
- More predictable sleep patterns
- Reduced premenstrual intensity
- Improved digestion
- Increased stress awareness

And remember, this reset is educational and not a substitute for individualized medical care. If you are under treatment for hormonal or metabolic conditions, consult your provider before making major changes.



## Curious to Go Deeper?

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You've spent a week reconnecting with your body, regulating stress, and supporting your natural rhythms.

If this experience resonated even subtly, imagine what deeper guidance, tailored meridian sequencing, and supportive coaching could do over a longer period.

The Hormonal Meridian Method is a 6-month group container where you can:

- Explore weekly live, full-length meridian yoga practices in depth
- Support your nervous system, habits, and energy cycles
- Process emotions and thought patterns through a meridian & 5-element lens
- Access optional one-on-one EFT sessions for belief work, identity, and specialized habit integration

This is an invitation, not an obligation. You can continue to practice on your own or take the next step with guidance that meets you where you are.

Explore Hormonal Holistic Liberation here.

And be in touch with any questions or comments at [contact@jyllin.com](mailto:contact@jyllin.com).

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