



# 7-DAY STRESS RESET



A RESET PROGRAM TO SUPPORT WEIGHT LOSS,  
DIGESTIVE HEALING, AND HORMONE BALANCING.

# HEALING FOODS

*on the Stress Reset*

The following foods are rich in the nutrients and antioxidants that you need to support your body. Focus on these foods during your program.

## **Protein:**

**Fish:** small, organic fatty fish such as troll or pole-caught albacore tuna, wild or Alaska salmon, sardines, farmed rainbow trout, and freshwater Coho Salmon (farmed)

Organic, free-range chicken, turkey

Grass-fed beef, bison, lamb

## **Carbs:**

Lentils

Garbanzos and hummus

**Nuts:** walnuts, almonds, pecans, hazelnuts, cashews, nut butter

Lentils

Garbanzos and hummus

Sweet potatoes & Yams

## **Vegetables:**

**Greens:** collards, kale, chard, spinach, arugula

## **Cruciferous:**

broccoli, cauliflower, brussels sprouts, bok choy

Zucchini, Asparagus

Celery, garlic, onions, carrots

**Fruits:** Berries and dried cranberries

## **Healthy Fats:**

Olives and olive oil

Avocado

Fish and fish oil

Flaxseed oil

Grapeseed oil

Coconut oil

Avocado oil

Nuts and seeds

*a message from*

**DR. DONI**

## **Welcome!**

I am so thrilled to be with you on your journey to recover from stress and reset your health with this 7-Day Stress Reset.

As you'll be learning in this program, stress in various forms has the ability to disrupt your hormones, throw off your digestion, cause leaky gut, imbalance healthy bacteria, shift your neurotransmitters and make your immune system under or over react. Read more in my ebook: [A Guide to Adrenal Recovery](#).

Basically stress - whether emotional or physical, food or toxins, sugar or lack of sleep - causes trouble in your body. And the solution is to take away any of the stresses we can remove, and put in the things that help your body recover from stress. It is that simple.

But it's not always so simple to implement all on your own. That's where the Stress Reset Program comes along, to help you implement stress remedies and to learn what your body needs in order to stay well, even when you're stressed. Because ultimately, stress is a part of life. We can't eliminate it completely. We can, however, help our bodies manage it and outsmart it.

That's what I'm going to help you do in this 7-Day Stress Reset.

### **What results can you expect in just 7 days?**

7 days may not seem like a lot of time to reset your health, but your body is beautifully designed to heal and will do so quickly when given the right tools.

During these next 7 days, I will guide you on how to remove the most stressful foods and toxins from your diet while nourishing your body with stress relieving foods and activities. We will do this by implementing what I refer to as CARE activities: Clean Eating, Adequate Sleep, Reducing Stress, and Exercise. And we are going to integrate these CARE activities one step at a time, little by little each day so that doing the Stress Reset is not adding to your stress!

You will be learning to eat gluten-free, dairy-free, sugar-free and organic by following the meal plan in this guide. And the daily email tips will help motivate and guide your success. As a result you can expect remarkable improvements in your energy level, digestion, sugar and empty carb cravings, weight, mood, and sleep patterns.

### **What happens after 7 days?**

If, after the 7 days you're back to where you want to be health-wise you'll always have this program to refer back to when you need a quick health reset.

OR, if after the 7 days you're feeling motivated and would like to see your results and support continue, you can always upgrade to the 21-day program at that time.

Either way, you can go back and use this program any time you need a quick health or diet reset, be it between business trips, after vacation, post-illness, or to help you recharge your batteries after a stressful life event.

The knowledge and tools you will learn are yours to keep.

If you're ready I'm ready, so let's get started!

A handwritten signature in black ink that reads "La. Loni". The signature is written in a cursive, flowing style with a large initial "L".

*what the*

# 7-DAY STRESS RESET

*will do for you*

## **Heal Your Body and Lose Unwanted Weight**

Stress is the major factor behind most of the symptoms and disorders you experience...but you don't want to eliminate it completely.

Like your muscles naturally become stronger from exercise-induced stress, the same goes for your body...you must optimize your stress response to optimize your health.

The Stress Reset is designed to rebalance your stress response and support your body by helping all its systems work together.

It will support you in overcoming symptoms and losing unwanted weight by helping your body...

### **Decrease Toxins**

By disrupting balance and triggering reactions, toxins place a burden on your system and induce an unhealthy stress response.

This stress response cues your body to hold onto fat, especially around the middle, creating weight gain. It disrupts your insulin response, which regulates blood sugar, increasing your risk of diabetes.

Eliminating the toxic burden can help you overcome brain fog,

anxiety, and depression, to feel energized and motivated, and to reduce or eliminate such symptoms as acne, headache, menstrual/menopausal problems, frequent colds or infections, and digestive problems.

On the Stress Reset, you eat only organic food and drink only filtered water, green tea, and herbal tea. This will help you avoid many of the toxins lurking in our air, food, and water.

The stress response goes on to burden your hormones, immune system, digestive system, and nervous system, including many of the brain chemicals that govern your mental and emotional function.

### **Reduce Inflammation**

Inflammation is your immune system's overreaction to anything that might stress or endanger your body.

One of the chief causes of inflammation is obesity. Inflammation also contributes to obesity. In a vicious cycle, your body fat produces inflammatory chemicals...which then cue your body to retain more body fat...which produce more inflammatory chemicals...and so on.

Foods and beverages especially likely to provoke inflammation include sugar, artificial sweeteners, gluten and other grains, and alcohol. On the Stress Reset, you will avoid these foods, which will greatly reduce your body's inflammatory response to stress.

Inflammation is also set off by digestive imbalances such as leaky gut (see below). This program will help you reset your digestion, eliminating yet another source of inflammation.

### **Balance Stress Hormones**

By keeping you supplied with regular amounts of protein, and by

ensuring you do not consume too many carbs at one sitting, the Stress Reset will help to optimize your insulin function.

This in turn will help you lose unwanted weight. You are also balancing a hormone known as leptin, which regulates feelings of hunger and satisfaction.

A benefit you will likely experience from your new high-quality diet and prospects for improved sleep is a natural balance of your cortisol levels.

When cortisol levels are optimal, you feel energized, motivated, and you have a lot of optimism and confidence. When cortisol levels are suboptimal— either too high or too low—you might feel anxious or depressed.

By reducing bodily stress, the Stress Reset will help you balance cortisol levels.

Balancing insulin and cortisol, plus reducing toxins, will help to balance your thyroid hormone, estrogen and progesterone, and other crucial hormones. Benefits of hormonal balance include:

- losing unwanted weight
- glowing skin and thick, healthy hair
- freedom from menstrual/menopause problems

## **Reset Digestive Health**

Your digestive health is of the utmost importance to your overall well-being. Even though digestive issues are common, it does not

mean they should be overlooked.

In fact, chronic digestive issues can lead to bigger problems not just in the digestion, but that affect your whole body, such as bacterial and/or yeast overgrowth, autoimmune disease, diabetes, anxiety, and memory loss.

Stress causes decreased ability to digest food as well as imbalanced bacteria in your intestines and inevitably, leaky gut. That's why so many people suffer from mild to moderate digestive health issues, be it heartburn, bloating and/or on-going trouble with maintaining bowel regularity.

Leaky gut then leads to food sensitivities, which can cause inflammation throughout your body and symptoms such as skin issues, sinus congestion, water retention, joint pain, weight gain, sleep issues, and/or brain fog.

The Stress Reset will help you avoid the most common food sensitivities—gluten, dairy, eggs, and soy—thereby helping you reset your digestive health, get on the path to healing leaky gut, and to help you know which foods make you feel good.

By eliminating these reactive foods, you will help your body reduce inflammation, support digestion, and start to rebalance your weight and your health overall.



# 7

## KEY PRINCIPLES

1. Avoid reactive foods: gluten, dairy, eggs, and soy
2. Eat five or six small “half-meals”, spaced 3-4 hours apart: 30%-40% protein, up to 40% carbohydrates, 20%-30% healthy fat
3. Choose organic foods and drink filtered water or tea (green tea or herbal tea)
4. Avoid sugar, artificial sweeteners, alcohol, trans and hydrogenated fats
5. Have a protein shake, such as Dr. Doni’s Pea Protein Shake, once or twice each day
6. Avoid toxins: artificial ingredients, preservatives, pesticides, and environmental toxins
7. Get 7.5-9 hours of sleep each night and work up to 15 to 30 minutes of exercise 3-5 times each week

# PROTEIN SHAKE RECIPES

*for your 7-Day Stress Reset*

**Blend each shake for 30 seconds.**

## **Plain & Simple**

4-6 ounces of water or  
unsweetened nut milk

1 scoop [Dr. Doni's Protein  
Shake](#)

6 ice cubes

## **Berry Nutty**

4-6 ounces of water or  
unsweetened nut milk

1 scoop [Dr. Doni's Protein  
Shake](#)

1/4 cup frozen berries

1 Tb almond or cashew  
butter

## **Choco-licious**

4-6 ounces of water or  
unsweetened nut milk

1 scoop [Dr. Doni's Protein  
Shake](#)

1/4 avocado

1 Tb ground flaxseeds 1 tsp  
cocoa powder

## **Digestive/Gut Healing Shake**

4-6 ounces of water

1 scoop [Dr. Doni's Protein  
Shake](#)

1 Tb ground flax or chia seeds  
1 tsp [liquid berry extract](#)

1 Tb flaxseed oil

1 Tb [Dr. Doni's Leaky Gut  
Healing Powder](#)

1/4 tsp probiotic powder

*Sample*

# 7-DAY MEAL PLAN

**On the Stress Reset you will eat five to six “half meals” spaced 3-4 hours apart. Here is a sample week of mini-meals.** (GF=Gluten-Free, DF=Dairy-Free)

## DAY 1

**1st breakfast:** Dr. Doni's Protein Shake

**2nd breakfast:** 1/4 cup nuts and dried fruit or 1/2 of your favorite protein bar

**1st lunch:** make a salad with Arugula + 2 to 3 ounces protein of your choice

- rotisserie chicken
- sliced turkey
- salmon
- nuts

Add 1/4 avocado, 1 Tablespoon sunflower seeds, 1 Tablespoon dried cranberries

Serve 1-2 Tablespoons balsamic dressing or olive oil dressing

**2nd lunch:** 1/4 cup nuts and dried fruit or 1/2 of your favorite protein bar

**1st dinner:** 6 ounces of oven-baked free-range turkey or lamb, or lentils

1 c veggies—your choice  
*Eat half tonight, save the other half for tomorrow's lunch*

**2nd dinner:** 4-5 raw carrots or cucumbers + 1-2 Tablespoons hummus or Dr. Doni's Protein Shake

## DAY 2

**1st breakfast:** Dr. Doni's Protein Shake

**2nd breakfast:** 1 maple turkey sausage + a few pieces of arugula

**1st lunch:** Same as yesterday's salad

**2nd lunch:** Leftovers from yesterday: 3 ounces turkey/lamb + 1/2 cup veggies

**1st dinner:** Beef, turkey, fish or veggie burger served with mustard and arugula + 1/2 cup steamed broccoli

**2nd dinner:** 1/2 cup frozen organic blueberries + 1 Tablespoon nut butter

## DAY 3

**1st breakfast:** Dr. Doni's Protein Shake

**2nd breakfast:** 1 Tablespoon nut butter, with honey or maple syrup if you prefer

**1st lunch:** *Make a wrap and eat half of it.*

The whole wrap: 3 slices free-range turkey on a rice or paleo wrap with arugula and 1/4 avocado

**2nd lunch:** Eat the other half of the wrap

**1st dinner:** Stir Fry

Sauté in avocado oil – 1-2 cloves garlic, 1/4 cup sliced onion and broccoli - add 1 cup chicken, beef, or shrimp, and cook until done

*Serve half and save the other half for tomorrow's lunch*

**2nd dinner:** Dr. Doni's Protein Shake

## DAY 4

**1st breakfast:** Dr. Doni's Protein Shake

**2nd breakfast:** 2-3 pieces of turkey bacon

**1st lunch:** Half of last night's stir fry

**2nd lunch:** 4-5 carrots or cucumbers + 1-2 Tablespoons hummus or Dr. Doni's Protein Shake

**1st dinner:** Taco

Cook 2/3 cup ground beef, turkey or Beyond Beef with GF seasoning if desired. Take half of the mixture and serve over 1 cup of arugula. Top with 1/4 avocado cut in pieces.

*Save the other half for leftovers*

**2nd dinner:** 1/2 cup frozen organic blueberries + 1 Tb nut butter + a few GF, DF chocolate chips

## DAY 5

**1st breakfast:** Dr. Doni's Protein Shake

**2nd breakfast:** 1 maple turkey sausage

**1st lunch:** Yesterday's leftover meat served served over arugula with 1/4 avocado

**2nd lunch:** 1 Tablespoon nut butter or 1/2 of your favorite protein bar or Dr. Doni's Protein Shake

**1st dinner:** Cook up 12 ounces wild salmon + 2 cup sautéed greens (chard or kale) with garlic and salt

*Eat 1/4 and save 1/4 for your second dinner, with the other half set aside for tomorrow's lunch*

**2nd dinner:** The second quarter of the fish, rice, and veggies

## DAY 6

**1st breakfast:** Dr. Doni's Protein Shake

**2nd breakfast:** 1/4 of last night's leftover fish and veggies

**1st lunch:** Dr. Doni's Protein Shake

**2nd lunch:** 1/4 of last night's leftover fish and veggies

**1st dinner:** Go out to dinner!  
Half beet or arugula salad  
3 ounces filet mignon, wild salmon, or free range chicken with + 1/2 cup veggies.

*Take the rest home!*

**2nd dinner:** 1/2 cup frozen organic blueberries + 1 Tablespoon nut butter or Dr. Doni's Protein Shake

## DAY 7

**1st breakfast:** Dr. Doni's Protein Shake

**2nd breakfast:** 1 Tablespoon nut butter + 1/4 cup frozen blueberries, 2 Tablespoons nut butter or 2-3 slices of turkey bacon

**1st lunch:** 1/2 cup chicken soup (3 oz chicken, boiled in chicken broth with 1/2 cup carrots, celery and kale)

**2nd lunch:** 1/2 cup chicken soup (3 oz chicken, boiled in chicken broth with 1/2 cup carrots, celery and kale)

**1st dinner:** Leftovers from last night's dinner out:  
3 ounces filet mignon, wild salmon, or free range chicken + 1/2 c veggies.

**2nd dinner:** Dr. Doni's Protein Shake

# POWERFUL PROTEINS, CLEANSING CARBS

The Stress Reset is based on eating high-quality protein at every mini-meal, ideally 40% protein, up to 40% carbs, and 20% - 30% healthy fat.

## 100 Kcal Proteins

10-14 cashews/pecans/almonds/walnuts (also contains some carbs)

4 Tb hummus (also contains some carbs)

1 Tb cashew/almond butter (also contains some carbs)

3 oz fish

2 oz turkey/chicken

1 scoop of Dr. Doni's Protein Shake

1/2 of your favorite protein bar

3 slices turkey bacon

2 oz turkey sausage or jerky

## 40-100 Kcal Carbs

1/2 cup steamed vegetable (40 kcal)

1 cup (cooked or salad) greens (40 kcal)

1/4 avocado (60 kcal)

1/2 cup frozen blueberries (40 kcal)

*The Stress Reset*

# TO GO

If you stick to the Stress Resets eating recommendations (every 3-4 hours), you will very likely end up eating “on the go” at least a few times a week.

## Quick, Healthy Mini-Meals

1/2 to 2/3 of your favorite protein bar

5-6 almonds or cashews + 5-6 dried cranberries

2 slices turkey + mustard and arugula

2-3 slices of turkey bacon

3 oz broiled salmon with GF sweet/sour sauce

2 oz grilled chicken + salad greens + 1/2 avocado + 2 Tb balsamic dressing

4 Tb garlic hummus + carrots or cucumbers



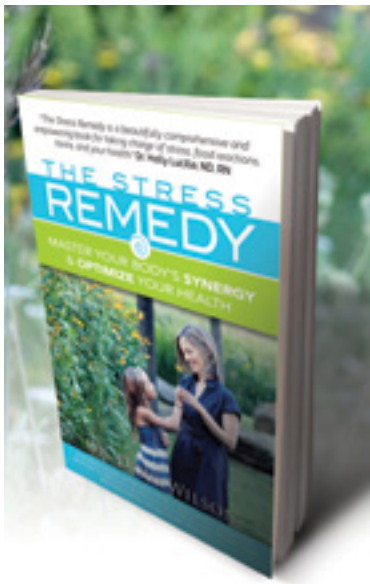
PROTEIN  
SHAKES  
& SAMPLES



Berry,  
Chocolate  
& Vanilla  
Flavor

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# THE STRESS REMEDY

Learn Dr. Doni's  
ground-breaking secrets  
to managing stress and  
achieving optimal health

Get your copy at  
[TheStressRemedy.com](http://TheStressRemedy.com)

**The Stress Remedy** reveals how stress of all types—from skipping breakfast to coping with a major crisis—disrupts the body's synergy. This in turn creates three problem networks—adrenal distress, blood sugar imbalance, and a digestive/immune system condition known as leaky gut.

These problem networks generate the symptoms that most of us learn to take for granted, including weight gain, fatigue, gas and bloating, joint and head pain, insomnia, frequent colds and infections, acne, PMS, low sex drive, mental fog, anxiety, and depression. Once we understand the types of support our body needs, we can free ourselves from these symptoms, achieve a healthy weight, and feel more energized and alive than we ever thought possible.

In ***The Stress Remedy***, you will learn

- How virtually every health problem you experience can be traced back to the effects of stress on your body
- Why missing meals and losing sleep can actually cause you to gain weight
- How your body’s “stress messengers” can either disrupt your entire system or create a whole new level of energy and vitality
- Why the foods you choose can either boost your mood or send you spiraling into anxiety, fatigue, or depression
- How understanding blood-sugar imbalance can free you from weight gain and a host of other symptoms
- Why just 5 minutes a day of doing something you love can make a revolutionary difference to your health

***The Stress Remedy*** shows you exactly how to develop your own individual plan for optimal health, along with a three-week meal plan and these four customized plans to get you started:

- The 18-hour Worker
- The Traveler
- The Mental Athlete
- The Caretaker

In ***The Stress Remedy***, you will learn the true secret to health: how to give your body all the support it needs so that you can achieve all the energy and vitality of which you are capable.

# DR. DONI



Dr. Doni Wilson, a Bastyr graduate and nationally celebrated naturopathic doctor, teaches men, women and children how to make life-changing differences to improve their health using natural approaches.

Suffering from environmental and food allergies herself, Dr. Doni was inspired to create a specialized approach to food sensitivities and “eating for health” – **The Stress Remedy** 21-Day Program – a popular, gluten-free nutritional regimen that reduces inflammation, supports weight loss, digestive healing, and hormone balancing, and brings the body back to a state of optimal health.

In her book, **The Stress Remedy**, Dr. Doni discusses how and why we experience stress, its impact on health and wellbeing, and offers expert approaches to reclaim health, energy, mood, sleep and focus.

Dive deeper with  
Dr. Doni's Stress Remedy

**21-DAY**  
program



[www.DrDoniStore.com](http://www.DrDoniStore.com)