

THE METABOLIC MORNING RESET

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MEET AMANI



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I help women move from symptoms to real solutions, so they can live healthier, more grounded, and meaningful lives. My approach is rooted in data and precision, and shaped by principles of ancestral living.

Get to know me : www.amanikaite.com

You're a smart woman!
Educated, self-aware, and
doing the work.

So pick up your crown.

I'm not here to tell you you're broken.
I'm here to remind you your body is and has ALWAYS been
protecting you.

If you've been wondering:

- Why won't my weight budge, even when I eat "clean"?
- Why do I feel puffy, bloated, or "off" in my own skin?
- Why am I reaching for sugar by mid-morning, even with 8 hours of sleep?

You're not doing something wrong. Your body is doing
exactly what it's built to do : protect you.

But here are the deeper questions:

- What happens when the world you live in no longer matches the rhythm your body was designed for?
- What happens when morning light is swapped for phone screens...when meals are skipped, rushed, or restricted...when movement is replaced by stress under fluorescent lights?

**That mismatch between your biology and your
environment isn't your fault. But it is your signal.**

Research shows that poor morning light, irregular eating, and constant stress throw off your body's internal clock. And when your rhythm breaks, so does your metabolism. Even if you eat "clean". Even if you work out.

In other words, you can still end up with:

- Insulin resistance
- Chronic inflammation
- Belly fat, mood swings, night sweats, anxiety, fatigue

Since 1990, female obesity has risen over 70%. Diagnoses of PCOS, autoimmune conditions, infertility, and metabolic syndrome are climbing every year. And women are now hitting perimenopause earlier—with more intense symptoms than ever before.

**Your symptoms are not random.
They're signals.**

Your body is adjusting to keep you alive in an unnatural environment.

It downregulates metabolism, shifts hormone output, holds onto fat, and reroutes energy away from detox, digestion, and fertility, all to protect you.

But there's a way to shift out of survival mode. A way to send the message:

"It's safe now. You can thrive."



Think of your metabolism like a car engine. If it's misfiring, even the highest quality fuel won't work. The answer isn't "cleaner" eating or fewer calories, it's fixing the engine.

This is the missing piece no one talks about when it comes to weight that won't budge and hormonal chaos: Your body isn't getting the right cues.

The good news? You can reset those cues, without dieting, calorie counting, or cutting more things out.

In just a few minutes each morning, you can wake up your metabolism, support your hormones, and remind your body how to feel safe and energised again.

This is not another to-do list.

This is a *return* to the rhythm your body remembers.

Ready to reset?



YOUR MORNING METABOLIC RESET

A calming 3-step ritual to support weight loss, energy, and hormone balance — no calorie counting, no overwhelm.



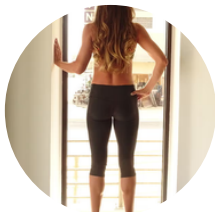
STEP ONE

Get natural morning light



STEP TWO

Sip dandelion root tea



STEP THREE

Do standing calf raises

Do these within 60 minutes of waking. It takes less than 15 minutes and sets the tone for your entire day — metabolically, hormonally, and mentally.

STEP ONE

GET NATURAL MORNING LIGHT

3-10 MINS



MORNING SUN LIGHT

Imagine your ancestors waking with the sun — no alarms, no phones, just light gently nudging their body into action.

That **morning light** wasn't just comforting — it was biological instruction. A signal to your body: *"Wake up. It's time to burn energy."*

But today? We open our eyes to phone screens and fluorescent bulbs, skipping nature's most powerful hormonal reset. No wonder your energy's all over the place.

Now, this isn't to say we need to live barefoot in the woods — but we can absolutely learn from the rhythm our ancestors followed. They were the true masters of biological sync, naturally aligning with the sun, movement, and rest in a way that kept their metabolism humming.



What to do: Step outside or open a window (no sunglasses, no glass barrier). Let natural light hit your skin and eyes for at least 3 minutes. Aim for 10 if possible. Don't stare directly into the sun.

Why it works: This light stimulates your brain's master clock (the suprachiasmatic nucleus), which:

- Resets your circadian rhythm (wake and sleep cycle)
- Signals mitochondria to begin producing energy. Your mitochondria are tiny power plants in your cells that turn the food you eat into usable energy and decide whether you burn fat or store it.
- Balances cortisol, your natural "get up and go" hormone

NB1: Even 3–5 minutes of light exposure (no glass) has been shown to improve energy, sleep, and metabolic flexibility.

NB2 : No sunscreen needed for short early-morning light exposure—just 5–10 minutes is safe and helps reset your body's clock naturally

NB3: You live in a cold/dark country? Use a 10,000 lux SAD light for 10–15 mins in the morning. Place it near your eyes while sipping your tea. 10,000 lux mimics natural morning sunlight, giving your brain the strong light signal it needs to reset your circadian rhythm.



My favourite SAD lights are from Lumie. They offer different sizes for all budgets, and they're medically certified for light therapy. Bonus: it makes a surprisingly great gift 😊

STEP TWO

SIP DANDELION ROOT TEA

1 CUP IN THE MORNING



DANDELION ROOT TEA

You've probably never thought of your **liver as a fat-burning organ, but it is. In fact, it's one of the most powerful regulators of your metabolism.**

And yet, most women today are walking around with a sluggish liver. Years of daily stress, processed foods, synthetic hormones, poor sleep, and blood sugar swings quietly take a toll.

When the liver becomes overwhelmed, everything slows down: digestion, energy, fat-burning, even mood and hormones. You start to feel it as stubborn belly fat that won't shift, puffiness, bloating, and a general feeling of heaviness or hormonal chaos, especially in the mornings.

But here's where it gets fascinating.

Your liver produces a golden fluid called bile, and **bile is essential for breaking down fats**, clearing out waste, and eliminating excess hormones like oestrogen.

Most people don't realise this, but when bile isn't flowing well, digestion becomes sluggish and blood sugar spikes more easily after meals. That rise in blood sugar leads to a rise in insulin, and when insulin is high, your body can't easily access fat for fuel.



In contrast, when bile flow is smooth and healthy, your body digests fats more efficiently, your blood sugar stays steadier, and your insulin response stays lower.

This shift is key, because lower insulin makes it easier for your body to *flip the metabolic switch* from fat storage to fat-burning.

In other words, if your liver is working with you, your entire metabolic system becomes more flexible, and fat loss no longer feels like a battle.

The best part? You don't need to diet, detox, or count calories to support this. You simply need to show your liver a little love. And that starts with one quiet moment in the morning, and one cup of the right tea.



What to do: Steep 1 tsp of dried dandelion root in hot water for 10–15 mins. Drink it warm, ideally 20–30 minutes after waking. Take it 20–30 minutes before a meal to stimulates bile flow in advance. And drink it before coffee so it gently supports the liver and digestive system before introducing the stimulating effects of caffeine.

Why dandelion root tea?

Dandelion root has supported digestion and liver health for over 1,000 years. Used in Traditional Chinese Medicine and Native healing, it's now backed by science. Studies show it can *boost bile flow by up to 40%*, helping your body break down fats, clear waste, and balance key hormones like oestrogen and insulin. In short: better digestion, better detox, better energy.

Why it works:

Dandelion root gently supports your **liver** — one of the most overlooked organs in fat loss and hormone balance. It helps:

- Clear out excess estrogen
- Improve bile flow and fat digestion
- Reduce water retention and sluggishness
- Ease bloating that shows up first thing

Your liver and mitochondria work hand-in-hand. A sluggish liver = sluggish fat-burning.

Alternative: Rooibos tea is also a great caffeine-free, anti-inflammatory option, especially if you're sensitive to bitter herbs.

NB1: Make sure it's dandelion ROOT, not just dandelion leaf. The root is what supports liver detox, bile flow, and fat metabolism. Look for "roasted dandelion root" for a richer flavour and stronger metabolic support due to enhanced antioxidant activity from roasting

NB2: You can have the tea anytime of the day. It just works better before a meal.

NB3: Make sure the tea is organic and the bags are free of nasties. Look for: "unbleached," "oxygen-whitened," "compostable," "no plastic," or a note about plant-based fibres.

NB4: If you don't have time in the morning, make a cold brew the night before. Just steep 1-2 tsp of dandelion root tea in cold water and let it sit in the fridge overnight. By morning, it's ready to drink, no boiling, no fuss. You'll still get the same benefits.



My favourites :

- Roasted (deeper support) dandelion root tea
- Unroasted (lighter support & cheaper) dandelion root tea

STEP THREE

STANDING CALF RAISES

2 SETS OF 10–15 REPS, AFTER MEALS



STANDING CALF RAISES

Most women think they need intense workouts to burn fat. But sometimes, it's the smallest moves that make the biggest difference.

The soleus muscle in your lower leg (yes, that little one behind your calf) acts like a secret metabolic pump. In fact, researchers from the University of Houston found that activating this muscle through “soleus push-ups” (like calf raises) **can lower blood glucose by up to 52% and insulin by 60%**, without changing diet or doing traditional exercise.

This movement also boosts **oxidative metabolism**, meaning your cells burn more fat and glucose for fuel, even while you're sitting. It's one of the most underestimated tools for improving metabolic health.

This is how we turn everyday moments, like standing after a meal, into powerful metabolic resets.



What to do: Stand tall, barefoot if possible. Rise onto the balls of your feet, then slowly lower. Do 10-15 reps, twice daily — ideally after meals.

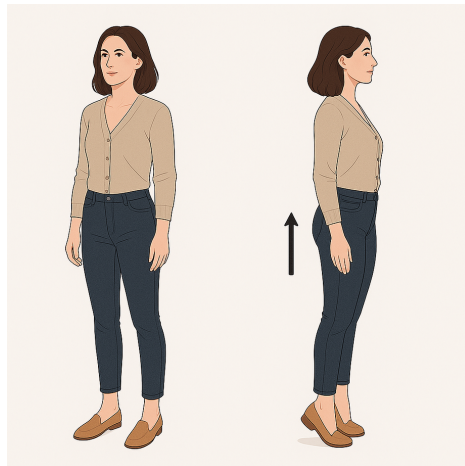
Why it works: This activates your **soleus muscle**, a powerful “metabolic pump” in your lower leg that:

- Lowers post-meal blood sugar
- Stimulates **mitochondrial activity (tells your body to burn energy)**
- Improves fat metabolism and insulin sensitivity (improves cellular uptake of glucose)
- Boosts circulation and lymphatic drainage

Think of this as a micro-reset for your metabolism every time you eat —no need to leave the house or squeeze in a walk.

NB1 : While it’s recommended to do calf raises standing—for full lower leg activation—you’ll still get up to 60–70% of the benefits doing them seated, especially for targeting the soleus muscle. Just focus on slow reps, full range, and consistency.

NB2: Hold a bottle in each hand to add light resistance. This makes your muscles work harder and boosts the metabolic effect—especially in your lower legs and core.



WHAT TO EXPECT FROM THIS MORNING RESET?

You might be wondering what actually happens when you start doing this. The answer is : more than you think. And it doesn't require perfection, just consistency. Remember this is a lifestyle change, not a quick fix (you've done that already)

Day 1-3	A small shift — better focus in the morning, slightly fewer cravings. You might feel calmer starting your day.
Week 1	More stable energy through the day. Less afternoon slump. Slight reduction in bloating and irritability.
Week 2	Morning clarity improves. Sugar cravings and emotional eating episodes may reduce. Your digestion feels more "awake."
Week 3	Your clothes may feel looser. You're sleeping better. You're less reactive to stress. You feel a little more like yourself again.
Weeks 4-6	Visible changes: flatter tummy, more sustained fat-burning, less puffiness, and better hormone-related symptoms (e.g. PMS, hot flushes, mood swings). Your metabolism feels like it's finally responding again.

FAQS

1. Do I have to do all 3 steps every single day?

Not at all. Start with 1 if that's all you can manage. But the more consistent you are, the more your metabolism will respond. Even just getting light in the morning can make a noticeable difference in energy, fat-burning, and cravings.

2. I take medication. Is this safe?

Yes — this ritual doesn't interfere with medications. It's based on supporting your body's natural systems. If you're on diuretics, just check with your practitioner before using dandelion root tea.

3. I live in a dark or cold country. Will it still work?

Yes — just swap the sunlight for a 10,000 lux SAD lamp for 10–15 minutes in the morning. It mimics natural daylight and supports your circadian rhythm in the same way. You can do this while sipping your tea.

4. Can I still drink coffee?

Absolutely — just wait 60–90 minutes after waking. This gives your natural energy system time to activate first, which supports better hormone and blood sugar balance (and reduces reliance on caffeine long-term).

5. What if I wake up early or it's still dark?

You can still start your morning ritual: sip your tea, do your movement, and use a SAD light instead of sunlight. Do what you can — consistency matters more than perfection.

6. I'm super overweight/ under a lot of stress.

Will this even work for me?

Yes — especially for you. This is not a workout, a diet, or a quick fix. It's a reset for your internal clock and metabolism. Even in cases of obesity, hormonal imbalance, or high stress, restoring your body's natural rhythm helps it respond better to everything else you're doing — including food, supplements, or movement.



READY FOR MORE?



If this ritual felt like a refreshing relief, imagine having a full step-by-step plan designed for women over 35—to *lose weight, ease mood swings, improve skin, enjoy painless periods, and finally feel like yourself again*. And more importantly, to drastically reduce your risk of metabolic diseases, the silent epidemic 90% of the population is heading toward.
I'm building it now. It's called :

'The Metabolic Reset Method'

JOIN THE WAITLIST

Be the first to know when doors open and get early-bird bonuses.