

Better Blood Flow: 10 Day Reset Workbook and Guide



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Health Goes Where Blood Flows

Every single chronic disease is characterized by decreased blood flow to the affected organ/tissue.

If you can restore blood flow and perfusion to every organ, tissue and cell in the body, you can correct most if not all chronic diseases.

Healthy blood flow is the foundation of wellness and healing.

Over the next 10 days, prioritize total health with an emphasis on optimizing healthy blood flow by committing to the tools within this guide.

What's included:

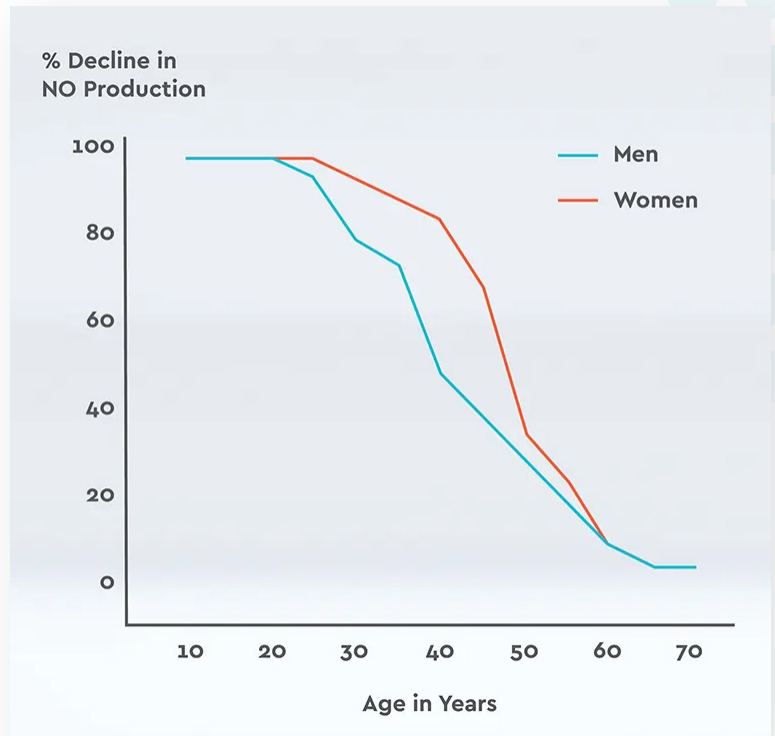
- Simple tips
- Tools to help boost blood flow
- Daily tracker
- Reflection



Blood Flow + Nitric Oxide = The Foundation of Total Health

Nitric Oxide (NO) is a signaling molecule and natural vasodilator that plays a crucial role in various physiological processes within the body. It is produced by the endothelial cells lining the blood vessels and acts as a potent regulator of vascular tone, blood flow, and blood pressure.

As we age, we produce less of it — and over time, the blood vessels involved in naturally producing Nitric Oxide become less efficient due to free radical damage, inactivity, and poor diet.



Low levels of Nitric Oxide can have significant implications for health. Nitric Oxide deficiency is linked to increased oxidative stress, inflammation, and compromised immune function. These effects can contribute to the development and progression of cardiovascular diseases, neurodegenerative disorders, and other chronic conditions.

Low Nitric Oxide looks like

- Sexual and hormone health dysfunction
- Metabolic issues
- Blood pressure concerns
- Cognitive slowness
- Reduced endurance
- & more*



**Each of these issues
is a blood flow issue.**

By improving Nitric Oxide production, we can restore blood flow optimization and improve total body health.*

Enter: The 10 Day Reset

Over the next 10 days, commit to optimizing blood flow with the helpful tips found on page 6.

To begin, write a few reasons why you are committing to this reset below:

Example: I commit to meditating a minimum of 8 minutes per day over the next 10 days.

10 Day Reset Tracker: Daily Habits

Use the list below to select at least 1 blood-flow-friendly habit per day to incorporate into your day over the next 10 days. Write out your selections on page 7.

Daily blood-flow-friendly habits:

- **30 minutes of exercise:** Physical activity, particularly aerobic exercise, stimulates the release of Nitric Oxide from the endothelium. [Learn more](#)
- **Bhramari Pranayama Breathwork:** Research suggests that slow-paced, diaphragmatic breathing, such as in Bhramari pranayama, may enhance Nitric Oxide production, as the nasal passages contain this molecule. [Learn more](#)
- **Eat 3-4 servings (minimum) of leafy greens:** Leafy greens, such as spinach and kale, are rich in nitrates, which the body can convert into Nitric Oxide-heart-healthy super foods. [Learn more](#)
- **Limit Processed Foods:** Limiting the consumption of foods rich in saturated and trans fats, refined carbohydrates, and processed ingredients is advisable in a heart-healthy diet, as these dietary choices have the potential to effect Nitric Oxide production. [Learn more](#)
- **Aim for 7-9 hours of sleep:** During sleep, nitric oxide levels tend to increase, promoting blood vessel dilation and improving blood circulation. This vasodilatory effect supports oxygen and nutrient delivery to various tissues, including the brain, which is crucial for overall physiological functioning during restorative sleep. [Learn more](#)
- **Prioritize Hydration:** Hydration is intricately linked to Nitric Oxide production, primarily through its impact on endothelial function. The endothelium, the inner lining of blood vessels, relies on adequate hydration for optimal performance. Well-hydrated endothelial cells are more effective in producing Nitric Oxide. [Learn more](#)
- **10 Minutes of Meditation:** Meditation practices, particularly mindfulness meditation, have been associated with relaxation and stress reduction. Reduced stress levels can positively impact endothelial function, potentially leading to enhance Nitric Oxide production. [Learn more](#)

10 Day Reset Tracker: Daily Habits

Day 01 _____

Day 02 _____

Day 03 _____

Day 04 _____

Day 05 _____

Day 06 _____

Day 07 _____

Day 08 _____

Day 09 _____

Day 10 _____



Bonus tip: Track your Nitric Oxide levels with a daily 10 second test! Scan this QR code for more information.

10-Day Reset Tracker: Reflection cont.



Day 09

Day 10



For more information



Visit [BerkeleyLife.com](https://www.BerkeleyLife.com)

** These statements have not been evaluated by the Food and Drug Administration.
These products are not intended to diagnose, treat, cure, or prevent any disease.*