

3 DAY *Gentle Reset*

BOUNCE BACK AFTER VACATION

With
Dr. Helene Pulnik ND



Pacific Coast Naturopathic Health
Dr. Helene Pulnik ND

RECOVER AFTER VACATION,

A GENTLE 3-DAY RESET TO HELP YOU FEEL LIKE YOURSELF AGAIN

Just back from a trip and afraid to step on the scale? You are not alone. Coming home can stir up guilt — the scale looks higher, the jeans feel tighter, and panic sets in. But one trip will never undo your progress.

The good news? That jump is almost always water, not fat — and it drops on its own within a few days once your normal routine returns.

WHEN YOU RECOVER GENTLY... EVERYTHING FEELS BETTER

- ✦ Less bloat and water weight
- ✦ Calmer, steadier energy throughout the day
- ✦ Fewer cravings for sugar and carbs
- ✦ Better, deeper sleep — and waking up refreshed
- ✦ Improved mood, patience, and resilience
- ✦ A body that feels like yours again

This isn't about punishing yourself or doing more. It's about supporting your body gently — so it can do what it's designed to do.

A GENTLE RESET

Crash diets and punishing workouts backfire — extreme restriction often leads straight to another binge, and progress stalls. Self-kindness is the smarter, steadier strategy.

THE SCALE IS LYING TO YOU

That post-vacation jump is water, not fat. After extra salt, travel, and different foods, your body simply holds more water — give it a few days and your normal routine, and the number settles on its own. So don't panic, and please don't crash diet.

*You deserve
to feel like yourself again.*

Imagine your body working with you instead of against you. Imagine feeling lighter — physically and emotionally. That's exactly what these three gentle days are here to help you do.

LET'S BEGIN.

4 GENTLE HABITS TO RECOVER AFTER VACATION

These four simple habits do the quiet work of helping your body rebalance — no extremes, no counting, no punishment. You'll carry the same four through all three days.

1

DRINK MORE WATER

Increase your water to flush the extra sodium from travel — a gentle aim is about half your body weight in ounces a day. Infuse a pitcher with lemon or cucumber to make it easy, and sip before meals.

2

PROTEIN + VEGETABLES

Build most meals around protein and colorful vegetables, with about half the plate greens. That's the whole rule — no counting, no weighing.

3

LIGHT MOVEMENT

Keep movement gentle — a daily walk is perfect. Brisk, not punishing. No time? Piece it together: ten minutes morning, noon, and night works just as well.

4

PROTECT YOUR SLEEP

Rest is where recovery happens. Wind down earlier tonight — screens off, lights low, a consistent bedtime — and let your body catch up.

REHYDRATE & RELEASE

"I release the guilt. Today I simply drink water, eat healthy, and let my body settle."

TODAY'S FOCUS • WATER

NOURISH

MORNING

Two **eggs with sautéed greens**, or a protein smoothie with spinach and flaxseed. Start with a big glass of water.

MIDDAY

A big **leafy salad with a protein** — chicken, chickpeas, or salmon — with olive oil & lemon.

EVENING

Baked salmon or beans with roasted vegetables and plenty of greens.

MOVE & REST

Take one easy 15–20 minute walk — nothing intense. Tonight, get to bed on time and wind down with a warm cup of chamomile or lavender tea.

SELF-CARE RITUAL from Dr. Helene's Dry Skin Brushing guide

MORNING DRY BRUSHING

Before your shower, sweep a soft natural-fiber brush over dry skin in long strokes toward your heart — feet up the legs, hands up the arms, torso upward. Five invigorating minutes to stimulate circulation and your lymphatic system. Use light pressure; skip any broken or irritated skin.

REFLECT — One vacation won't undo months of progress — what am I ready to stop feeling guilty about?

NOURISH & MOVE

“I add, not subtract. More protein, more vegetables, more gentle movement — kindness instead of self judgment.”

TODAY'S FOCUS • PROTEIN + VEG & MOVEMENT

NOURISH

MORNING

Greek yogurt or eggs with berries and seeds, or a green smoothie with protein.

MIDDAY

Grain & veggie bowl: quinoa, roasted vegetables, leafy greens, and a protein.

EVENING

Baked chicken or tofu with a colorful roasted veggie medley — half the plate greens.

MOVE & REST

Take a brisk 20–30 minute walk — brisk enough that you'd walk that way if you were a little late to meet a friend — and add a few easy stretches. Keep the same calming bedtime tonight.

SELF-CARE RITUAL from Dr. Helene's Fruit-Infused Water recipes

MAKE A FRUIT-INFUSED WATER PITCHER

Fill a glass pitcher with filtered water and add sliced cucumber, citrus, or a handful of berries. Chill for an hour or two, then sip all day — flavor makes hydration effortless. Pause before snacking; thirst often masquerades as a craving.

REFLECT — What actually threw me off on the trip — skipped meals, less sleep, or simply less movement?

REST & REFLECT

“Normal is the goal, not perfection. I bring back my anchors and step forward, rested and ready.”

TODAY'S FOCUS • SLEEP & REFLECTION

NOURISH

MORNING

Chia pudding with almond milk, berries, and cinnamon, or eggs with greens.

MIDDAY

A hearty **vegetable soup**, or greens with baked cod and roasted squash.

EVENING

Simple protein & greens — baked cod or tofu with steamed broccoli and asparagus.

MOVE & REST

An easy walk keeps things moving — notice how much better you feel than on Day 1. Tonight, give sleep full priority: a warm bath, a caffeine-free evening, lights low.

SELF-CARE RITUAL from Dr. Helene's Herbal Teas & Aromatherapy guides

AN EVENING WIND-DOWN RITUAL

An hour before bed, brew a caffeine-free cup — chamomile, lavender, tulsi, or rose — and, if you like, diffuse the Good Sleep blend (vetiver, ylang ylang, lavender). Lights low, screens away. Ask your practitioner before new herbal teas if pregnant, breastfeeding, or on medication.

REFLECT — Which one anchor — water, protein, a walk, or an earlier bedtime — will I bring back first? Curiosity, not guilt.

YOUR DAILY SELF-CARE RITUALS

One soothing ritual a day makes this reset feel like care, not restriction. Choose whichever calls to you — each is drawn from Dr. Helene's bonus guides.

DRY BRUSHING

Before your shower, sweep a natural-fiber brush toward your heart for five minutes to boost circulation and support your lymphatic system. Light pressure only.

FRUIT-INFUSED WATER

Add cucumber, citrus, or berries to a pitcher of filtered water and chill. Flavor makes it effortless to reach for water all day long.

HERBAL TEAS

Wind down with a caffeine-free cup — chamomile, lavender, tulsi, or rose — to calm your nervous system before bed.

AROMATHERAPY

Diffuse a calming blend such as lavender, cedarwood, or ylang ylang in the evening. For adult diffuser use — not on the skin.

Remember: staying hydrated, moving gently, and protecting your sleep all lower stress and steady your body — the quiet foundation of feeling like yourself again.

GENTLE RESET JOURNAL – DAY 1

DATE _____

DAILY CHECK-IN – HOW DO I FEEL TODAY?

.....

.....

TODAY'S GENTLE HABITS

- ☐ Water ☐ Protein + veggies ☐ Light movement ☐ Protected sleep
- ☐ Self-care ritual

WATER & SLEEP

Glasses of water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Hours of sleep: _____

WHAT THREW ME OFF / MY TRIGGERS TODAY

.....

.....

REFLECTION & ONE KIND WIN

.....

.....

.....

ONE GENTLE THING I'LL CARRY INTO TOMORROW

.....

GENTLE RESET JOURNAL – DAY 2

DATE _____

DAILY CHECK-IN – HOW DO I FEEL TODAY?

.....

.....

TODAY'S GENTLE HABITS

- ☐ Water ☐ Protein + veggies ☐ Light movement ☐ Protected sleep
- ☐ Self-care ritual

WATER & SLEEP

Glasses of water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Hours of sleep: _____

WHAT THREW ME OFF / MY TRIGGERS TODAY

.....

.....

REFLECTION & ONE KIND WIN

.....

.....

.....

ONE GENTLE THING I'LL CARRY INTO TOMORROW

.....

GENTLE RESET JOURNAL – DAY 3

DATE _____

DAILY CHECK-IN – HOW DO I FEEL TODAY?

.....

.....

TODAY'S GENTLE HABITS

- ☐ Water ☐ Protein + veggies ☐ Light movement ☐ Protected sleep
- ☐ Self-care ritual

WATER & SLEEP

Glasses of water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Hours of sleep: _____

WHAT THREW ME OFF / MY TRIGGERS TODAY

.....

.....

REFLECTION & ONE KIND WIN

.....

.....

.....

ONE GENTLE THING I'LL CARRY INTO TOMORROW

.....

KEEP GOING — GENTLY

Three days of water, whole foods, light movement, rest, and small rituals, and already you feel more like yourself. Self-care isn't a three-day event — it's the quiet, repeated choice to return to your anchors as soon as you can. Aim for normal, not perfection, and the scale takes care of itself.

YOUR NEXT STEP

You've laid the perfect foundation. When you're ready, flow straight into Dr. Helene's **3-Day Sugar Detox** to clear added sugars and set yourself up for a successful RENEW DETOX — you'll arrive rested, hydrated, and ready.

And if you've been feeling off — low energy, cravings, or trouble bouncing back — it may be a sign your hormones need attention. If you're not yet a patient, **apply at pcnaturopathichealth.com/apply** so we can find the root cause and build a plan to help you feel like YOU again.

Yours in Health,
DR. HELENE PULNIK ND
www.pcnaturopathichealth.com

Disclaimer: This content is for informational and educational purposes only. It is not intended to provide medical advice or to take the place of such advice or treatment from a personal physician. Nothing in this document is intended to prevent, diagnose, or treat any disease. There are no guaranteed results. Copyright © 2026 Pacific Coast Naturopathic Health, All rights reserved.