RISE & REVIVE

1 simple practice for better digestion, energy, & ease.

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BODY & BEYOND

Rise & Revive

WHAT BROUGHT YOU HERE?

If you're reading this, chances are you've been struggling with one (or more) of these:

- Low energy and fatigue
- Sluggish thinking, brain fog, or poor focus
- Digestive issues – constipation or bloating
- Water retention or stubborn weight
- Toxin overload
- Anxiety, unstable emotions, mood swings
- Poor sleep and trouble feeling rested

This simple practice has the power to shift all of that gently, naturally, and in as little as a few days.

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THE EXPERIENCE

"I noticed a difference on the first day! Better energy and finally an easy BM and no bloating!"

What this practice can do for you...

- Clearer focus & mental alertness
- Easy morning bowel movement
- Energy (without needing coffee!)
- A flatter belly and less bloating
- A calmer, more stable mood
- Fewer anxious thoughts
- More restful sleep at night
- Cravings felt easier to manage
- Better food choices all day
- Easier to reach 2L of water daily

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THE PRACTICE

Drink 3 Glasses of Warm Water in the First Hour of Waking...Slowly

1

When you Wake:

Sit up, Smile, Sip

Imagine this water hydrating your whole body and bringing your cells back to life.

Sip your 1st glass.

2

Meditation:

Hold your cup for 2 minutes and bless it with whatever healing intention you need for the day.

Drink your 2nd glass.

3

At this point you may need to use the washroom!

While you're there, brush your teeth and splash your face.

Finish your 3rd glass.

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WHY IT WORKS

- Digestive reset: Warm water stimulates digestion, wakes up the gut, and helps you eliminate toxins (hello, lighter belly & smooth digestion).

- Detox & longevity: Regular morning elimination clears waste that would otherwise build up in tissues, cause inflammation, or slow metabolism.

- Cell hydration: Think of your cells like raisins turning back into grapes.
  - Dehydrated cells = anxious, cranky, and inefficient.
  - Hydrated cells = calm, juicy, and functional.

- Mind-body link: When your cells relax, you relax. Hydration directly reduces anxiety and supports emotional stability.

- Brain boost: Warm hydration stabilizes blood pressure and improves circulation to the brain, giving you mental clarity and sharper focus.

- Energy & metabolism: A clear digestive system and hydrated cells naturally boost metabolism, helping with weight release and sustained energy.

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CHECKLIST

What you'll need

- [ ] Clean source of water
- [ ] A thermos to hold 24 oz (3 cups) of water. The water temperature should be close to your internal temperature - not hot or cold - but the "goldilocks warm" ;)

Preparing at bedtime

- [ ] Boil 2 glasses of water
- [ ] Pour boiled water into thermos
- [ ] Add 1 cup of room temperature water to the thermos
- [ ] Close up and keep at your bedside

Prepare your water tonight, so tomorrow morning you can Rise & Revive!

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MORNING HYDRATION TRACKER

Now that you know what to do... start taking action!

How to Use This 7 Day Tracker

✔ Print this sheet or keep it digital.
✔ Each morning, check off when you complete your 3 glasses.
✔ Use the "Notes" section to jot down changes you notice in energy, digestion, mood, etc.
✔ At the end of the week, celebrate your wins 🎉.

Day	Glass 1	Glass 2	Glass 3	Notes / Wins
Mon	◻	◻	◻	
Tue	◻	◻	◻	
Wed	◻	◻	◻	
Thu	◻	◻	◻	
Fri	◻	◻	◻	
Sat	◻	◻	◻	
Sun	◻	◻	◻	

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Weekly Reflection

How did my energy feel this week?

What changed in my digestion?

Did I notice a shift in mood, focus, or sleep?

Wins to celebrate:

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About THE AUTHOR

Dr. Aliya is a former family physician, turned holistic health guide, who solves health mysteries instead of writing prescriptions.

She helps people swap burnout, brain fog, hormone imbalance, and digestive drama for energy, balance, and vitality by observing the root cause, integrating Ayurveda, functional medicine, and natural lifestyle practices that are simple, sustainable and rejuvenating.

When she's not helping clients, she's probably testing her calisthenics skills, enjoying a hike, sun gazing, singing, or learning new dance moves.
Finding joy in the little things are her favorite wellness practices.
Her motto: feeling good should feel good.

READY FOR THE NEXT STEP?

SCHEDULE A CALL

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