Greg’s Three-Day Reset

DATE

Read first · Greg’s personal routine

Skip the fast and keep the breathing and the cold if food has ever been a fight for you (Chapter 4). Talk to your doctor before you fast if you have diabetes, take medication for blood sugar or blood pressure, or have a heart condition. Stop and eat if you get dizzy, faint, or confused.

Never do Wim Hof or breath-hold breathing in or near water.

If you have a heart condition or high blood pressure, or you've ever had chest pain, dizziness, or fainting with exertion, talk to your doctor first.

This is what I do after weeks of sugar, screens, short sleep, and a short fuse. It's hard on purpose (Chapter 6). This isn't for a bad day. For that, use the ARC reset above or your bad-day floor in Chapter 11.

Every morning. Three rounds of Wim Hof breathing, seated or lying down, never in or near water.

Every day. Cold. A plunge if you have one, a cold shower if you don't. Never alone in cold water, and never after drinking.

Days one and two. A 48-hour water fast: water and plain tea. Watch your body move toward food, and let the pull show you what's stressing you, the way I described in Chapter 6. On day three, eat something you love, slowly.

All three days. Phone out of the bedroom, the thing you're cutting out of the house, and one person who knows you're doing it.