

7 Days to Reset

Real-Life Nutrition for Women Over 40

By Nutrinika

Day 1: Sleep First

Let's get this straight: without sleep, your body will hijack your day. You'll overeat, snap at your partner, forget what you walked into the room for, and then stare at the ceiling at 2 a.m. wondering why you feel like a gremlin.

Today's task: Turn off screens 60 minutes before bed. Don't scroll, don't binge. Read. Breathe. Collapse.

Bonus: Eat something with tryptophan (turkey, oats, or Greek yogurt) before bed. Yes, food can help.

Day 2: Water, Not Wine

Dehydration after 40 is not a joke. It steals your energy, messes with your mood, and makes your skin look like a crumpled napkin.

Today's task: Drink a glass of water before coffee. Then another every 90 minutes. Add electrolytes if you're tired of peeing clear water all day.

Skip the wine tonight. If that feels impossible, good. That means it's worth doing.

Day 3: Gut Reset (Not a Cleanse)

Put the kale juice down. You don't need a cleanse. You need real food that your gut bacteria recognize as food.

Today's task: Eat fermented food (kimchi, yogurt, kefir, pickles), fibre (beans, veg, oats), and healthy fats (olive oil, nuts).

Bowel movement? Good. That's your gut saying thanks.

Day 4: Move Like You Mean It

You don't need to train for a marathon. You need to move like your body matters.

Today's task: 20 minutes of movement. Walk fast enough to get warm. Dance like a maniac in your kitchen. Stretch something. Anything.

No excuses. The couch will wait.

Day 5: Let It Out

You're not only tired. You're holding in years of stress, emotion, and things you didn't say when you should have.

Today's task: Write 3 pages. No editing, no censoring. Rage, sob, plot revenge. Nobody will read it. Then rip it up or burn it.

Feel better? Thought so.

Day 6: Say No (And Mean It)

People-pleasing is a full-time job with no pension plan. Time to quit.

Today's task: Say "no" to something you don't want to do. Don't explain. Don't apologise. Just "No, I'm not available."

Protecting your energy is your new superpower.

Day 7: What Now?

This isn't the end. It's the starting line. You've proven you can shift gears. Now keep steering.

Today's task: Choose 2 habits from this week to keep. Write them down. Stick them on your fridge, your mirror, your phone.

You don't need a new you. You just need a version of you that's awake, hydrated, fed, moving, honest, and unapologetic. That woman? She's already here.