

Reset Roadmap & Course Components



Week One

- Reconnect HBP + Connection
- On What + How To Eat

Week Two

- Reset HBP + Presence
- On Supplementation

Week Three

- Remember HBP + Capability
- On Detoxification

Week Four

- Repeat HBP + Importance
- On Lifestyle



28 Day Reset
Stay the course - Follow the path

