



SPRING 2026 -- PILLAR THREE -- FREE GUIDE

Reset



THE PHILOSOPHY

Her Body Knows the Season

Your body has been in winter nourishment mode -- denser foods, warming spices, more rest. Spring calls for a biological shift. Lighter proteins, fresh produce, hydration as ritual. This is not a diet. This is seasonal intelligence.

"Spring is the body's invitation to lighten. Listen to it."

Light Seasonal Eating -- What Your Body Wants

- Move from root vegetables to leafy greens, asparagus, and fresh herbs
- Reduce heavy stews -- increase salads, grain bowls, lightly cooked vegetables
- Incorporate more raw foods as temperature rises
- Eat earlier in the evening -- spring light stays longer, digestion works better

Spring Glow Foods and What They Do

Asparagus -- Folate + vitamin K -- circulation and clarity

Strawberries -- Vitamin C -- brightening and collagen support

Spinach -- Iron + vitamin A -- radiance and repair

Cucumber -- Hydration + silica -- elasticity

Radishes -- Sulphur compounds -- liver detox support

THE SPRING MORNING RITUAL

Nourishment as Practice

AM

Morning Hydration First

Before anything else -- 500ml water with lemon. Then your matcha or spirulina smoothie. This combination kickstarts lymphatic function, cortisol regulation, and cellular hydration. Your skin shows it within 72 hours.

MD

Midday -- Colour and Freshness

A large salad with dark leafy greens, hemp seeds, fresh herbs, and protein. Dress with olive oil and lemon. The goal is colour, variety, and live enzymes -- not a perfect macro split.

PM

Evening Wind-Down Tea

An adaptogenic tea 90 minutes before sleep. Tulsi, chamomile, or kava. No screens while you drink it. This is your cortisol reset -- the evening ritual that makes the morning ritual possible.

Spring Smoothie Recipes

The Radiant Morning Blend

Frozen strawberries + spinach + banana + almond milk + chia seeds + pinch of turmeric. High in vitamin C, iron, omega-3s, and anti-inflammatory compounds.

The Calm Skin Green

Cucumber + mint + spinach + pear + coconut water + lemon + collagen powder. Deeply hydrating, alkalising, and cortisol-supportive. Best mid-morning.

FOOD AND YOUR NERVOUS SYSTEM

Eat To Regulate

"Every meal either works for your nervous system -- or against it. This is how you eat for calm."

When you eat high-sugar or refined carbohydrate foods, blood sugar spikes. Your body releases insulin to correct it, then overcorrects -- blood sugar crashes -- and your body releases cortisol as emergency response. This cycle, repeated daily, keeps cortisol chronically elevated.

What Stabilises You

- Protein at every meal: eggs, fish, chicken, legumes, Greek yoghurt
- Healthy fats: avocado, olive oil, nuts, seeds, salmon
- Complex carbohydrates: sweet potato, oats, brown rice, quinoa, lentils
- Magnesium-rich foods: dark leafy greens, pumpkin seeds, dark chocolate
- Adaptogenic teas: tulsi, ginger, kava -- morning and evening

What To Reduce

- Refined sugar in all forms
- Caffeine on an empty stomach
- Skipping meals (triggers cortisol response)
- High-sugar fruit juices

SPRING GUT RESET

Rebuild Your Microbiome

Spring is the ideal season to reset your gut. Your microbiome directly influences skin clarity, mood stability, cortisol regulation, and energy. A 3-week gut reset creates measurable changes in all four.

The Gut Reset Basics

- Start every morning with warm water and lemon (stimulates bile and digestion)
- Add one fermented food per day: kefir, kimchi, sauerkraut, kombucha, miso
- Increase dietary fibre: 25-35g per day from vegetables, legumes, and seeds
- Reduce sugar for 3 weeks -- this alone measurably shifts your microbiome
- Consider a high-quality probiotic supplement for the first month of spring

Hydration Ritual

- Wake: 500ml still water before coffee -- always
- Morning: herbal or green tea. One coffee maximum, before 10am
- Afternoon: 500ml water. This is where most women fall behind
- Evening: herbal tea. No caffeine after 2pm for optimal sleep and cortisol

YOUR SPRING NOURISHMENT CHECKLIST

Do This Before the Season is Halfway Gone

- Start every morning with 500ml water before anything else
- Swap your heavy winter breakfast for a spring green smoothie this week
- Add one fermented food to your daily eating for 21 days
- Reduce refined sugar for 3 weeks and observe your skin and energy
- Eat an adaptogenic tea in the evening for 7 consecutive days
- Cook one meal this week using spring produce: asparagus, spinach, strawberries
- Add collagen peptides to your morning smoothie for 30 days

DEEPEN THE PRACTICE

The Spring Nourishment Reset Kit holds the Stanley tumbler, spirulina, collagen peptides, spring teas, hemp seeds, and the salad bowl that make this practice beautiful to live inside every day.

ENTER THE KIT -- SPRING NOURISHMENT RESET

radiantshe.com/spring