

SUNDRIED

Get a head start with this free eBook by Sundried.

This guide is an exclusive excerpt from our signature course,
Weight Loss Reset : The 90-Day Permanent Rewire
See more at sundried.com/learn

The 90-Day Permanent Rewire

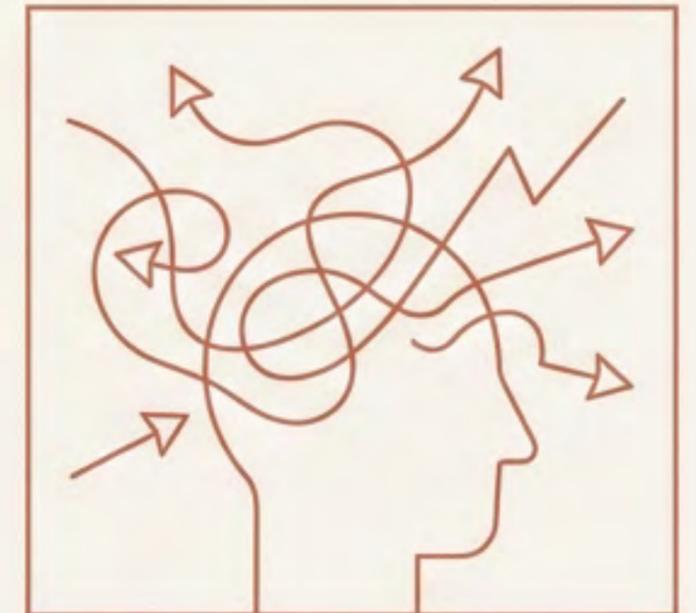
It's time to stop resetting and start rebuilding.



We've all started on a Monday.

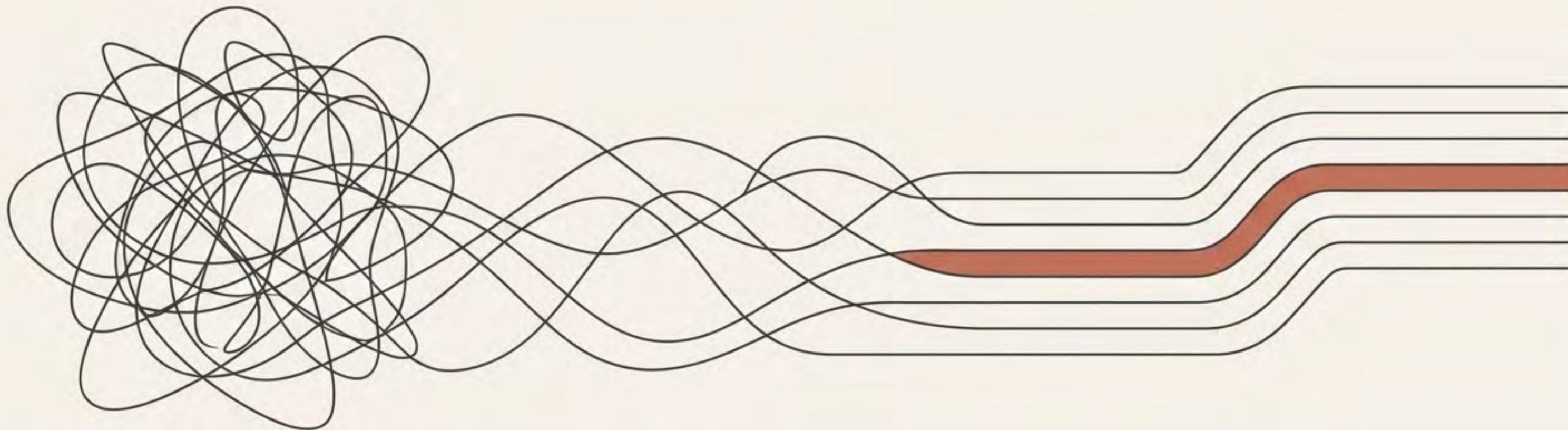
You clear out the cupboards, buy an excessive amount of kale, and tell yourself that from this moment on, everything changes...

And by Thursday? The motivation has waned, the kale is looking sad in the fridge, and life has got in the way.



The problem isn't you. The problem is the approach.

From a Temporary 'Reset' to a Permanent 'Rewire.'



The world sells us speed: 30-day shreds and rapid transformations that reverse just as fast. We've built something different, based on the science of behavior change, nutrition, and psychology. This isn't about a summer body; it's about performing well forever. In women, and psychology. This isn't about a summer body; it's about performing well forever. This is about playing the long game.

Our Philosophy: Education over Deprivation

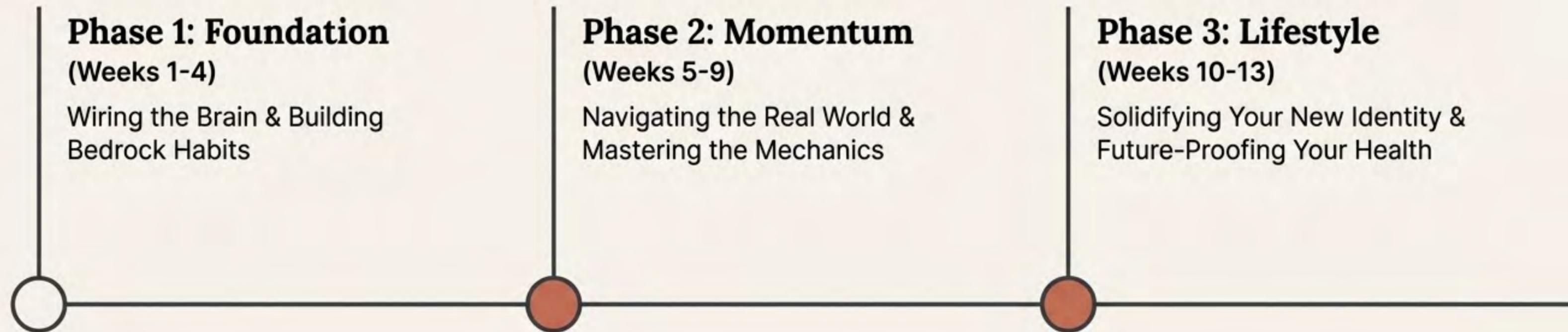
We don't hand you a restrictive meal plan. We empower you with understanding. When you know *why* sleep affects your hunger hormones, or *why* a walk after dinner flattens a blood sugar spike, you are no longer following rules—you are making informed choices.

"Understanding the mechanisms of your own body is the most empowering tool you can have."



The 90-Day Blueprint for a Permanent Rewire

We break the journey down into three distinct phases, each designed to build upon the last. This isn't an overhaul; it's a carefully **sequenced** integration into your life.



Phase 1: Foundation - Wiring the Brain

Core Idea: We stop looking at the scales and start looking at **our behaviors**. The focus is on **adding, not subtracting**, because psychology tells us **adding** is easier.



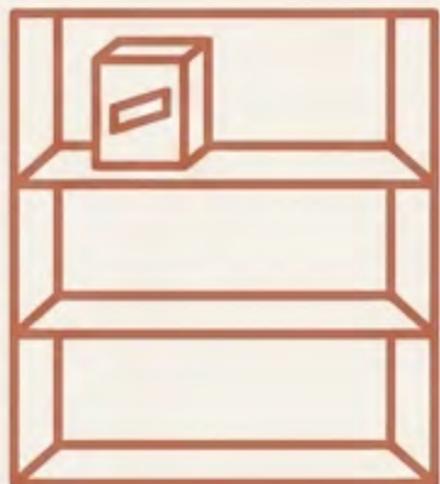
The “Deep Why”

Discovering your true motivation beyond a number on a scale.



The “30-Second Energy Hack”

A glass of water upon waking to change your morning physiology.



The “Kitchen Audit”

Making trigger foods inconvenient, not forbidden. (Out of sight, out of mind).



Identity Shift

Moving from “I can’t eat that” (restriction) to “I don’t eat that” (empowerment).

Phase 2: Momentum - Mastering the Mechanics

Core Idea:

Once habits are forming, we get smarter about food and navigating social life without becoming obsessive.



‘The Hand Method’

Using your own hand for portion control—no scales or apps needed.



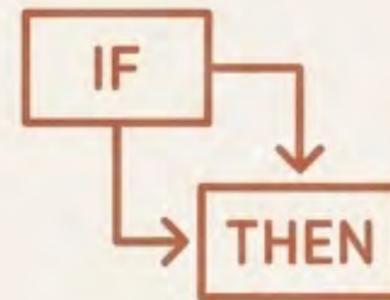
‘Menu Stalking’

Deciding what to eat at a restaurant *before* you arrive, when you aren’t hungry and impulsive.



The ‘Post-Dinner Stroll’

A simple 10-minute walk to manage glucose levels.



The ‘If/Then’ Plan

Replacing emotional eating loops with a pre-planned action. (“If I get stressed, then I will call a friend.”)

Phase 3: Lifestyle - Solidifying Your New Identity

Core Idea: This is where the changes become permanent. We future-proof your body and mind for the long game.



Hunger vs. Appetite

Asking “Would I eat an apple?” to distinguish true hunger from boredom or stress.



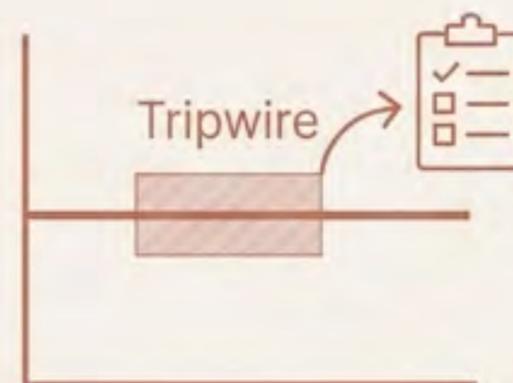
The “Clothing Check”

Donating clothes that are too big—a powerful psychological signal that there’s no going back.



The “Unfollow” Spree

Curating your digital environment to remove comparison and inadequacy.



The “Maintenance Plan”

Creating a “tripwire” (e.g., a 3lb buffer) with a pre-set plan of action to prevent relapse.

The Engine of Change: Daily Micro-Actions

How It Works

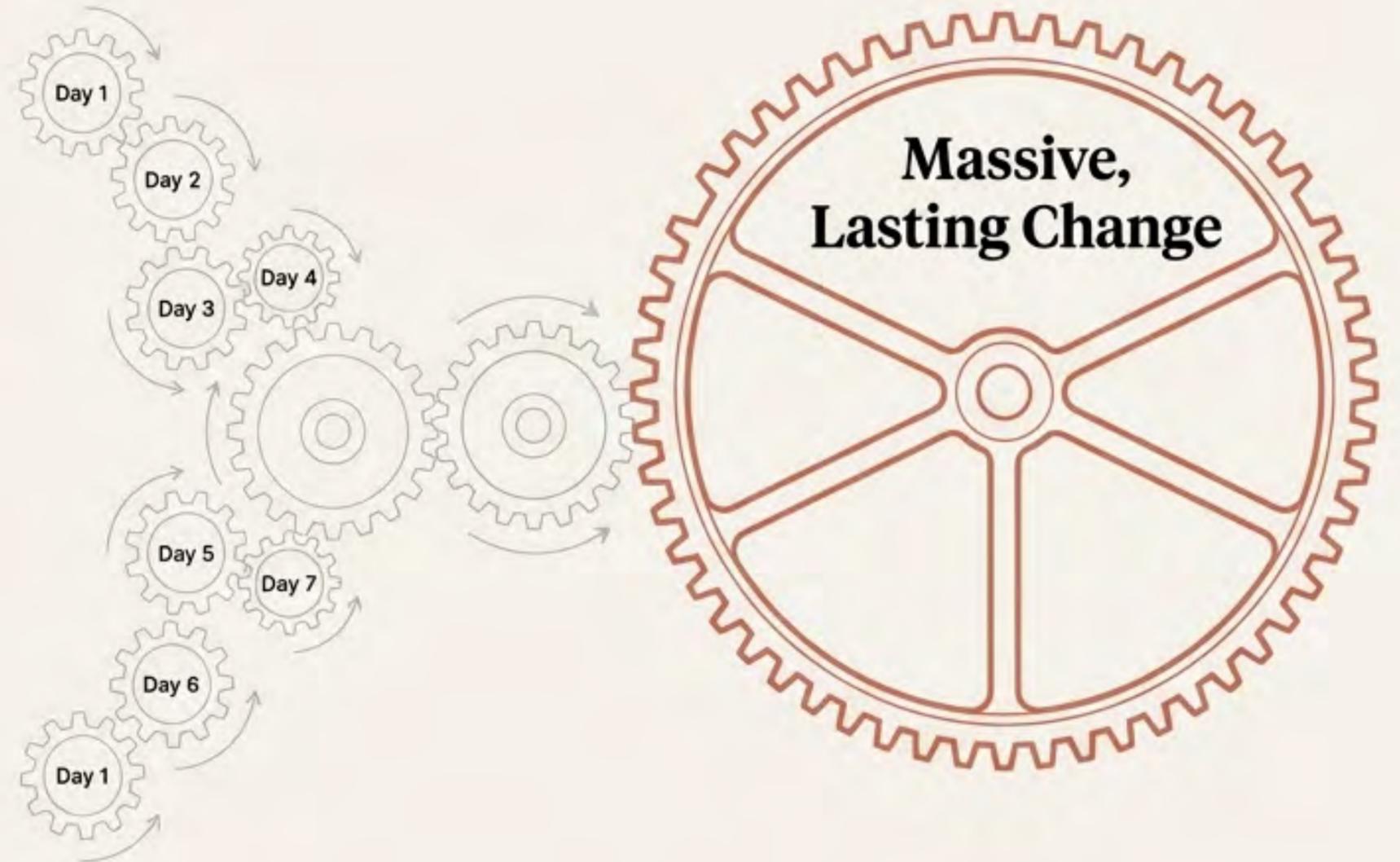
Each morning, you receive a focused email with a “Micro-Action”—a tiny, manageable task for the day.

Examples of Micro-Actions

- Drink one large glass of water upon waking.
- Put your fork down between every three bites.
- Add a fist-sized portion of veg to your dinner.

The Psychology

These tasks are designed to be so small you can't say no. Over 90 days, they compound into massive, **lasting change**. We explain the “why” behind each action, like how preparation defeats decision fatigue.



The Knowledge Base: Weekly Deep Dives

While daily emails handle the habits, your personal course login gives you access to weekly “Big Topics” to make you an expert on your own body.



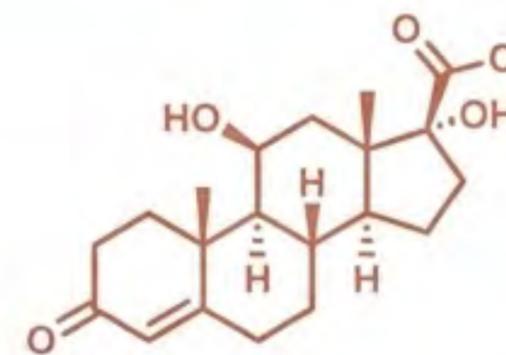
Week 3: NEAT (Non-Exercise Activity Thermogenesis)

Why moving all day burns more than an hour at the gym.



Week 4: Environment Design vs. Willpower

How to build a home where the healthy choice is the lazy choice, because willpower is a finite resource.



Week 12: Stress and Cortisol

Understanding how stress hormones can keep your body in “storage mode.”

The Glue That Holds It All Together: The Tribe

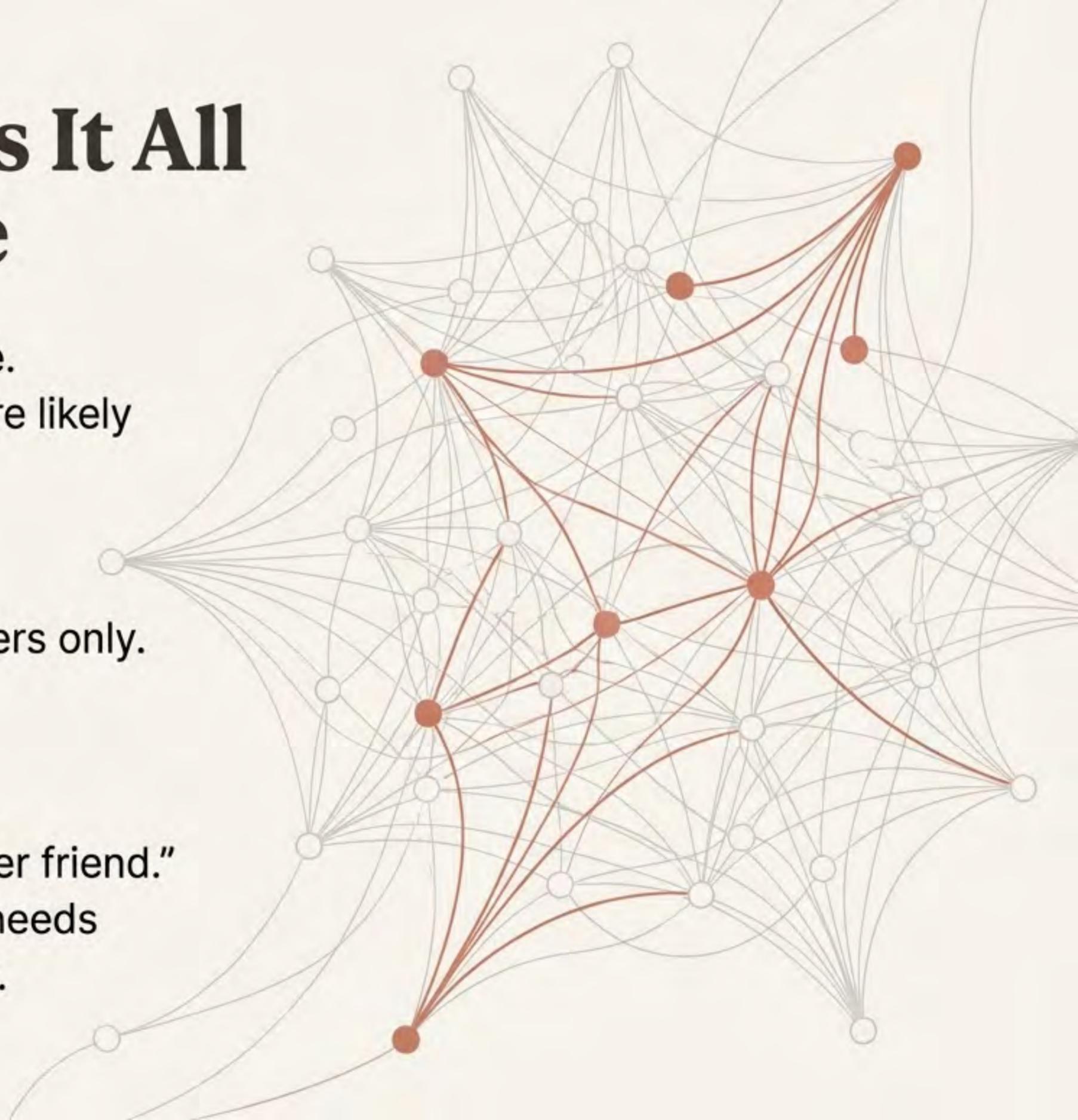
Isolation is the enemy of long-term change. Research shows you are exponentially more likely to succeed when you are part of a tribe.

What It Is

A 100% private Facebook group for members only.

Where the Magic Happens

- Share your “Deep Why” and your wins.
- Get support for challenges like a “pusher friend.”
- Shift your identity from someone who needs help to someone who can guide others.



This Is About Playing the Long Game

Our Language

You won't hear us shouting about "Beast Mode" or "No Pain No Gain." That language belongs to a short-term mindset that leads to burnout.

Our Focus

- Longevity
- Mobility
- Vitality

The Athlete in Everyone

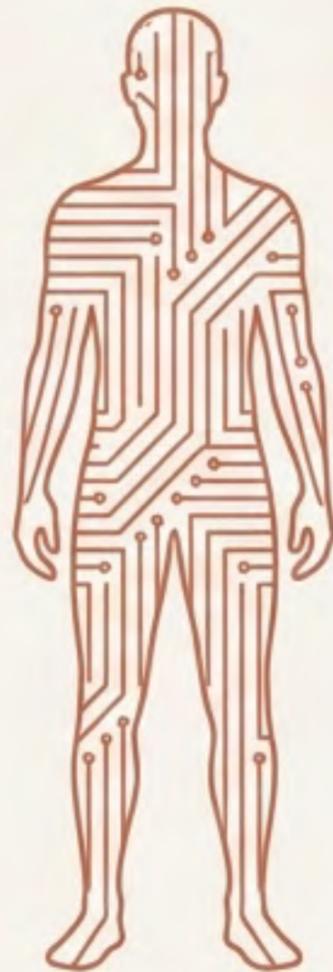
We speak to the athlete in everyone—whether you're training for a triathlon or just want the energy to play with your grandchildren. Health is infinite.



You Graduate to a New Identity

The goal isn't just to finish the 90 days. The goal is to make the change permanent. At the end of this journey, a fundamental shift has occurred.

You are no longer “trying” to lose weight. You simply live this way.



It's Time to Make the Healthy Choice the Easy Choice

If you are tired of starting over, it is time to stop stopping. Join us for the Weight Loss Reset and let's play the long game together.



Early Adopter Incentive

The first 100 people to sign up will receive a full year's subscription for the price of just one month.

What You Get: 12 months of access to the 90-day program, ongoing big topics, and the community support.

[Join The 90-Day Rewire Now]

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