

Root Cause Reset

The Foundation Manual

Heal your metabolism, digestion, balance your hormones, and finally feel amazing in your body.



🌿 Welcome to The Root Cause Reset

You've tried eating clean, tracking macros, and working out consistently yet something still feels off.

Your energy is low, digestion feels unpredictable, hormones feel out of sync, and your body isn't responding the way it used to.

I get it. I've been there too.

For most women, fat loss struggles aren't about effort or discipline. They happen when the body is out of balance.

Diet culture tells us results come down to calories alone, but real change happens when we look deeper – at how your gut, hormones, blood sugar, metabolism, and nervous system are working together.

That's what the **Root Cause Reset** is about.

This isn't a quick fix or a detox. It's a 12-week process designed to help your body restore balance from the inside out so you can feel energized, strong, and confident again.

Inside this manual, you'll learn why this approach is different, why we focus on restoring your foundation first, and how your personalized plan supports your body's specific needs.

Your body is communicating.

Now you're learning how to listen and respond in a way that helps you thrive.

Welcome to your reset.

Let's get started.

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About Kyra -

Kyra Williams is a Nutritional Therapy Practitioner & NASM-Certified Personal Trainer since 2010. She specializes in helping women build muscle and lose fat by healing their metabolism so they can feel incredible in their bodies.

Her approach combines science-backed nutrition, strength training, and root cause healing so women can finally stop dieting and start thriving.

How to Use This Manual -

This guide is your foundation — it explains the *why* behind everything you'll be doing over the next 12 weeks. You'll use it to:

- Understand the systems that affect your results
- Learn the core principles that make your custom plan work
- Build habits that support your healing long-term

You don't have to read it all in one sitting. Take your time, highlight what stands out, and come back to it as you move through your reset.

What Makes This Approach Different -

If you've been stuck in the “eat less, move more” cycle and wondering why nothing seems to work anymore, you're not alone.

Most programs only focus on surface-level fixes: cutting calories, tracking macros, adding cardio, or chasing the next diet trend. But none of that addresses *why* your body is resisting change in the first place.

Your body is a system of connected networks constantly communicating with each other. When your gut, hormones, blood sugar, and metabolism are out of balance, your body will always prioritize survival over fat loss. That's why the **Root Cause Reset** takes a completely different approach: we work *with* your body, not against it.

The Root Cause Approach

Instead of guessing, we dig deep to identify what your body actually needs to heal. Through your Nutri-Q analysis, food and mood journal, and Hair Tissue Mineral Analysis (HTMA), we uncover the stressors and deficiencies that keep your systems out of balance.

This allows us to build a plan that's 100% customized to **your** metabolism, **your** digestion, **your** energy patterns, and **your** lifestyle.

We don't just look at symptoms like bloating, fatigue, or stubborn fat. We look at the *root cause* of those symptoms so symptoms take care of themselves.

Why Most Programs Fail

- They focus on restriction instead of nourishment.
- They push harder workouts on a body that's already stressed.
- They treat symptoms (like low energy or cravings) instead of investigating *why* they exist.
- They ignore the nervous system — the control center that determines whether your body feels safe enough to heal, digest, and burn fat.

The result? You feel burned out, frustrated, and convinced your body is “broken when it's just trying to protect you.

The ROOT Cause Reset Difference

We RESTORE balance by addressing the foundations: digestion, blood sugar, minerals, sleep, stress, and nourishment.

We OPTIMIZE your metabolism and hormones through real food, proper fueling, and lifestyle changes that create safety in your body.

And we help you OVERCOME the patterns that have kept you stuck — so you can finally THRIVE, not just survive.

This isn't a quick fix. It's a partnership between you and your body and the beginning of lasting change.

Part I - Five Core Systems That Influence Fat Loss & Energy

When your body feels off, low energy, bloating, stubborn fat, poor sleep, mood swings, it's not random. It's communication. Your body is *constantly* trying to tell you what it needs... and the key to unlocking lasting fat loss and energy lies in understanding the systems that keep it all running.

In the **Root Cause Reset**, we focus on supporting five core systems that work together to keep you feeling and functioning your best:

1. The Gut

Your gut isn't just about digestion. It's where everything begins.

If you're not breaking down and absorbing your food properly, every other system struggles. An imbalanced gut can lead to bloating, constipation, fatigue, cravings, and inflammation that stalls fat loss.

We start by restoring gut integrity so your body can absorb nutrients, regulate appetite, and naturally reduce inflammation.

2. Blood Sugar Regulation

Balanced blood sugar = balanced energy and mood.

When your blood sugar is all over the place, you'll see it in your cravings, fatigue, irritability, and even poor sleep.

Chronic blood sugar spikes and crashes can make it nearly impossible to burn fat effectively. We use whole-food meals, balanced macronutrients, and consistent meal timing to keep your energy stable and metabolism responsive.

3. Hormones

Hormones are your body's messengers and when they're balanced, everything works in sync. Stress, poor sleep, under-eating, or overtraining can throw them off, leading to fatigue, brain fog, and stalled progress.

By supporting your gut, blood sugar, and mineral balance, we help your hormones find their natural rhythm again so you can finally feel "normal" in your body.

4. Metabolism

Your metabolism isn't broken — it's adaptive. When your body senses stress or depletion, it slows things down to protect you.

By fueling your body with the right nutrients, minerals, and recovery, we bring your metabolism back online so your body feels safe enough to burn fat and build muscle.

5. Nervous System

This is the foundation of it all. You can eat perfectly and train hard, but if your body is stuck in fight-or-flight mode, it won't prioritize digestion, hormone balance, or fat loss.

That's why we focus on calming the nervous system through breathwork, rest, movement, and mindful routines so your body can shift into healing and thriving mode.

When these five systems work *together*, your body finds balance.

You have more energy, better sleep, stronger workouts, clearer skin, regular digestion and fat loss starts to feel natural, not forced.

Part II - The ROOT System Framework

The **ROOT System** is the backbone of your 12-week reset. It's designed to take your body from stressed, fatigued, or "stuck" to energized, balanced, and thriving.

Each stage builds on the last, rebuilding your foundation step by step to support long-term results rather than quick fixes. The **ROOT System** is designed to guide your body from survival mode to a place where it can truly *thrive*.

R – Restore

This is where healing begins. We focus on creating safety in your body so it can start to repair and respond. Your body can't heal or lose fat if it's under stress or missing the nutrients it needs to function.

We start by rebuilding the basics that most people overlook — digestion, hydration, sleep, minerals, and blood sugar.

Key Actions:

- Stabilize blood sugar with balanced meals
- Prioritize protein at every meal to support metabolism and hormones
- Restore gut function for digestion and nutrient absorption
- Rehydrate and support mineral balance
- Calm your nervous system with rest, breathwork, and mindful routines

Goal: Your body feels safe, nourished, and ready to heal.

O – Optimize

Now we fine-tune the systems that drive metabolism and energy. This is where we support the systems that drive metabolism — gut health, thyroid, adrenals, and liver function. When your systems are optimized, energy increases, inflammation decreases, and fat loss starts to feel effortless, not forced.

Key Actions:

- Support thyroid, adrenal, and liver function through targeted nutrients & supplements
- Enhance nutrient absorption and gut integrity
- Incorporate strength training and movement to build lean muscle
- Reduce inflammation through nutrition and lifestyle adjustments
- Support natural detoxification through food and movement

Goal: Your energy increases, your systems operate efficiently, and fat loss starts to feel natural.

O – Overcome

Here we start removing the deeper barriers that have been holding you back.. the things that go beyond nutrition and workouts. This phase is about understanding your triggers, your stress responses, and your mindset around food and your body.

Key Actions:

- Identify stress triggers that affect hormones, digestion, and metabolism
- Reduce lifestyle and environmental stressors
- Shift mindset from restriction to empowerment
- Create boundaries that protect your energy and recovery
- Support your nervous system with recovery practices and routine

Goal: You gain control, reduce resistance in your body, and overcome the habits and patterns that have been holding you back.

T – Thrive

Here, we focus on sustainability and strength, not just in your body, but in your habits and mindset. You'll build a lifestyle that keeps you feeling confident, healthy, and in tune with your body long after the 12 weeks are over.

Key Actions:

- Build sustainable habits for long-term energy and confidence
- Eat intuitively while maintaining balance and protein priorities
- Feel strong, confident, and capable in your body
- Strength train to build lean muscle and boost metabolism
- Maintain stable energy, great sleep, and regular digestion
- Feel calm, confident, and in control instead of constantly chasing the next plan

Goal: You're no longer just surviving — you're thriving, inside and out.

This framework ensures that every step you take addresses the root causes of your symptoms, rather than just covering them up.

By following **Restore** → **Optimize** → **Overcome** → **Thrive**, your body will finally function the way it was meant to — balanced, energized, and ready to support lasting results.

Part III - Applying the ROOT Phases to Each System

Your body is made up of interconnected systems that influence your energy, mood, digestion, hormones, and metabolism. Every phase of the ROOT System is designed to support these systems so your body can function at its best.

Here's how we apply each phase to the five core systems we focus on:

1. Gut Health

Your gut is where everything begins. It's responsible for digesting food, absorbing nutrients, regulating inflammation, and even communicating with your brain.

- **Restore:** Improve digestion, regularity, and nutrient absorption. Focus on calming foods, hydration, and reducing inflammatory triggers.
- **Optimize:** Support your microbiome with nutrient-dense foods, fermented foods if tolerated, and adequate fiber.
- **Overcome:** Identify gut stressors like certain foods, stress, or environmental factors, and create strategies to reduce their impact.
- **Thrive:** Maintain gut integrity with sustainable, nourishing habits — eating intuitively while staying consistent with core nutrition principles.

2. Hormones

Hormones are your body's messengers. They regulate metabolism, energy, mood, and fat storage. Stress, poor sleep, or nutrient deficiencies can throw them off balance.

- **Restore:** Reduce stress and stabilize blood sugar to prevent hormonal spikes and crashes.
- **Optimize:** Support thyroid, adrenal, and sex hormone function with nutrient-rich foods, balanced protein, and recovery strategies.
- **Overcome:** Address chronic stress, inflammation, and lifestyle patterns that disrupt hormone balance.
- **Thrive:** Create long-term habits that maintain hormonal stability, energy, and confidence — from sleep routines to movement that feels good.

3. Blood Sugar

Stable blood sugar = stable energy, mood, and appetite. Spikes and crashes can trigger cravings and make fat loss feel impossible.

- **Restore:** Focus on meals that combine protein, healthy fat, and fiber to keep blood sugar steady.

- **Optimize:** Practice consistent meal timing and nutrient-rich foods to support energy throughout the day.
- **Overcome:** Reduce triggers that cause blood sugar spikes, like processed carbs or skipped meals, and manage cravings effectively.
- **Thrive:** Develop intuitive eating habits that maintain balance while still enjoying your favorite foods.

4. Metabolism

Your metabolism is how your body converts food into energy. A slow metabolism isn't a flaw — it's usually a signal that your body is stressed or nutrient-depleted.

- **Restore:** Ensure adequate fuel, hydration, and essential minerals to signal to your body that it's safe to function efficiently.
- **Optimize:** Build lean muscle through strength training, support nutrient status, and focus on recovery to improve metabolic rate.
- **Overcome:** Address factors slowing your metabolism, like chronic stress, nutrient deficiencies, or inconsistent fueling.
- **Thrive:** Maintain a metabolism that works for you long-term through consistent movement, balanced nutrition, and recovery strategies.

5. Nervous System

The nervous system is the foundation that controls all other systems. When it's stressed, digestion slows, hormones are disrupted, and metabolism slows down.

- **Restore:** Calm your nervous system with breathwork, mindful eating, and rest to help your body feel safe.
- **Optimize:** Incorporate recovery practices, gentle movement, and strategies that reduce chronic stress.
- **Overcome:** Identify lifestyle and environmental stressors that keep your body in fight-or-flight mode, and create actionable ways to reduce them.
- **Thrive:** Maintain long-term nervous system balance so your body can heal, function efficiently, and support all other systems naturally.

Bringing It All Together

By applying the ROOT phases to each of these systems, you create a roadmap for your body to heal, balance, and thrive.

- You're not treating symptoms. You're addressing the underlying causes.
- You're creating safety for your body to function, adapt, and respond.
- You're building habits that not only improve fat loss but also boost energy, mood, and overall health.

Your body thrives when it's supported with the right food, movement, rest, and daily habits. These principles aren't about restriction or perfection. They're about creating a foundation that lets your body heal, balance, and perform at its best.

Following these guidelines supports all five core systems (gut, hormones, blood sugar, metabolism, and nervous system) while complementing every phase of the ROOT System.

Nutrition Principles

1. Prioritize Protein

Protein supports metabolism, hormones, and muscle. It also helps you feel full and satisfied.

- Aim for protein at every meal: eggs, chicken, turkey, beef, fish, Greek yogurt, or whey protein.
- **ROOT connection:**
 - Restore → supports metabolism and hormone signaling
 - Thrive → helps maintain lean muscle long-term

2. Balance Blood Sugar

Combine protein, healthy fats, and fiber-rich carbs at each meal to prevent energy crashes and cravings.

- Example: grilled chicken + avocado + roasted sweet potato + leafy greens
- **ROOT connection:**
 - Restore → stabilizes blood sugar
 - Overcome → reduces cravings and energy dips

3. Eat Whole, Real Foods

Minimally processed foods give your body the nutrients it needs to function optimally.

- Focus on vegetables, fruits, whole grains, quality proteins, and healthy fats.
- **ROOT connection:**
 - Optimize → supports gut health, nutrient absorption, and hormone balance

4. Hydration & Minerals Matter

Water and minerals are essential for digestion, energy, hormone function, and recovery.

- Sip water consistently and include electrolyte-rich sources if needed (mineral salts, coconut water, or broth).
- **ROOT connection:**
 - Restore → supports metabolism, gut function, and nervous system balance

5. Progress Over Perfection

This isn't about being perfect — it's about listening to your body and making consistent improvements.

- Track patterns in your food + mood journal to notice what makes you feel energized or bloated.

- **ROOT connection:**
 - Thrive → encourages sustainable habits without unnecessary stress

Lifestyle Principles

1. Move with Purpose

Strength training and regular movement improve metabolism, support hormones, and build lean muscle.

- Include a mix of strength, mobility, and low-stress activity (walking, stretching).
- **ROOT connection:**
 - Optimize → builds metabolic capacity
 - Thrive → maintains long-term results

2. Prioritize Sleep & Recovery

Rest is non-negotiable for your nervous system, hormones, and metabolism.

- Aim for 7–9 hours of quality sleep
- Include nightly wind-down routines to signal safety to your body
- **ROOT connection:**
 - Restore → helps reduce stress and support hormonal balance

3. Reduce Stress & Support the Nervous System

Your nervous system regulates every other system. Calm it with mindfulness, breathwork, journaling, or quiet time.

- **ROOT connection:**
 - Overcome → reduces the stress that blocks fat loss and recovery

4. Track & Reflect

Use your food + mood journal to notice patterns in energy, digestion, cravings, and mood.

- Helps identify triggers and supports personalization.
- **ROOT connection:**
 - Overcome → creates awareness for lasting change

5. Personalization is Key

Every body is unique. Your Nutri-Q assessment, HTMA, and food + mood journal inform a plan built just for you.

- **ROOT connection:**
 - Thrive → supports long-term sustainability and confidence

Part V - Sample Day of Eating

This sample day isn't a strict meal plan — it's a framework to help you see what *balanced eating* looks like when you're supporting your metabolism, hormones, gut, blood sugar, and

nervous system.

The goal is to keep your energy steady, minimize cravings, and give your body the nutrients it needs to function optimally.

Morning: Set the Tone for the Day

Wake up + Hydrate

- Start with 8–12 oz of water and a pinch of mineral salt or electrolytes to support hydration and adrenal function.
- Optional: add a splash of lemon juice or trace minerals.

Breakfast (within 60–90 minutes of waking)

Protein + Healthy Fats + Fiber + Optional Complex Carb

- 2 whole eggs + 3 egg whites cooked in grass-fed butter, ghee or avocado oil with sautéed spinach
- ½ cup roasted sweet potato or a cup of berries

Why it works:

This combo helps stabilize blood sugar, boost metabolism, and signal safety to your nervous system first thing in the morning — no caffeine crash required.

Midday: Sustain Energy + Focus

Lunch

Protein + Color + Crunch

- Grilled chicken breast
- Quinoa or sweet potato (~1/2c cooked, more or less, depending on activity level)
- Raw kale, shredded carrots, and cucumber tossed in olive oil based dressing

Why it works:

You're fueling your body with nutrient-dense carbs, healthy fats, and minerals that keep cortisol balanced and energy steady through the afternoon.

Optional Snack (if needed)

Protein + Fat

- Greek yogurt with a scoop of whey protein and chia seeds
- Or 2 turkey roll-ups with cheese and cucumber slices

Why it works:

Keeps your blood sugar stable between meals and prevents that 3 p.m. crash or craving spike.

Evening: Restore + Recover

Dinner

Protein + Veg + Healthy Fat + Optional Starch

- Grass-fed beef or salmon
- Roasted Brussels sprouts and broccoli with olive oil
- Small side of jasmine rice if tolerated per blood sugar

Why it works:

This supports digestion, balances blood sugar overnight, and provides amino acids for muscle recovery.

Before Bed: Support Rest & the Nervous System

- Herbal tea or magnesium supplement
- Deep breathing, journaling, or a short gratitude list to calm your nervous system before sleep

Why it works:

Winding down intentionally supports your parasympathetic nervous system — the “rest and digest” mode that’s essential for fat loss, hormone balance, and recovery.

Key Takeaways:

- ✓ Eat every 3–4 hours to maintain steady energy
- ✓ Include protein at every meal
- ✓ Pair carbs with protein or fat to balance blood sugar
- ✓ Stay hydrated and include minerals daily
- ✓ Prioritize calm and rest — stress management is part of the plan

Keep in mind this is an example. You have a nutritional protocol laid out specifically for you from Kyra as part of this program.

Part VI - Supplements & Customization

When it comes to healing your body, supplements are not magic pills, they’re *support tools*. They help fill the gaps while we work on restoring your body’s natural balance through food, movement, sleep, and stress management.

The truth is, no two women need the same thing. That’s why every supplement plan inside the **Root Cause Reset** is fully personalized.

After you complete your **Nutri-Q questionnaire**, **Food & Mood journal**, and **Hair Tissue Mineral Analysis (HTMA)**, I can see what your body has been trying to tell us. Things like:

- Whether your digestion needs extra enzyme or stomach acid support
- If your adrenals are tired and need help balancing cortisol
- If your thyroid is sluggish from stress or nutrient depletion
- Or if your minerals are out of balance and impacting your energy, cravings, or sleep

From there, we create a *targeted plan*, not a generic “take this and hope it works” approach.

You might see things like:

- **Digestive support** — enzymes, HCl, or probiotics to improve absorption
- **Adrenal support** — adaptogens or glandulars to regulate your stress response
- **Mineral balancing** — magnesium, potassium, sodium, or trace minerals based on HTMA results
- **Liver support** — gentle nutrients that help your body detox naturally
- **Blood sugar support** — nutrients that improve glucose control and energy

Remember, supplements *enhance* your results, but they don’t replace your daily habits. The real healing happens when you’re consistent with your food, hydration, sleep, stress management, and movement.

So as your body begins to restore balance from the inside out, supplements will eventually become *less necessary*. Because that’s the goal.. to get your body working *for you* again, not relying on something outside of it.

Part VII - Movement That Heals — Not Depletes

Just like your nutrition and supplements, your workouts are personalized to *you* — your goals, your energy, and your current phase of healing.

Inside the **Root Cause Reset**, we use training as a tool to support the systems that need the most balance — not to punish your body or burn off calories.

You’ll focus on **strength training, mobility, walking**, and occasionally **HIIT** (if your body can tolerate it). Each serves a specific purpose:

- **Strength Training:**
Progressive overload helps build lean muscle, which improves insulin sensitivity, supports hormone balance, and boosts your metabolism long-term.
- **Walking:**
Gentle movement supports your lymphatic system, gut motility, and blood sugar regulation — plus it lowers stress hormones without taxing your body.
- **Mobility Work:**
Keeps your joints healthy, improves circulation, and helps your nervous system feel safe — which is key for recovery and hormone balance.
- **HIIT (When Appropriate):**
Used strategically for women whose metabolism and stress response can handle short

bursts of intensity. It can help improve cardiovascular health and fat oxidation — but it's *never* the main focus.

The right kind of training actually *supports healing*. It teaches your body that it's safe, strong, and capable again, which is the foundation for sustainable fat loss, balanced hormones, and better energy.

Part VIII - What's Next

You've just taken the first step toward truly understanding your body and that alone is something to be proud of.

The **Root Cause Reset** isn't a quick fix or another 12-week "plan." It's the foundation for long-term health, energy, and confidence, built from the inside out.

As you move through this process, remember:

- **Healing isn't linear.** Some weeks you'll feel amazing, others may feel slower. Both are part of the process.
- **Consistency beats perfection.** The small things you do daily matter more than being "perfect" for a week.
- **Your body wants to heal.** When you give it the right environment — real food, balanced movement, sleep, and less stress — it *will* respond.

Throughout this journey, we'll work together to refine your nutrition, supplements, and training based on how your body responds. You'll learn how to listen to your signals, track your wins, and adjust as your body becomes more balanced and resilient.

You'll start to notice...

- ✨ better energy
- ✨ fewer cravings
- ✨ clearer digestion
- ✨ improved strength
- ✨ and a body that feels calm and capable again

This is what happens when you stop fighting your body — and start *working with it*.

Trust the process. Stay curious. Stay patient. And know that every step you take is building the foundation for a healthier, stronger, more confident you.

See you inside. ❤️

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