

The Root Cause Reset Foundation Manual

HEAL YOUR METABOLISM, DIGESTION,
HORMONES AND FEEL GREAT IN YOUR BODY



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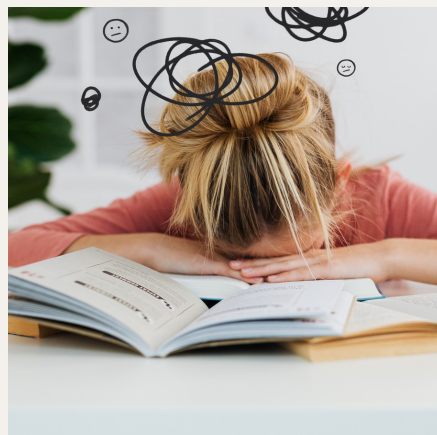
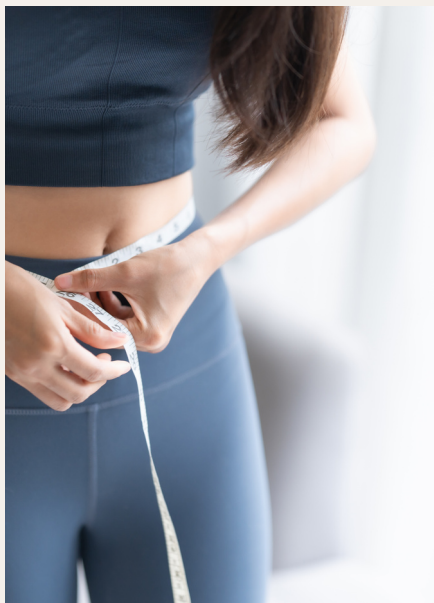
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INTRODUCTION

Welcome

You've tried eating clean, tracking macros, and working out consistently, yet something still feels off. You're struggling with low energy, unpredictable digestion, hormones out of sync, a body that isn't responding the way it used to.

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



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. Your body is communicating. This program teaches you how to listen and respond in a way that helps you thrive. Welcome to your reset. Let's get started.

INTRODUCTION

About Kyra

Kyra Williams is a Nutritional Therapy Practitioner and NASM-Certified Personal Trainer (since 2010) who specializes in helping women build muscle and lose fat by healing their metabolism from the inside out.



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

How to Use This Manual

This guide explains the why behind your 12-week plan. Use it to:

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

You don't need to read it all in one sitting. Highlight what stands out, and revisit it as you move through your reset.



What Makes This Approach Different

Your body is a network of connected systems. When your gut, hormones, blood sugar, and metabolism are out of balance, your body prioritizes survival over fat loss. The Root Cause Reset works with your body, not against it.

The Root Cause Approach

Through your Nutri-Q analysis, food & mood journal, and Hair Tissue Mineral Analysis (HTMA), we identify the specific stressors and deficiencies keeping your systems out of balance, then build a plan customized to your metabolism, digestion, energy patterns, and lifestyle. We treat the cause, not just the symptoms.

The Root Cause Reset Difference

We **Restore** your foundations (digestion, blood sugar, minerals, sleep, stress). We **Optimize** your metabolism and hormones. And we help you **Overcome** the patterns keeping you stuck, so you can finally **Thrive**.

This is a partnership between you and your body, and the start of lasting change.



The Five Core Systems

Low energy, bloating, stubborn fat, poor sleep, and mood swings are all forms of communication from your body. The Root Cause Reset focuses on five interconnected systems:

1. The Gut. Where everything begins. If food isn't digested and absorbed properly, every other system struggles. An imbalanced gut drives bloating, fatigue, cravings, and inflammation that stalls fat loss.

2. Blood Sugar Regulation. Balanced blood sugar means balanced energy and mood. Chronic spikes and crashes drive cravings, fatigue, poor sleep, and make fat loss much harder.

3. Hormones. Your body's messengers. Stress, poor sleep, under-eating, or overtraining throw them off, leading to fatigue, brain fog, and stalled progress. Supporting the gut, blood sugar, and minerals helps hormones find their natural rhythm.

4. Metabolism. Adaptive, not fixed. When your body senses stress or depletion, it slows down to protect you. The right fuel and recovery bring it back online.

5. Nervous System. The foundation of it all. In fight-or-flight mode, your body won't prioritize digestion, hormone balance, or fat loss. Calming it is what allows healing to happen.

When these five systems work together, you get more energy, better sleep, stronger workouts, and regular digestion, and fat loss starts to feel natural instead of forced.

The ROOT Framework

The ROOT System is the backbone of your 12-week reset, taking your body from stressed and stuck to energized and thriving. Each phase builds on the last.

R – Restore

Goal: Your body feels safe, nourished, and ready to heal. Healing begins by rebuilding the basics: digestion, hydration, sleep, minerals, & blood sugar.

- Stabilize blood sugar with balanced meals; prioritize protein at every meal
- Restore gut function for digestion and nutrient absorption
- Rehydrate and rebalance minerals and electrolytes
- Calm the nervous system through rest, breathwork, and mindful routines

O – Optimize

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

Fine-tune the systems that drive metabolism (gut, thyroid, adrenals, liver).

- Support thyroid, adrenal, and liver function through targeted nutrition
- Enhance nutrient absorption and gut integrity
- Add strength training and movement to build lean muscle
- Reduce inflammation and support natural detoxification



The ROOT Framework



O – Overcome

Goal: You gain control and remove the resistance that's been holding you back.

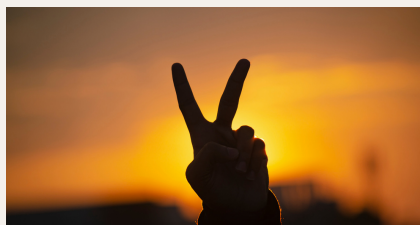
Dig into the deeper barriers (stress triggers, mindset, and habits).

- Identify stress triggers affecting hormones, digestion, and metabolism
- Reduce lifestyle and environmental stressors
- Shift from restriction to empowerment; build boundaries that protect your energy
- Support the nervous system with recovery practices

T – Thrive

Goal: You're no longer surviving, you're thriving, inside and out. Build a sustainable lifestyle that outlasts the 12 weeks.

- Eat intuitively while maintaining balance and protein priorities
- Strength train for lean muscle and long-term metabolism
- Maintain stable energy, sleep, and digestion
- Feel calm, confident, and in control



How The ROOT Method Applies Across Your Five Systems

Gut	<i>Calm inflammation, improve digestion and regularity</i>	<i>Support microbiome with nutrient-dense, fermented, fiber-rich foods</i>	<i>Identify food and stress triggers disrupting digestion</i>	<i>Eat intuitively while maintaining gut integrity</i>
Hormones	<i>Stabilize blood sugar to prevent hormonal swings</i>	<i>Support thyroid, adrenal, and sex hormones with nutrition and recovery</i>	<i>Address chronic stress and inflammation disrupting balance</i>	<i>Maintain stability through sustainable sleep and movement habits</i>
Blood Sugar	<i>Pair protein, fat, and fiber at meals to steady levels</i>	<i>Practice consistent meal timing</i>	<i>Reduce spike triggers (processed carbs, skipped meals)</i>	<i>Eat intuitively while maintaining balance</i>
Metabolism	<i>Ensure adequate fuel, hydration, and minerals</i>	<i>Build lean muscle via strength training; support recovery</i>	<i>Address chronic stress and inconsistent fueling</i>	<i>Sustain through consistent movement and nutrition</i>
Nervous System	<i>Calm with breathwork, mindful eating, and rest</i>	<i>Add recovery practices and gentle movement</i>	<i>Identify what keeps you in fight-or-flight and reduce it</i>	<i>Maintain long-term balance so all systems function naturally</i>

This ensures every step addresses root causes rather than covering up symptoms, building a body that's balanced, energized, and set up for lasting results.

Nutrition Principles

These aren't about restriction or perfection. They're the foundation that lets your body heal and perform at its best, supporting all five core systems through every ROOT phase.

1. **Prioritize Protein.** Supports metabolism, hormones, and muscle, and keeps you full. Include protein at every meal (eggs, chicken, turkey, beef, fish, Greek yogurt, whey).
2. **Balance Blood Sugar.** Combine protein, healthy fats, and fiber-rich carbs at each meal to prevent crashes and cravings. Example: grilled chicken, avocado, roasted sweet potato, and leafy greens.
3. **Eat Whole, Real Foods.** Minimally processed vegetables, fruits, whole grains, quality proteins, and healthy fats give your body what it needs to function.
4. **Hydration & Minerals.** Essential for digestion, energy, hormones, and recovery. Sip water consistently, and add electrolytes (mineral salt, coconut water, broth) as needed.
5. **Progress Over Perfection.** Use your food + mood journal to notice patterns, not to chase perfection.



Lifestyle Principles

These aren't about restriction or perfection. They're the foundation that lets your body heal and perform at its best, supporting all five core systems through every ROOT phase.

1. **Move with Purpose.** Strength training, mobility, and low-stress movement (walking, stretching) build metabolic capacity and support hormones.
2. **Prioritize Sleep & Recovery.** Aim for 7 to 9 hours, and use a nightly wind-down routine to signal safety to your body.
3. **Reduce Stress.** Your nervous system regulates every other system. Support it with mindfulness, breathwork, journaling, or quiet time.
4. **Track & Reflect.** Your food + mood journal reveals patterns in energy, digestion, cravings, and mood, and creates awareness for lasting change.
5. **Personalize.** Your Nutri-Q, HTMA, and journal data shape a plan built specifically for your body.



Sample Day of Eating

This is a framework, not a strict meal plan. Your personalized nutritional protocol from Kyra takes priority.

Wake Up + Hydrate 8 to 12 oz water with a pinch of mineral salt or electrolytes (optional: lemon juice or trace minerals).

Breakfast (within 60 to 90 min of waking): protein + healthy fat + fiber (+ optional complex carb)

ex. 2 whole eggs + 3 egg whites cooked in ghee with sautéed spinach, plus ½ cup roasted sweet potato or a cup of berries.

Stabilizes blood sugar and signals safety first thing, no caffeine crash.

Lunch: protein + color + crunch

ex. Grilled chicken breast, quinoa or sweet potato (about ½ cup cooked), raw kale, carrots, and cucumber with an olive oil dressing

Keeps cortisol balanced and energy steady through the afternoon.

Optional Snack: protein + fat

ex. Greek yogurt with whey protein and chia seeds, or turkey roll-ups with cheese and cucumber.

Prevents the 3 p.m. crash or craving spike.

Dinner: protein + veg + healthy fat (+ optional starch)

ex. Grass-fed beef or salmon, roasted Brussels sprouts and broccoli in olive oil, small side of jasmine rice if tolerated.

Supports digestion, overnight blood sugar balance, muscle recovery.

Before Bed: Herbal tea or magnesium, plus deep breathing, journaling, or a gratitude practice to activate rest-and-digest mode.

Key Takeaways:

- ✓ Eat every 3 to 4 hours
- ✓ Protein at every meal
- ✓ Pair carbs with protein or fat
- ✓ Stay hydrated with minerals
- ✓ Prioritize calm and rest

Supplements & Customization

Supplements aren't magic pills. They're support tools that fill gaps while food, movement, sleep, and stress management do the real work of restoring balance.

Your Nutri-Q, Food & Mood journal, and HTMA reveal what your body needs, including whether:

- Digestion needs extra enzyme or stomach acid support
- Adrenals are fatigued and need cortisol support
- Thyroid is sluggish from stress or nutrient depletion
- Minerals are imbalanced, affecting energy, cravings, or sleep

From there, we build a targeted plan. It may include:

- Digestive support: enzymes, HCl, or probiotics
- Adrenal support: adaptogens or glandulars
- Mineral balancing: magnesium, potassium, sodium, or trace minerals per HTMA
- Liver support: gentle detox nutrients
- Blood sugar support: nutrients that improve glucose control and energy

Supplements enhance your results but don't replace daily habits. As your body restores balance from the inside out, supplements become less necessary, as the goal is a body that works for you.



Movement That Heals

Your training is personalized to your goals, energy, and current phase of healing. We use movement as a tool to support your systems, not to punish your body or burn calories.

The right training teaches your body it's safe, strong, and capable, which is the foundation for sustainable fat loss, balanced hormones, and better energy.

- **Strength Training:** progressive overload builds lean muscle, improves insulin sensitivity, supports hormones, and boosts metabolism long-term.
- **Walking:** supports lymphatic flow, gut motility, and blood sugar regulation while lowering stress hormones.
- **Mobility Work:** keeps joints healthy, improves circulation, and signals safety to the nervous system.
- **HIIT (when appropriate):** used strategically for bodies that can tolerate it, to support cardiovascular health and fat oxidation, but never the main focus.



What's Next

You've taken the first step toward truly understanding your body, and that's worth being proud of.

The Root Cause Reset isn't a quick fix. It's the foundation for long-term health, energy, and confidence.

- Healing isn't linear. Some weeks will feel amazing, others slower, and both are part of the process.
- Consistency beats perfection. Small daily actions matter more than a "perfect" week.
- Your body wants to heal. Give it the right environment and it will respond.

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

You'll start to notice:

- ✨ better energy ·
- ✨ fewer cravings ·
- ✨ clearer digestion ·
- ✨ improved strength ·
- ✨ 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.

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