

The Energy Reset

A clear starting point — not a diagnosis or a to-do list

Most women don't need more effort— they need a clearer starting point.

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Where's Your Starting Point?



Introduction:

If you're feeling exhausted, burned out, or frustrated because your labs are "normal"... but your body clearly isn't—you're not alone.

And more importantly...
you're not crazy!

This guide is here to help you make sense of what you're experiencing... not to fix everything at once.

Before you go further, know this:

- This is not a diagnosis
- This is not a checklist to complete
- This is not telling you to change everything

This is simply a way to look at whether your body may be under-supported at a foundational level... especially during:

- long-term stress
- hormone shifts
- metabolic strain

You don't need to fix anything yet.

Just notice what resonates.

How to Use This:

The patterns you're about to read are extremely common in women dealing with:

- fatigue
- hormone imbalance
- thyroid dysfunction
- chronic stress

They do not mean something is wrong with you.

They are signals.

Your body asking for support.

- As you go through this, don't analyze.
- Don't overthink.
- Don't try to "solve."

Just notice:

"Does this feel like me?"



ENERGY + NERVOUS SYSTEM PATTERNS

Low or Flat Energy

- Feeling tired even after a full night of sleep
- Heavy, sluggish, or foggy during the day
- Relying on caffeine just to function

Tired but Wired

- Crashing during the day but struggling to wind down at night
- Trouble falling or staying asleep despite exhaustion
- Feeling overstimulated, anxious, or on edge

**If you're reading this and thinking,
"this is exactly me..."**

Just know there is a way to understand this more specifically for your body.

You don't have to keep guessing!

BLOOD SUGAR + ENERGY SWINGS

Blood Sugar Instability

- Feeling shaky, irritable, or lightheaded when you don't eat
- Strong cravings in the afternoon or evening
- Brain fog or mood shifts between meals

This often gets mistaken for:

- lack of willpower
- “sugar addiction”
- needing more discipline

But most of the time...

it's a physiological response, not a mindset problem.

HORMONE + STRESS PATTERNS

Hormone or Thyroid-Type Symptoms

- Cold hands or feet
- Hair thinning, brittle nails, or dry skin
- Puffiness, inflammation, or fluid retention

Low Stress Tolerance

- Feeling overwhelmed easily
- Poor recovery from workouts or busy days
- Stress that feels constant—even when life looks “fine”

IMPORTANT CONTEXT

If you checked several of these...

it does not mean you're deficient in everything.

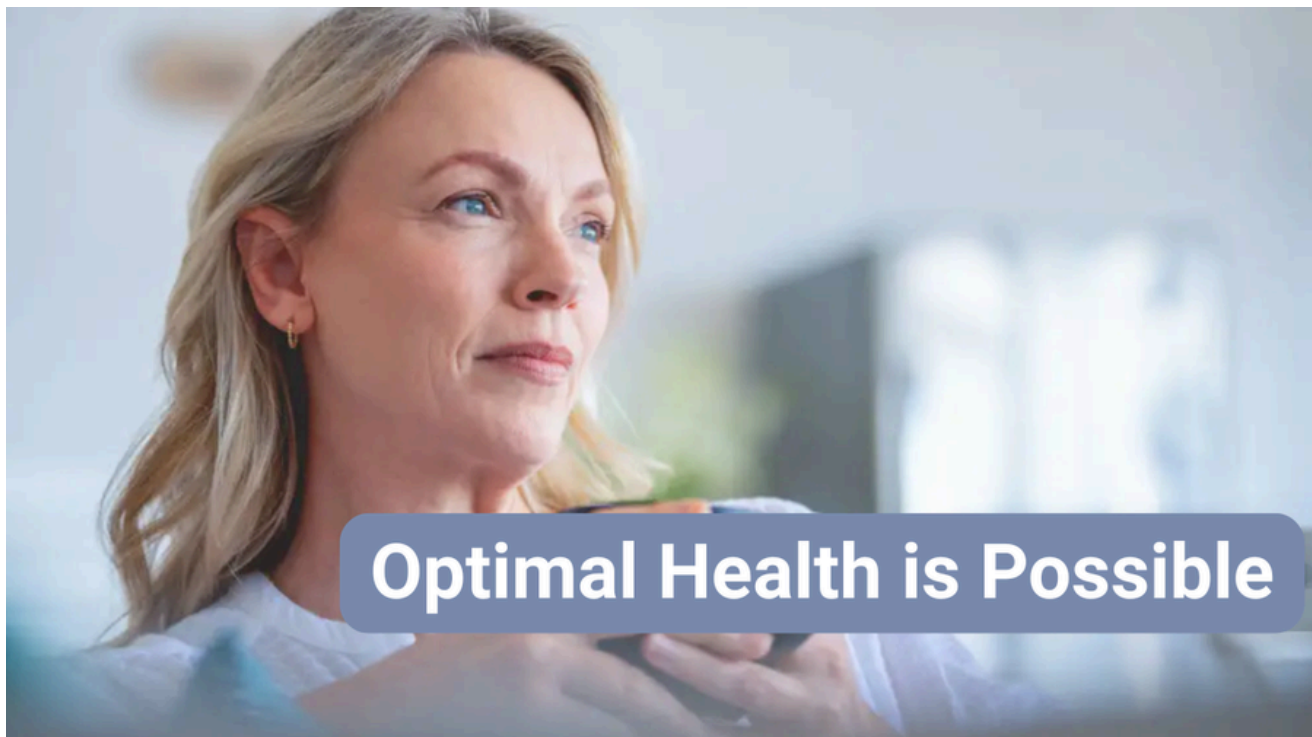
It means your body may be:

- running on empty
- compensating for too long
- adapting to stress without enough support

And this is where most women get stuck.

Because from the outside, everything looks “normal.”

But internally... your body is working overtime just to keep up.



NEXT STEP

****This is where awareness begins.**

Clarity comes next.**

If you're starting to see yourself in these patterns, but aren't sure what to do first... that's completely normal.

Because the issue usually isn't effort.

It's knowing what actually matters for your body.

Inside the **Total Health Reset**, this is exactly what we do:
We look at your body as a whole!

So you can stop guessing, and start supporting what actually works.

If you want help figuring out your next step, you can apply to work with me [HERE](#). Let me help you move from frustrated and fatigued to getting your health and life back!

If you're wondering about cost, insurance may cover this for you.