

The First 7 Days of Clarity – Unfogged Starter Guide

This guide is for people coming off alcohol, dopamine overload, stimulants, or sedatives — and waking up to themselves again.

It's normal to feel like you're going crazy. But you're not. You're healing.

⚠️ This guide is not medical advice. If you have existing health conditions or take medications, speak to your doctor or a licensed nutritionist first. Many people find nutritionists are more aligned with nervous system recovery protocols than traditional providers.

💧 Start your official 7-Day Reset once you have all your supplements and supports ready. This isn't about perfection — it's about rhythm and remembering who you are.

Daily Stack – Nervous System Support

- Centrum MultiGummies + Omega-3: 2 gummies in the morning
- MaryRuth CoQ10 Gummies: 1 gummy in the morning
- Goli Ashwagandha Gummies: 2 gummies per day — either at lunch (if you still have 5PM alcohol cravings) or at night (if you're past daily alcohol cravings but dealing with night panic). Don't exceed 2/day.
- duwhot L-Theanine Gummies: 1 gummy in the afternoon as needed
- CALM Sleep Gummies: 2 gummies 30–60 minutes before bed

The 7-Day Reset Plan

◇ Day 1–2

- What You'll Feel: Clammy, panicked, can't sleep
- What To Do: Use Alphine PM or Goli Ashwagandha (if night panic), no caffeine, cold rinse after hot shower, deep breathing

◇ Day 3–4

- What You'll Feel: Racing thoughts, obsessive loops
- What To Do: Add L-Theanine gummy in afternoon, journal looping thoughts, hydration with minerals

◇ Day 5–6

- What You'll Feel: Emotional numbness or flatness
- What To Do: Get 20 mins of sun, use grounding prayer, speak emotions out loud

◇ Day 7

- What You'll Feel: Lighter panic waves, small wins
- What To Do: Stick with routine, celebrate calm, prepare for longer 30-day rhythm

Body Drainage & Detox — What Nobody Tells You

When you calm down after years of alcohol, caffeine, or stress overload, your body may start to release old inflammation, mucus, or tension.

This might feel like getting sick — but it's actually a good sign. It means your immune and nervous systems are reconnecting fully like a child again. I am sure all human beings would like to feel like they did when they were a child? YOU SHOULD TOO!

- Common signs of healthy drainage:
 - Coughing up mucus (especially clear or white)
 - Sinus pressure or post-nasal drip
 - Sore throat without a fever
 - Feeling like you're sweating out tension
 - Sudden yawns, sighs, burps, or throat clears
- What to do:
 - Breathe deeply — slow exhales tell your body it's safe
 - Drink warm lemon water or salted water
 - Take a hot shower or steam your face
 - Lay down with hand on chest and repeat: "I'm not sick. I'm letting go."

This is your nervous system finally unclenching. Ride it out. You're not broken — you're draining the fog.

When to Call Your Doctor or Nutritionist

- Persistent fever over 100.4°F / 38°C
- Coughing up green/yellow mucus for more than 2 days
- Shortness of breath unrelated to panic
- Persistent insomnia >10 days even with support
- Mixing supplements with prescriptions — confirm with support team

Final Words

You're not alone. You're not broken. Your system is returning to clarity — one day at a time. Print this out. Keep it with you. Give it to someone else when they're in the fog.

This guide is for the brave ones.

Movement Protocol – UNFOGGED Detox Workout

Once your body starts clearing out stress, alcohol, dopamine overload, and stimulant crash, the best thing you can do is MOVE. This workout is built to flush lymph, clear emotional sludge, and regulate your nervous system.

Do it daily if possible — or at least 3–4x/week during the first 30 days.

- 🔥 Full-Body Fog Flush Circuit (Repeat 2–4 Rounds):
 - Jumping Jacks – 60 sec (warms lymph + cardio system)
 - Push-Ups – Max reps (expands ribcage + chest pressure release)
 - Air Squats – 20 reps (stimulates lower-body circulation)
 - Mountain Climbers – 30 sec (core + sinus pressure relief)
 - Bent-Over Dumbbell Rows – 12/arm (pulls tension from lungs/back)
 - Burpees – 10–15 reps (full-body rage dump + exhale)
 - Dead Hang – 30 sec (opens spine, decompresses nerves)

Post-Workout Flush Routine

- Hot shower → cold rinse (stimulates vagus nerve + lymph)
- Warm lemon water or ginger tea (support drainage)
- Breathwork lying on the floor (reset the system)
- Eat something with salt + protein (broth, eggs, nuts)

This is how we sweat out the old patterns. Fog doesn't just leave your mind — it drains through your breath, your blood, your sweat.

This is sacred sweat. Show up for it.

Why This Matters – A Note for the Brave

For centuries, humans have reached for alcohol to block out pain — and no one really questioned it. It was the only answer most people had. It acts to numb anti-anxiety. Now we're not just numbing with alcohol — we're drowning in screens, ads, dopamine, medications, artificial cravings, noise.

No one's ever had to heal from this much overstimulation before. And no one gave us a clean path out.

Most companies don't want to fix this. They build more things to “manage” us. But you — you're breaking the pattern.

This isn't just about alcohol. This is about recovering your nervous system, your spirit, your clarity.

You're not just getting sober. You're getting free.

And if you make it through the first 7 days — you're already doing something most people never even try.

So print this. Follow it. Trust your body. And remember:

You're not broken. You're just remembering who you were before the noise. When life was simple as a child. You can easily remember the days growing up. But even if you didn't have the love, that's ok too. You may want to seek solace in a religion or community.

One **clear day** at a time.

This isn't just for people who drank. There's a whole lost generation out there — fogged out by energy drinks, constant notifications, caffeine crashes, scrolling loops, trauma numbing, and dopamine burnout.

They're not drunk, but they're drowning. They don't know what clear feels like anymore. They need this too.

The hardest part now isn't just quitting a substance — it's staying sober from stimulation itself.

The internet is a dopamine trap. Scroll by scroll, click by click, it pulls you back into the fog without you realizing it.

You can be weeks sober from alcohol but still relapsing through your thumbs.

This isn't your fault — the system is wired that way.

So when you wake up clear, even for a day — protect it. Put your phone down. Go outside.

Talk to someone face to face.

Sobriety in the internet age means building a real life again — one that doesn't need a screen to feel good.

A Message for the Fogged Generation

You may not be addicted to alcohol. You may not even realize something is wrong.

But if you were born between 1975 and 2005, you grew up in the fog.

Not the old kind from a bottle — the new kind that came from screens, dopamine loops, overdiagnosis, caffeine crashes, and infinite stimulation.

This guide isn't just for recovery from substances. It's for recovery from being human in the wrong era — an era that never gave your nervous system a chance to rest.

If you've been told you have anxiety... if you can't stop checking your phone... if you've forgotten what it's like to just be bored...
You may not be broken. You may just be fogged.

Scan the QR code or visit the link below to remember what life was like — before everything sped up.

Before we overstimulated ourselves into silence.

Before anxiety was normal.

This isn't nostalgia. It's nervous system repair.

 <https://unfogged.org/clarity-reset>

