

THE 7-DAY DIGITAL DETOX BLUEPRINT

Reclaim 2 Hours of Your Day, Reduce Anxiety, and Sleep Deeper with Ancient Siddha Wisdom

YOGI EATS

Welcome to Your Reset.

- IF YOU ARE READING THIS, YOU PROBABLY FEEL IT: THE CONSTANT "BUZZ" OF ANXIETY, THE TIRED EYES, THE INABILITY TO SIT STILL WITHOUT CHECKING YOUR PHONE. IN SIDDHA TRADITION, WE BELIEVE THAT HEALTH ISN'T JUST ABOUT WHAT YOU EAT—IT'S ABOUT WHAT YOU CONSUME THROUGH YOUR EYES AND EARS. YOUR PHONE IS "MENTAL JUNK FOOD."
- OVER THE NEXT 7 DAYS, WE WON'T THROW YOUR PHONE AWAY. WE WILL SIMPLY PUT IT BACK IN ITS PLACE: AS A TOOL, NOT A MASTER.
- MY PROMISE: FOLLOW THESE SIMPLE STEPS FOR ONE WEEK, AND YOU WILL RECLAIM AT LEAST 2 HOURS OF FREE TIME AND SLEEP BETTER THAN YOU HAVE IN YEARS.

Let's begin.
— Dhileepan, Founder of YogiEats

Day 1: The Notification Audit

The Problem: Your phone demands your attention 100 times a day. **The Fix:** Go to Settings > Notifications.

Turn OFF notifications for everything except:

1. Phone Calls
2. Text Messages (SMS)
3. Calendar Yes, turn off WhatsApp, Instagram, and Email.
You will check them on YOUR schedule, not theirs.

Day 2: The Bedroom Sanctuary

The Problem: Blue light destroys melatonin (the sleep hormone). **The Fix:** Buy a simple alarm clock. From tonight onwards, your phone charges in the kitchen or living room, not by your bed. **Siddha Wisdom:** Sleep is when your body repairs its 'Ojas' (vital energy). Don't disrupt it.

Day 3: Sacred Eating

The Problem: "Digestive distraction." Eating while scrolling bloats your stomach and mind. **The Fix:** Today, you must eat one meal (Lunch or Dinner) completely device-free. No TV, no phone. Just you and the food. Chew slowly.

Day 4: The "Gray" Zone

The Problem: Bright colors trigger dopamine in your brain, making apps addictive like candy. **The Fix:** Go to Settings > Accessibility > Display > Color Filters. Turn on "Grayscale". Your phone will look boring black-and-white. Good. You'll spend 50% less time on it.

Day 5: The Digital Fast (Morning Edition)

The Problem: Waking up and scrolling immediately puts your brain in "reactive" mode. **The Fix:** Do not touch your phone for the first 30 minutes after waking up. Drink water, stretch, or brush your teeth first.

Day 6: The Single-Task Challenge

The Problem: Multitasking lowers IQ and increases cortisol (stress). **The Fix:** When you are working on your laptop, put your phone in a drawer or another room. Check it only once every 60 minutes.

Day 7: The Siddha Social Detox

The Problem: Comparing yourself to others drains your mental peace. **The Fix:** Unfollow 5 accounts today that make you feel inadequate, stressed, or unhappy. Replace them with 5 accounts that teach you something (like @YogiEats!).

**CONGRATULATIONS ON COMPLETING
THE 7 DAYS!
YOU NOW HAVE A CLEARER MIND AND
MORE FREE TIME. BUT THIS IS JUST
THE BEGINNING.
WANT TO HEAL YOUR BODY FROM THE
INSIDE OUT? I HAVE BUILT A CUSTOM
AI THAT USES SIDDHA PRINCIPLES
TO DESIGN THE PERFECT DIET FOR
YOUR BODY TYPE.**

 **CLICK HERE TO GENERATE YOUR
FREE PERSONAL DIET PLAN**

**NEED SPECIFIC TOOLS? FOR THE
COPPER BOTTLES AND ORGANIC
TRIPHALA I MENTIONED IN MY
GUIDE, CHECK OUT MY VETTED LIST
OF SUPPLIERS.**

 **CLICK HERE TO VIEW
RECOMMENDED RESOURCES**