

PRAY · PAUSE · PIVOT

The Grace Reset Protocols

A Guide to the Nine Packs



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One pack at a time

Please do not stack protocols. Choose one pack, start with it alone, and see what it does for you.

This guide is built on one idea: we learn what works by changing one thing at a time. When you add several packs together, you cannot tell which one is helping, and you cannot tell which one is not agreeing with you.

- Use the self-assessment to find the symptoms you most want to target, then choose the one pack that fits.
- Track your symptoms with the Grace Check tracker at the back of this guide.
- Always go by how you feel. If something does not feel right, stop and talk to your provider.
- Do not add a second pack on top of the first. Talk with your provider before you change or add anything.

This guide tells you what is in each of the nine Grace Reset packs, how each one is used, and who should check with a provider first. Read the safety section before you choose a pack.

Welcome

The grace you extend to others without thinking, I now challenge you to extend to yourself, as God intended. That is the heart of the Grace Check, and it is how I want you to use this guide.

The packs are not a rescue and they are not a test you can fail. They are one tool in a larger plan that also includes your labs, your provider, your sleep, your food and your faith. Pray before you act. Pause long enough to read the warnings and ask your questions. Pivot when something is not right for your body.

Not permission to stop trying – permission to stop punishing yourself while you try.

From Menopause, Hormones & Grace

Pray.

Before you react, before you order anything, before you add one more thing to your day.

Pause.

Long enough to find out what is actually happening, with your labs, your symptoms written down, and your provider.

Pivot.

When the direction you are facing is no longer serving you.

This guide is a companion to *Menopause, Hormones & Grace* and *The 45-Day Grace Check Reset Plan*. The books give you the understanding and the plan. These pages show you the supplement packs that can sit beside them, and how to use each one with care.

How to use this guide

1. Read **Read this first** from beginning to end.
2. Use the **Quick chooser** to find the pack page that matches what you are noticing.
3. Read that pack's page, including its warning and the line about who should check with a provider first.
4. Check the **Never-combine chart** before you add anything else.
5. Take the **Questions for your provider** page to your next visit, and tell your provider every supplement you take.

Start with one pack, not several. If you are on a prescription, pregnant, nursing, or have a health condition, talk with your provider before you start.

Talk to your provider before you start any pack if you are pregnant or nursing, take any prescription medicine, have a health condition, or are having surgery soon.

Start Here: Measure My Health and Wellness

How to complete this check-in. Fill in one circle for each statement based on how you have felt during the past two weeks. This is a compassionate snapshot—not a diagnosis, a grade, or a measure of your worth.

		1 Never	2 Rarely	3 Sometimes	4 Often	5 Almost always
AREA	STATEMENT	1	2	3	4	5
ENERGY	I had enough energy for my daily needs.	☐	☐	☐	☐	☐
SLEEP	I felt rested after sleeping.	☐	☐	☐	☐	☐
MOOD	My mood felt steady enough to manage the day.	☐	☐	☐	☐	☐
STRESS	I could calm myself when stress rose.	☐	☐	☐	☐	☐
PAIN	Pain or physical discomfort was manageable.	☐	☐	☐	☐	☐
DIGESTION	My digestion felt comfortable and predictable.	☐	☐	☐	☐	☐
FUNCTION	I could complete my usual daily activities.	☐	☐	☐	☐	☐
CONFIDENCE	I felt hopeful and capable of taking my next step.	☐	☐	☐	☐	☐

Add your scores & what the raw score may mean

Higher scores reflect stronger well-being and coping. Each domain ranges from 1 to 5.

TOTAL ____ / 40

32-40 STRONG FOUNDATION

Routines and inner resources are supporting you. Continue what works.

24-31 BUILDING STABILITY

Several areas are steady; one or two may need more care.

16-23 NEEDS SUPPORT

Rest, calm, peace, or daily health may feel strained. Consider support.

8-15 PRIORITY FOR CARE

Prompt, compassionate attention may help when symptoms affect daily life or safety.

Grace-led reflection. Which area has the lowest score, and what kind of support would feel both safe and realistic this week?

This questionnaire is a personal reflection tool and is not a medical or mental health diagnosis. Use it to guide conversation with your health care provider or trusted support team. If you need immediate emotional support, call or text 988. Call 911 if there is immediate danger.

My Digestive Check (Bristol Stool Scale)

Use this chart to find the picture that looks most like your usual stool. This helps you track changes over time and gives you clues about your digestive health.

TYPE	WHAT IT LOOKS LIKE	DESCRIPTION	COMMON CAUSES	WHAT IT MAY MEAN
Type 1 Separate hard lumps		Separate hard lumps, like nuts (hard to pass).	- Lack of fiber - Not enough water - Low physical activity - Holding your stool - Some medications (e.g., iron, pain meds)	Often means constipation. Stool is staying in the colon too long, so more water is absorbed.
Type 2 Lumpy and sausage-shaped		Sausage-shaped but lumpy.	- Low fiber intake - Not enough water - Infrequent bowel movements - High stress - Certain medications	Often means mild constipation. Stool is formed but still dry and lumpy.
Type 3 Like a sausage with cracks on the surface		Like a sausage but with cracks on the surface.	- Slightly low fiber - Not enough water - Mild dehydration - Low fruit and vegetable intake	Generally normal, but could be improved with more fiber and fluids.
Type 4 Like a sausage or snake, smooth and soft		Like a sausage or snake, smooth and soft.	- Balanced fiber intake - Adequate water intake - Regular physical activity - Healthy gut function	Ideal. This is a healthy stool and a sign of good digestive function.
Type 5 Soft blobs with clear-cut edges		Soft blobs with clear-cut edges (passed easily).	- Not enough fiber - Food moving through too quickly - Some digestive conditions (e.g., IBS) - Stress	May mean you need more fiber and slower digestion time.
Type 6 Fluffy pieces with ragged edges		Fluffy pieces with ragged edges, a mushy stool.	- Too little fiber - Food intolerance (e.g., dairy, gluten) - Stress or anxiety - Gut infection - Imbalance in gut bacteria - Certain medications (e.g., antibiotics)	Often means mild diarrhea. Stool is moving through the colon too quickly.
Type 7 Watery, no solid pieces		Watery, no solid pieces. Entirely liquid.	- Lack of fluid and electrolyte balance (can happen with dehydration) - Infection (viral or bacterial) - Food intolerance - Certain medications (e.g., antibiotics, metformin) - High stress or anxiety - Digestive conditions (e.g., IBS, IBD)	Often means diarrhea. Food is moving through the digestive tract too quickly, and the colon cannot absorb water.

My Digestive Check: More Questions

Digestion is part of how you feel every day. After you find your usual type on the Bristol Stool Scale, answer these questions about the past two weeks. This is a compassionate snapshot, not a diagnosis.

The type on the chart that is most usual for me: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

A few more questions

How often do you have a bowel movement? ☐ More than once a day ☐ Once a day
☐ Every 2–3 days ☐ Less often

DIGESTION	In the past two weeks I had...	1	2	3	4	5
BLOATING	Bloating, gas, or belly discomfort.	☐	☐	☐	☐	☐
REFLUX	Heartburn or reflux.	☐	☐	☐	☐	☐
COMFORT	Stomach pain or cramping.	☐	☐	☐	☐	☐

1 Never · 2 Rarely · 3 Sometimes · 4 Often · 5 Almost always. These three questions are not part of the total of 40.

Stop and call your provider if you see blood in your stool, have black or tar-like stools, have severe stomach pain, or have weight loss you cannot explain. Also tell your provider if your usual bowel habits change and the change does not go away.

If digestion is your lowest score on the check-in, read Grace Digest first. This scale is for education and reflection. It is not a diagnosis. Bring this page to your provider.

My Liver Comfort Check

Your liver works quietly, so symptoms can be easy to miss. Use this check to notice how you have felt over the past two weeks and to know what to ask your provider. This is a compassionate snapshot, not a diagnosis, and it cannot tell you whether your liver is healthy.

LIVER	In the past two weeks I had...	1	2	3	4	5
ENERGY	Unusual tiredness that rest does not fix.	☐	☐	☐	☐	☐
APPETITE	Poor appetite or nausea, especially after eating.	☐	☐	☐	☐	☐
COMFORT	Discomfort or fullness in the upper right side of my belly.	☐	☐	☐	☐	☐
SKIN	Itchy skin without a rash.	☐	☐	☐	☐	☐
SWELLING	Swelling in my belly, feet or ankles.	☐	☐	☐	☐	☐

1 Never · 2 Rarely · 3 Sometimes · 4 Often · 5 Almost always. These questions are not part of the total of 40.

Check any that apply to you

- ☐ I drink alcohol most days or in larger amounts.
- ☐ I take acetaminophen (Tylenol) often, or other medicines my provider has told me can affect the liver.
- ☐ I take herbal products or supplements, including the packs in this guide.
- ☐ Someone in my family has had liver problems.
- ☐ I have not had liver blood tests in the past year.

What your answers may mean. If you answered 4 or 5 on any line above, or you checked two or more boxes, bring this page to your provider and ask whether liver tests are right for you. Your provider can check your liver with a simple blood test.

Stop and call your provider if you have yellow skin or eyes, dark urine, pale stools, or pain in the upper right side of your belly. Get emergency care right away if you vomit blood or have black stools with severe pain.

Questions to ask your provider

- Should I have liver tests before I start a supplement?
- Are any of my medicines or supplements hard on my liver?
- How often should my liver tests be repeated?

This check is for education and reflection. It is not a diagnosis and it does not replace liver tests or care from your provider.

My Hydration Check

Water supports how you feel every day. Use this check to notice how hydrated you have felt over the past two weeks. This is a compassionate snapshot, not a diagnosis.

My urine color

Look at the first urine of your morning, and again later in the day. Circle the color closest to yours. Pale yellow is usually the goal; darker colors may mean you need more fluid.



Good to know: B-vitamins and some other supplements can turn urine bright yellow. This is harmless, and it can make the color check less reliable.

HYDRATION	In the past two weeks...	1	2	3	4	5
THIRST	I felt thirsty during the day.	☐	☐	☐	☐	☐
MOUTH	My mouth, lips or skin felt dry.	☐	☐	☐	☐	☐
HEAD	I had headaches or felt lightheaded when I stood up.	☐	☐	☐	☐	☐
ENERGY	I felt more tired or foggy than usual.	☐	☐	☐	☐	☐
URINE	I passed less urine than usual, or it looked dark.	☐	☐	☐	☐	☐

1 Never · 2 Rarely · 3 Sometimes · 4 Often · 5 Almost always. These questions are not part of the total of 40.

On a usual day, how much do I drink? ☐ Less than 4 cups ☐ 4–6 cups ☐ 7–9 cups ☐ 10 or more cups

What your answers may mean. If you circled a color from 5 to 8, or answered 4 or 5 on several lines, you may need more fluid. Ask your provider how much is right for you, especially if you take water pills, have heart or kidney problems, or have been told to limit fluids.

Stop and call your provider if you are dizzy or faint, have a racing heartbeat, are confused, have not passed urine in 8 hours, or have very dark urine that does not improve with fluids.

This check is for education and reflection. It is not a diagnosis. Hydration needs are different for each person.

Use your lowest score to choose one pack

Find your lowest-scoring area on the check-in. Read that pack's page first, and start with one pack only.

Lowest score area	Read first
Energy	Grace Energy
Sleep	Grace Rest
Mood	Grace Whole
Stress	Grace Energy
Digestion	Grace Digest
Liver check: a 4 or 5, or two or more boxes checked	Talk with your provider first, and ask about liver tests.
Hydration check: urine color 5 to 8, or several 4s and 5s	Talk with your provider about how much fluid is right for you. There is no pack for this area.
Pain, Function or Confidence	Talk with your provider first. There is no pack for this area.

The Quick chooser later in this guide lists every pack by what it supports. Use the Grace Check tracker at the back to record how you feel.

Read this first

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Consult your healthcare provider before use if you are pregnant, nursing, have a medical condition, or take prescription medication. Do not combine Grace Reset packs unless directed by your provider, because ingredients may overlap. Stop use and call your provider if you have a reaction. Keep out of reach of children.

Stop and call your provider if you have a rash, swelling, trouble breathing, yellow skin or eyes, dark urine, or severe stomach pain.

These are supplements, not medications. They do not replace your prescriptions. This guide is education, not a diagnosis or a treatment plan.

Check with your provider first if you...

Pack	Check with your provider first if you...
Balance	have a hormone-sensitive condition, are sensitive to sulfites or soy, or are pregnant or nursing
Cool	have ever had breast, uterine, or ovarian cancer, take hormones, birth control, or tamoxifen, have liver problems, or are allergic to mustard
Rest	drink alcohol at night, take sleep medicine, antidepressants, or birth control, drive early in the morning, or are pregnant or nursing
Metabolic	take diabetes medicine or a weight-loss injection (including a GLP-1 medication), are pregnant or nursing, or take thyroid medicine
Digest	take blood thinners, have ulcers or severe reflux, have a weak immune system, or have pancreas or bowel problems
Cleanse	are pregnant, take blood thinners or diabetes medicine, are allergic to mint-family plants or ragweed, avoid beef products, or have a hormone-sensitive condition
Foundation	take warfarin, have high calcium or kidney stones, are allergic to fish, or plan to have blood tests soon
Energy	have thyroid or liver problems, an autoimmune condition, are allergic to peanuts or chickpeas, or are pregnant
Whole	are allergic to fish, avoid pork products, take blood thinners or antidepressants, or have thyroid, kidney, or bipolar conditions

Quick chooser

Pick the row that sounds most like you, read that pack's page, and start with one pack only.

If you are looking for...	Read
Support for healthy estrogen metabolism and hormone balance	Grace Balance
Support for comfort through life's hormonal seasons	Grace Cool
Support for winding down and restful sleep	Grace Rest
Support for healthy blood sugar and metabolism	Grace Metabolic
Support for digestive comfort	Grace Digest
A short, 14-day course of gut and liver support	Grace Cleanse
A daily base of magnesium, vitamin D with K, B vitamins and omega-3	Grace Foundation
Support for energy and stress resilience	Grace Energy
Support for feeling like yourself again	Grace Whole

For how much to take and when, follow the manufacturer's directions on the box and on your pouch label. Ask your provider if you have questions.

Each pack page that follows lists what is in the pack, the full warning, and what not to combine it with.

Also remember

- Do not take two packs together unless your provider says so, because some ingredients repeat.
- Biotin in some packs can change blood test results. Tell your lab and your provider that you take it.
- If you take a GLP-1 medication or any diabetes medicine, ask your prescriber before you start Grace Metabolic, because it may lower blood sugar.
- Bring this guide and your pouch labels to every appointment.

Grace Balance

Support for healthy estrogen metabolism and hormone balance.



Scan to order
Grace Balance
[Order online](#)

What is in it

- Calcium D-glucarate
- DIM Complex

WARNING

Contains DIM and calcium D-glucarate, which are also in Grace Cool. Do not take Balance and Cool together unless directed by your provider. Contains sulfites and soy. Consult your provider if you have a hormone-sensitive condition or are pregnant or nursing.

Do not combine with: Grace Cool.

Track it: use the tracker at the end of this guide, and tell your provider you are taking it.

What to track: how steady your mood and comfort feel, any warmth or sweating at night, and changes in your cycle if you still have one. Check in on your tracker at day 7, 14 and 30, and bring it to your provider.

Grace Cool

Support for comfort through life's hormonal seasons.

Grace Reset Protocol

Cool

Grace Cool



Scan to order
Grace Cool

[Order online](#)

What is in it

- FemGuard + Balance (a plant-based blend that includes black cohosh and chaste tree)
- Vitamin E, 268 mg

WARNING

Contains black cohosh, chaste tree, and other plant extracts that can affect hormones. Not for use in pregnancy or breastfeeding, or with a history of hormone-sensitive cancer, unless approved by your oncology provider. Consult your provider if you take hormone therapy, birth control, tamoxifen, blood thinners, or dopamine-related medications. Contains mustard seed. Stop use and call your provider if you develop dark urine, yellow skin or eyes, or upper-right abdominal pain. Do not take with Grace Balance.

Do not combine with: Grace Balance.

Give it a fair trial: plant-based products can take several weeks to show whether they suit you. Write down how you feel at the start and again at six to eight weeks, and review the results with your provider.

What to track: warm moments through the day and at night, your sleep, and your mood. Plant-based products can take several weeks, so score yourself again at six to eight weeks. Check in on your tracker at day 7, 14 and 30, and bring it to your provider.

Grace Rest

Support for winding down and restful sleep.

Grace Reset Protocol

Rest

Grace Rest



Scan to order
Grace Rest

[Order online](#)

What is in it

- Deep Calm, an herbal relaxation blend (see your pouch label for the full ingredient list)
- Magnesium glycinate
- L-theanine
- Glycine

WARNING

May cause drowsiness. Do not drive or operate machinery until you know how this affects you. Avoid alcohol and do not combine with sleep medications or sedatives unless directed by your provider. Contains herbal extracts that may interact with antidepressants, birth control, blood thinners, thyroid medication, and Parkinson's medication. Not for use in pregnancy or breastfeeding. Do not combine with Grace Foundation.

Do not combine with: Grace Foundation, or any sleep medicine or sedative unless your provider says so.

Timing: take it as directed on your pouch label.

Before you start: if you take an antidepressant or birth control, check with your provider first. Rest comes before the pack, not after: if you wake at night, bring that to your provider too, because sleep problems have many causes.

What to track: how easily you wind down, how often you wake at night, and how you feel when you wake up. Check in on your tracker at day 7, 14 and 30, and bring it to your provider.

Grace Metabolic

Support for healthy blood sugar and metabolism.

Grace Reset Protocol

Metabolic

Grace Metabolic



Scan to order
Grace Metabolic

[Order online](#)

What is in it

- Berberine Advanced
- Chromium (Chromax 200)
- Alpha-lipoic acid (check the amount on your pouch label)
- Inositol

WARNING

May lower blood sugar. If you take diabetes medication or a GLP-1 medication, talk to your provider before starting, as your dose may need adjusting. Not for use in pregnancy or breastfeeding. Take with meals. Consult your provider if you take thyroid medication, cyclosporine, or other prescriptions; berberine can change how drugs are processed.

If you take a GLP-1 medication: do not add this pack on your own. Ask the prescriber who manages your GLP-1 first, and tell them every supplement you take.

Take it: with meals.

What to track: your energy after meals, hunger and cravings, and how you feel through the day. Tell your provider about any change. Check in on your tracker at day 7, 14 and 30, and bring it to your provider.

Grace Digest

Support for digestive comfort.

Grace Reset Protocol

Digest

Grace Digest



Scan to order
Grace Digest

[Order online](#)

What is in it

- Plant enzyme digestive formula
- Ginger root extract
- Essential-Biotic COMPLETE, a 12-strain probiotic (50 billion CFUs)

WARNING

Take enzymes with meals. Consult your provider if you take blood thinners, have ulcers or reflux, have a weakened immune system or a central line, or have pancreatitis or short bowel syndrome. Probiotics may cause temporary gas and bloating.

Do not combine with: Grace Cleanse. Oregano oil can work against probiotics, so keep the two packs apart unless your provider directs otherwise.

Storage: follow the storage directions on your pouch label.

What to track: comfort after meals, bloating and gas, and your usual stool type. Repeat the digestive check pages and compare. Check in on your tracker at day 7, 14 and 30, and bring it to your provider.

Grace Cleanse

A short, 14-day course of gut and liver support.

Grace Reset Protocol

Cleanse

Grace Cleanse



Scan to order
Grace Cleanse

[Order online](#)

What is in it

- Oil of oregano
- Milk thistle (contains sunflower lecithin)

WARNING

Contains bovine gelatin. Take with food. Not for use in pregnancy. Consult your provider if you take blood thinners or diabetes medication, are allergic to mint-family plants or ragweed, or have a hormone-sensitive condition. Intended for short-term use: up to 14 days, no more than once every 6 months.

Do not combine with: Grace Digest, or any probiotic, unless your provider directs otherwise.

Remember: this is a short course, not a daily habit. Mark the day you start and the day you stop.

What to track: your stomach comfort and energy across the 14 days. Fill out the liver comfort check before you start, and mark your start and stop days. Check in on your tracker at day 7, 14 and 30, and bring it to your provider.

Grace Foundation

A daily base of magnesium, vitamin D with K, B vitamins and omega-3, for life's hormonal seasons.

Grace Reset Protocol

Foundation

Grace Foundation



Scan to order
Grace Foundation

[Order online](#)

What is in it

- Magnesium glycinate (check the serving on your pouch label)
- B-Supreme B-complex
- Vitamin D3 Supreme, 5,000 IU, with vitamin K
- Omega-3 fish oil

WARNING

Contains vitamin K, which can interfere with warfarin. Do not start this pack if you take warfarin without your prescriber's approval. Contains vitamin D 5,000 IU; your provider may want to check your vitamin D level. Contains fish (anchovy) and may contain porcine gelatin. High-dose biotin can change the results of blood tests, including thyroid tests. Tell your provider and stop biotin 2–3 days before blood work. Do not combine with Grace Energy or Grace Rest. B-vitamins may turn urine bright yellow; this is harmless.

Do not combine with: Grace Energy or Grace Rest.

Before blood work: tell your provider and your lab that you take biotin, and ask when to stop it.

What to track: your energy, sleep and mood over several weeks. Ask your provider whether to check your vitamin D level. Check in on your tracker at day 7, 14 and 30, and bring it to your provider.

Grace Energy

Support for energy and stress resilience.

Grace Reset Protocol

Energy

Grace Energy



Scan to order
Grace Energy

[Order online](#)

What is in it

- Ashwagandha
- Full-spectrum fenugreek seed (read your pouch label and confirm it says fenugreek before you take it)
- Vitamin C, 1 g, with rose hips
- B-Supreme B-complex

WARNING

Contains ashwagandha. Consult your provider if you have thyroid disease, an autoimmune condition, liver disease, or are pregnant. Stop use and call your provider if you develop dark urine or yellowing of the skin or eyes. Contains fenugreek, a legume, which may affect people with peanut or chickpea allergy; may affect blood sugar and blood thinners. Do not combine with Grace Foundation.

Do not combine with: Grace Foundation.

Before you start: if you feel tired all the time, tell your provider. Ongoing fatigue can have causes that a supplement will not solve, and your labs may show why.

What to track: your daytime energy, the afternoon dip, and how well you handle stress. Repeat the check-in and compare your scores. Check in on your tracker at day 7, 14 and 30, and bring it to your provider.

Grace Whole

Support for vitality, mood and everyday wellness.

Grace Reset Protocol

Whole

Grace Whole



Scan to order
Grace Whole

[Order online](#)

What is in it

- Maca
- Saffron extract
- Omega-3 fish oil
- Creatine monohydrate (check the amount on your pouch label)

WARNING

Contains fish (anchovy) and may contain porcine gelatin. Not for use with fish allergy. Consult your provider if you take blood thinners, SSRIs or other antidepressants, or have thyroid, kidney, or bipolar conditions. Saffron may add to the effect of antidepressants.

If you take an antidepressant: talk to your prescriber before you start this pack.

What to track: your mood, your motivation, and how you feel in everyday life. Check in on your tracker at day 7, 14 and 30, and bring it to your provider.

Never-combine chart

Start with one pack. Four pairs of packs should never be taken together unless your provider directs it.

Do not take together	Why
Grace Balance and Grace Cool	Both contain DIM and calcium D-glucarate.
Grace Foundation and Grace Energy	Both contain B-Supreme, which has high-dose B6 and biotin.
Grace Foundation and Grace Rest	Both contain magnesium glycinate.
Grace Cleanse and Grace Digest (or any probiotic)	Oregano oil can work against probiotics.

Also do not combine Grace Rest with sleep medicines or sedatives, and do not take Grace Metabolic with diabetes or GLP-1 medicine unless your prescriber has approved it.

If you want to change packs, stop the first one and talk with your provider about timing before you begin the next.

Bring this page, your pouch labels, and a list of everything you take to your next appointment.

Questions for your provider

- Is this pack safe with my prescriptions and my health history?
- Should I have labs before I start, such as vitamin D, thyroid, blood sugar or liver tests?
- I take biotin in a pack. When should I stop it before blood work?
- How long should I try this before we decide whether it is working?
- Is there anything I should stop taking while I use it?

Where this fits in the series

This guide is a companion. It tells you what is in each pack and how to use the tracker. The teaching, the stories and the deeper clinical explanations live in the books and in the community.

The 45-Day Grace Check Reset Plan

Book 1. The source of the self-assessment and the Grace Check tracker in this guide. Start here if you want the full 45-day process around your pack.

Menopause, Hormones & Grace

Book 2. For the hormone, sleep, mood and gut-health questions behind the packs, and why one change at a time works better than many.

The Grace Reset Community

Live webinars and a community for the Pray, Pause and Pivot approach, so you do not have to walk this out alone.

How to use them together

- Use the self-assessment to choose your one pack.
- Use the tracker in this guide to see how you feel.
- Use the books to understand the why, and bring your questions to your provider.

Titles and availability may change. Visit the website for the current list.

Meet the author

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Sherocko is a board-certified family nurse practitioner with more than two decades in healthcare. She is a certified FMCSA medical examiner and the founder of Hydrate 4 U Wellness and DOT Medical Exams & Primary Care Clinic. She writes and teaches the Pray, Pause and Pivot series, which helps people look honestly at how they feel, extend themselves grace, and make one thoughtful next step.

The grace you extend to others without thinking, I now challenge you to extend to yourself, as God intended.



Meet the author
Scan to learn more about Sherocko



Visit the website
hydrate4uwellness.com

The Grace Reset Community: thegraceresetcommunity.com

My results log

See what changed, and which pack you were taking when it did. Use the same 1 to 5 scale as the self-assessment (1 = never, 5 = almost always). Higher is better.

1. How I feel

AREA	Start	Day 14	Day 30	Day 45
ENERGY				
SLEEP				
MOOD				
STRESS				
PAIN				
DIGESTION				
DAILY FUNCTION				
CONFIDENCE				
TOTAL (of 40)				

2. Which pack, and what I noticed

Pack	Start date	Stop date	What I noticed	Did it seem to help me?
				☐ Yes ☐ Somewhat ☐ No ☐ Not sure
				☐ Yes ☐ Somewhat ☐ No ☐ Not sure
				☐ Yes ☐ Somewhat ☐ No ☐ Not sure
				☐ Yes ☐ Somewhat ☐ No ☐ Not sure

Remember: this log shows how you felt, not proof that a pack caused the change. Sleep, stress, food, other medicines and the time of month can all play a part. Finish one pack and one check-in before you think about another, and talk with your provider first.

Bring this page to your provider. Questions I want to ask:

Grace Check tracker

Write down how you feel before you start, then check in on the days below. Score each item from 0 (not at all) to 10 (very much). Take it to your provider.

Day	Pack	Taken as directed	How I feel (0 to 10)	Notes
Start				
Day 3				
Day 7				
Day 14				
Week 4				
Week 6 to 8				

Stop and call your provider if you notice a rash, swelling, trouble breathing, yellow skin or eyes, dark urine, or severe stomach pain.

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