

THE MASTER FILTER · DAILY HEALING CARD

A beautiful, simple beginning: five gentle actions that help your liver feel less burdened and more supported by the end of today.



Morning Reset

Warm water + ½ lemon before coffee

Before coffee, drink a glass of warm water with the juice of half a lemon. *Why it helps: It gently wakes up bile flow and detox chemistry. It is like opening the windows before the workday starts.*



Plate Upgrade

One fist of cruciferous vegetables at dinner

Add broccoli, Brussels sprouts, cauliflower, cabbage, or arugula to your evening meal. *Why it helps: These foods bring sulfur compounds your liver uses to package toxins so they can actually leave the body.*



Liver Window

Stop eating by 7 PM

Let your body have a calm overnight stretch with no late-night grazing. *Why it helps: When digestion quiets down, your liver can spend more of the night on repair and cleanup instead of intake.*



4-7-8 Breath

4 rounds before bed

Inhale for 4, hold for 7, exhale for 8. Keep it slow, soft, and unforced. *Why it helps: Detox happens best in rest mode. This breath helps your nervous system hear the message, "It's safe to repair now."*



Unsent Letter

Write to the person living in your liver

Write what you never got to say. Let the page hold it so your body does not have to keep holding all of it.

Why it helps: Emotional stress changes your chemistry. Putting hidden pressure into words can lighten the load your system has been carrying.



Your liver is loyal. It keeps serving you quietly, even when you are tired, inflamed, overwhelmed, or running on empty. These five small rituals help it feel partnered with.

7-DAY ACCOUNTABILITY CARD

Track It for 7 Days


Keep this somewhere visible. A handout becomes a healing tool when it stays in your life long enough to shape a choice.

HOW TO USE THIS CARD

Put it on the fridge, by your coffee maker, or on your bathroom mirror. Check each square the same day you do it. Visibility creates follow through.

If you miss a box, you did not fail.

Start again at the next meal, the next breath, or the next morning glass of lemon water.

HABIT	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 <p>Morning Reset Warm water + lemon</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 <p>Plate Upgrade Cruciferous veg at dinner</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 <p>Liver Window Done eating by 7 PM</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 <p>4-7-8 Breath Four rounds before bed</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 <p>Unsent Letter Write it, do not send it</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WHAT CHANGED THIS WEEK?

Notice even the quiet wins: steadier energy, less bloating, better sleep, fewer cravings, less irritability, a softer body, a clearer mind.

WEEKLY SNAPSHOT

Total boxes checked ____.

Easiest habit checked _____ . Habit to repeat next week checked _____ .

Want support going deeper?

At Secoya Health, this is where functional medicine becomes personal.

If your body has been sending signals for a long time, there is a real reason. We offer a gentler path forward than pushing harder.