

MAE'S

7-DAY BODY RESET GUIDE

From Mae, your WOMO Health AI companion.

70%	7 YRS	26M
of women dismissed by their doctor	avg to diagnose fibroids or endo	women with undiagnosed fibroids

The medical system wasn't built for women's bodies. WOMO was.

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A Message From Mae

This guide was written for you — not for a generic woman, not for a medical textbook, but for you. For the woman who has been told her symptoms are normal when they didn't feel normal. For the woman who has sat in a doctor's office and felt invisible. For the woman who knows something is off but doesn't have the language to explain it.

Over the next 7 days, I want to help you start listening to your body in a new way. Not with fear. Not with shame. With curiosity, with intelligence, and with the knowledge that your body has been sending you signals all along — and now you have a way to hear them.

Mae says: "Every symptom is a message. Every pattern is data. Together, we're going to start reading them."

Each day focuses on one dimension of your body's intelligence — from your heart to your gut to your cycle to your sleep. You'll find a daily check-in, a simple practice, and something concrete Mae would tell you if you were in a session together.

How to Use This Guide

- Read one day at a time — don't rush ahead
- Do the daily check-in each morning or evening
- Write down what you notice — patterns emerge over 7 days
- Share what you discover with your doctor. You deserve to be heard.
- When you're ready for daily Mae intelligence — your full body picture is waiting at womo-health.com

Day 1 — Your Heart Is Speaking. Are You Listening?

Most women don't know their resting heart rate. Most women don't know their HRV — heart rate variability, the single best indicator of stress, recovery, and overall health. Today we start there.

✓ Morning Heart Check-In

- Find your pulse — place two fingers on your wrist or neck
- Count beats for 60 seconds. Write that number down.
- Notice: Is your heart racing? Slow and steady? Irregular?
- How does it feel compared to how you felt when you woke up?

Mae says: "Your heart rate changes across your cycle. In the follicular phase it's often lower. In luteal phase it rises. If your resting heart rate is consistently above 90 — your body is telling Mae something important."

→ 2-Minute Heart Coherence Practice

- Breathe in for 4 counts. Hold for 2. Out for 6.
- Repeat 5 times. Notice how your heart responds.
- This is HRV training — the same thing elite athletes do.
- WOMO's Heart Rate Scanner reads your BPM, HRV, and SpO2 through your phone camera. No wearable. No hardware. Just your phone.

Why This Matters: Heart disease is the #1 killer of women — and 80% of cases are preventable. But most women's cardiovascular health is measured once a year at a physical, not daily. Mae tracks yours every single day.

Day 2 — What Your Gut Is Trying to Tell You

Your gut is not just a digestive organ. It is your second brain. It produces 95% of your body's serotonin. It houses your estrobolome — the gut bacteria that metabolize your estrogen. When your gut is disrupted, your hormones are disrupted. Full stop.

✓ Gut Intelligence Check-In

- How did you feel after your last meal? Energized or bloated?
- Have you had any digestive discomfort in the last 24 hours?
- What is your bowel movement pattern? Regular, sluggish, or irregular?
- Do you notice gut symptoms that worsen before your period?

Mae says: "Constipation before your period is not normal — it's a hormonal signal. When estrogen rises, gut motility slows. When your estrobolome is disrupted, your body recirculates old estrogen instead of clearing it. This drives fibroid growth, PCOS symptoms, and hormonal chaos."

→ Gut Reset Practices

- Drink 16oz of warm water with lemon first thing tomorrow morning
- Add one fermented food today — kimchi, yogurt, kefir, or sauerkraut
- Notice your body's response within 2 hours of eating
- WOMO's Gut Health + Estrobolome tool tracks these patterns with you — connecting your gut to your cycle and hormones.

Why This Matters: 70% of your immune system lives in your gut. The estrobolome — your gut's estrogen-processing bacteria — is the missing piece in most women's hormonal health conversations. WOMO is the first women's platform to track it.

Day 3 — Your Tongue Knows Your Secrets

Traditional Chinese Medicine has used tongue diagnosis for 3,000 years. A trained TCM practitioner can read gut health, liver function, hormonal patterns, and nutrient deficiencies — all from looking at your tongue. WOMO brings this to your phone.

✓ Tongue Self-Examination

- Look at your tongue in a mirror in natural light
- What color is it? Pink is healthy. Pale suggests anemia. Red suggests heat/inflammation. Purple suggests stagnation.
- Is there a coating? Thin white is normal. Thick white or yellow suggests gut disruption.
- Are there teeth marks on the edges? This suggests digestive weakness and spleen qi deficiency in TCM.

Mae says: "A purple or dusky tongue is one of Mae's most important signals for hormonal stagnation — the TCM pattern associated with fibroids, PCOS, and painful periods. If you see this, your body has been trying to tell you something for a long time."

→ Tongue Tracking Practice

- Photograph your tongue every morning for the next 7 days
- Note changes in color, coating, and texture
- Notice if tongue changes correspond with how you feel
- WOMO's Tongue Scanner uses AI to read these patterns and connect them to your hormonal health — in seconds, every day.

Why This Matters: No other women's health app in the world offers TCM tongue analysis. WOMO is the first. Ancient wisdom, AI precision, built exclusively for women's biology.

Day 4 — Your Cycle Is Not Just a Period

Your hormonal cycle is a 28-day (give or take) symphony of estrogen, progesterone, LH, FSH, and testosterone. Each phase creates a completely different physiological and psychological state. Most women are taught to track their period. Mae tracks all four phases.

✓ Cycle Phase Check-In

- Where are you in your cycle? Menstrual (days 1-5), Follicular (days 6-13), Ovulatory (days 14-16), or Luteal (days 17-28)?
- How is your energy today compared to last week?
- How is your mood, focus, and social desire?
- Any physical symptoms — cramping, bloating, breast tenderness, headaches?

Mae says: "In your follicular phase, estrogen rises and you feel like a different person — energized, creative, social. In your luteal phase, progesterone rises and you may feel withdrawn, emotional, or foggy. This is not weakness. This is biology. Mae helps you work with your cycle, not against it."

→ Cycle Intelligence Practices

- Map your mood and energy today — 1-10 scale
- Note if your symptoms match your expected cycle phase
- Think back: do you have consistent patterns? Same week every month?
- WOMO's Cycle Intelligence tool tracks all 4 phases and connects them to every other health dimension Mae monitors.

Why This Matters: WOMO supports 6 body profiles — Active Cycle, Perimenopause, Post-Menopause, Hysterectomy, Birth Control, and Track Differently. No other platform acknowledges that women's hormonal experiences are not one-size-fits-all.

Day 5 — Sleep Is Not Rest — It's Repair

While you sleep, your body repairs cells, clears brain waste, balances hormones, and processes emotions. Poor sleep doesn't just make you tired — it disrupts cortisol, raises insulin resistance, and worsens every hormonal condition from PCOS to thyroid dysfunction.

✓ Sleep Intelligence Check-In

- How many hours did you sleep last night?
- Did you wake up during the night? At what time?
- Do you wake at 2-4am? This is a liver and blood sugar signal.
- Do you feel rested when you wake? Or still exhausted?

Mae says: "Waking between 2-4am is one of Mae's most reliable hormonal signals. In TCM, this is liver time — when your body processes toxins and emotions. In Western medicine, it correlates with cortisol spikes, blood sugar dysregulation, and estrogen dominance. Your sleep is telling Mae your hormonal story."

→ Sleep Reset Practices

- No screens 45 minutes before bed tonight
- Magnesium glycinate before bed — 200-400mg supports progesterone and deep sleep
- Keep your room at 65-68°F — core temperature drop is required for quality sleep
- Track your wake times for 7 days — patterns reveal hormonal disruptions WOMO can help address.

Why This Matters: Women with hormonal imbalances — PCOS, perimenopause, hypothyroidism — experience disrupted sleep at rates 3x higher than men. Yet sleep is rarely addressed in women's hormonal treatment plans. Mae tracks your sleep patterns and connects them to your full hormonal picture.

Day 6 — Pain Is Not Normal. It's Data.

One of the most damaging things the medical system has done to women is tell them their pain is normal. Painful periods are not normal. Chronic pelvic pain is not normal. Debilitating cramps are not normal. They are signals — and Mae is trained to read them.

✓ Pain Intelligence Check-In

- Where do you carry pain? Pelvis, low back, head, joints?
- When does pain peak in your cycle?
- On a scale of 1-10 — what is your average pain level this week?
- Have you been told your pain is 'just part of being a woman'?

Mae says: "Severe menstrual pain is the primary symptom of endometriosis — yet it takes an average of 7-10 years to receive a diagnosis. If you have been told your pain is normal, Mae wants you to know: it is not. It is data. And it deserves to be taken seriously."

→ Pain Intelligence Practices

- Document pain location, intensity, and timing for 7 days
- Note whether pain correlates with your cycle phase
- Photograph or describe any visible symptoms — bloating, swelling
- WOMO's Pain Intelligence tool maps your pain across your body and cycle — giving you clinical documentation for your next doctor visit.

Why This Matters: WOMO's Medical Advocacy tool generates a clinical symptom summary you can bring to your doctor. Women who bring documented data to appointments are 3x more likely to receive a diagnosis. Mae helps you be heard.

Day 7 — You Are Not Broken. You Are Unread.

After 7 days of checking in with your heart, your gut, your tongue, your cycle, your sleep, and your pain — you have more data about your body than most women gather in a year of doctor visits. Today we put it together.

✓ Full Body Integration Check-In

- What is the most surprising thing you noticed this week?
- What pattern appeared across multiple days?
- What symptom have you been dismissing that deserves attention?
- What would you want Mae to track for you daily?

Mae says: "You came here because something in your body has been trying to get your attention. This guide is not a treatment. It is a beginning. The beginning of listening. The beginning of connecting the dots. The beginning of having an intelligent partner who never dismisses what you feel."

→ Your Next Steps

- Take your free WOMO assessment at womo-health.com — it takes 10-15 minutes
- Mae will ask you everything you explored this week — and personalize your intelligence suite
- Subscribe to WOMO Health — \$25/month for all 10 core tools
- Join the WOMO newsletter — weekly women's health intelligence, delivered to you

Why This Matters: WOMO Health is the first personal body intelligence system built exclusively for women's biology. Heart Rate Scanner. Tongue Scanner. Cycle Intelligence. Gut Health. Sleep. Pain. Medical Advocacy. Mae. All in one place. Finally.

What Comes Next

You've spent 7 days listening to your body. You've noticed things you hadn't noticed before. You've connected dots that had been floating separately for years. Now it's time to give those dots a home.

WOMO Health tracks everything you explored this week — every single day, in one place, with Mae's voice guiding you through what she sees.

Step 1	Take your free WOMO assessment at womo-health.com — Mae will guide you through everything you explored this week.
Step 2	Subscribe for \$25/month — all 10 core intelligence tools, Mae's daily voice, no hardware required.
Step 3	Download the WOMO app — iOS or Android. Enter your email to unlock your full suite.
Step 4	Show up daily — Mae tracks every pattern, connects every dot, and fights for your health alongside you.

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The first women's body intelligence system.

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