



# Girl on a Mission



One challenge. One coach. Real change.

## LAST WEEK

Aliza, a mother of five, has been running on coffee and chocolate instead of real food—4+ cups of coffee a day, chocolate from morning to night.

We introduced her to Dalia Brunschwig, health coach and founder of Fully In Balance, to help Aliza reset her system and find a better balance going forward.

Aliza received her meal plans, recipes, and shopping list, and joined a group of 18 women doing a 5-day reset together.

## THE PREP WEEK

The week before the reset, Aliza got to work.

She did most of her shopping on Thursday and finished Friday. “Splitting it up made it much less stressful,” she says.

She read through all the materials—recipes, meal plans, instructions—multiple times. “I wanted to make sure I wouldn’t be caught by surprise, especially since I have food allergies to nuts.” Dalia answered all her questions about substitutions.

And then there was the coffee.

“I tried to cut down as much as possible during the week,” Aliza says. “I managed to cut my intake by half, but I didn’t want to stop completely before I absolutely had to.”

By the end of prep week, she was ready. A little nervous, but ready.

## When Withdrawal Hits

Day 1 started fine. Aliza followed her plan—lemon water, smoothie for breakfast, blueberries and a green tea for snack, chicken spring salad for lunch. But by the afternoon, she was feeling the effects.

“I was really tired and started having a headache,” she says. “It wasn’t terrible, but it was there.”

She took a painkiller. She napped. She made it through.

But Day 2 hit even harder.

“I woke up feeling good, not hungry at all,” Aliza says. “But as the day went on, I had a headache. I felt really weak, without much energy. I was very tired.”

She fell asleep putting one of her kids to bed.

“I felt a little bit edgy,” she admits. “Like something was missing. I couldn’t say what—it could be the coffee, could be the chocolate. But I definitely felt like I was missing something.”

And yet.

“I had no cravings,” she says. “It was really an interesting mix of feelings. Something was missing, but I wasn’t craving anything. I didn’t feel like I had to have chocolate or coffee.”

That surprised her.

## What’s Actually Happening In Your Body

On their call, Dalia walked Aliza through what was happening.

“Your body has adapted to running on coffee and sugar—that constant stimulation,” Dalia explained. “When you suddenly remove it, even if it wasn’t serving you, your body responds with withdrawal symptoms. It’s a very real physical and emotional response.”

Headaches, extreme tiredness, moodiness, that feeling that something’s missing, shakiness, brain fog—all the classic withdrawal symptoms.

“It’s like fasting on Yom Kippur,” Dalia told her.

“Yes! That’s exactly how I feel,” Aliza said.

## The Good News About Withdrawal

- **It’s temporary.**

“It usually peaks on Day 2, then starts easing by Day 3,” Dalia reassured her. “You just need to push through those first couple of days.”

- **It’s actually a sign that the reset is working.**

“Your body is shifting from being dependent on coffee and sugar to learning how to create steady energy again from real food,” Dalia explained. “When you take away what it’s been leaning on for years, it reacts. That’s the cleansing. It means it’s working.”

- **Once you feel good, you won’t want to go back.**

“When you know what to expect and are aware of the withdrawal symptoms, it’s less scary,” Dalia said. “You know after those hard first days, you’re going to feel good, and then you won’t want to go back.”

## Why No Cravings?

Aliza was surprised. Headache, yes. Exhaustion, yes. But no desperate need for chocolate or coffee.

And another surprise: the food was actually good. Her husband asked for the cauliflower rice to become a regular dish. Even the kids ate it.

Dalia explained why the cravings were gone.

“The real food is supporting your body through the withdrawal,” she said. “You’re eating balanced meals with protein, healthy fats, and vegetables. You’re staying hydrated. So even though you have withdrawal symptoms, your body is getting what it actually needs. You’re not eating everything in sight.”

That’s the difference. Real nourishment prevents the cravings—even when withdrawal hits hard.

## MAKING CHANGE LAST

Whether you’re doing a reset or trying to make any lifestyle change, it can get hard. When it does:

- **Find your support system.**

Whether it’s a group, a friend, or a coach—don’t do it alone. When it gets hard, having someone in your corner makes all the difference.

- **If you slip, it’s okay; keep going.**

Whatever your goal is—cutting sugar, drinking less coffee, eating healthier—if you slip up, don’t give

up. Just continue. That’s the most important thing.

- **It doesn’t need to be perfect.**

If the craving is really strong and you need something, have a small taste and move on. You didn’t give it up completely—you had a bit and you kept going. That gives you the power to continue.

- **Remember your why.**

You didn’t start this to suffer. You started because you wanted to feel better. Come back to that.

**COMING NEXT:** Aliza is in the thick of it now. The headaches. The tiredness. The “something is missing” feeling. But she’s still going. Will she start feeling better? How will she feel for the rest of the five days? And more importantly—how will she feel after the reset ends? Will she go back to her old habits, or will the reset stick?



## Dalia’s Tips For Easing Withdrawal

- Green tea—a small amount of caffeine helps ease the transition
- Epsom salt baths—magnesium relaxes muscles
- Early bedtime—sleep aids recovery
- Painkiller if needed—“The goal isn’t to suffer.”

## A NOTE ABOUT COFFEE



“I’m not against coffee,” Dalia says. “The problem isn’t coffee—it’s starting your day with it on an empty stomach, like many people do. Your cortisol is already naturally high in the morning, and coffee spikes it even more, along with your blood sugar, leading to crashes later.”

“If you start with lemon water and breakfast first, then have coffee, your body responds differently.”

During the reset, coffee is off the menu for a few days. “But after, it can come back—just with a different awareness. You’ll choose it because you enjoy it, not because you need it.”

### WANT TO WORK WITH DALIA?

Dalia works with women through her signature Balance Redefined program, her 5-Day Resets, and one-on-one coaching, building habits that actually hold up in a Jewish home. Use coupon AMI20 for a discount on the Post-Shavuot Reset!

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► Do you have a kitchen or food-related goal you’re struggling with? Are you a coach, nutritionist, or expert who helps people with food, cooking, or kitchen management and would like to be featured in an upcoming challenge?

Write to us at [whisk@amimagazine.org](mailto:whisk@amimagazine.org)