



HEALING CAVE LADY

Roadmap to *Health*

A daily baseline from Mary Darnall

A NOTE FROM MARY

Welcome

If you're overwhelmed and don't know where to begin, start here. This is the roadmap I wish someone had handed me twenty years ago — before the chronic fatigue, before the mystery symptoms, before I spent a decade figuring out what the body actually needs to heal.

It's six steps. Not a diet. Not a cleanse. Not a 30-day anything. It's the daily shape of how I live — from the moment I wake up to the moment I fall asleep — and it's the same framework I walk every client through before we touch anything fancier.

You don't have to do all six perfectly. Pick the one that feels easiest and do that for a week. Then add the next. Small daily habits compound. The body is always trying to heal — your job is to stop getting in its way and start giving it what it's been asking for.

I'm rooting for you.

— *Mary*

Morning: Mindset & Hydration

How you spend your first hour sets the tone for the next twenty-three. Before coffee, before your phone, before food — you need two things: a quiet mind and a hydrated body. Most people skip both and wonder why they feel fried by 2pm. The fear response alone triggers more than 1,400 chemical reactions in your body, and dehydration compounds every one of them. Start here.



Start with a prayer or affirmation

Before your feet hit the floor. Fear triggers more than 1,400 known physical and chemical responses and activates over 30 hormones — starting the day in gratitude does the opposite.



Drink 24–40oz of lukewarm filtered water before anything else

Add a splash of apple cider vinegar or lemon. Sip it over the first hour. You breathed out water all night — replace it before you ask your body to do anything else.



Look at your vision board. Read scripture. Journal your day

Pick one. Keep your eyes on where you're going so your brain can actually get you there.



Fill your morning water bottle the night before

So you don't have to think about it when you're half-awake. Removing one decision keeps the habit alive.



Pray the Ho'oponopono over yourself

The Hawaiian prayer of reconciliation I say daily. The video and printable PDF are included on this page. It clears what positive thinking can't reach.

WHY THIS MATTERS

Dehydration is the number-one root cause behind most of the symptoms people come to me with — headaches, constipation, fatigue, brain fog. And an anxious mind sabotages everything downstream. Fix the first hour and you've fixed more than you realize.

Nourish Your Body

You don't need a complicated diet. You need real food, in the right proportions, at the right time of day. I eat a heavy breakfast, a medium lunch, and a light dinner — and I pull out anything my body tells me it can't handle. That's it. The foods I lean on are the ones humans have eaten for most of history: pastured meats, eggs, cooked vegetables, low-glycemic fruit, sprouted nuts and seeds, and easy-to-digest protein like bone broth and collagen.



Heavy breakfast, medium lunch, light dinner

A substantial morning meal keeps you out of the 10am vending machine. A light dinner lets your body sleep instead of digest.



Pastured meats, eggs, and seafood. Cooked veggies. Low-glycemic fruit like berries

Sprouted nuts and seeds. Paleo-approved oils and sauces.



Aim for 20–60g of easy-to-digest protein per day

Bone broth (about 9g per cup), collagen peptides (about 20g per scoop), beef gelatin (about 5g per serving). This is what rebuilds tissue at speed.



Remove food sensitivities and allergies

If a food is causing inflammation, no supplement will out-run it. Get tested or run a clean elimination.



Save the lightest protein for dinner

Fish or seafood ideally — it digests before you sleep.

WHY THIS MATTERS

50–60% of your body's total energy goes toward digestion. If you're eating heavy food late, eating things your body reacts to, or skipping breakfast and crashing at lunch, you don't have energy left for healing. Eating like this isn't about weight — it's about giving your body a fair shot.

Intermittent Fasting

Once your hydration, eating, and digestion are dialed in, fasting is the next gear. This isn't "skip meals to lose weight." It's a short, intentional break that flips on your body's repair mode — the one it can't run while it's busy processing food. Start small. One skipped dinner a week is enough to start.



Eat a late lunch once a week, then skip dinner

Drink extra water with apple cider vinegar and a mineral source like chlorella. That's your first fast.



Work up to a liquid day once a month

Broth, herbal tea, filtered water with minerals. No food. Then once a week if your body handles it well.



Keep electrolytes on board

Fasting drops minerals fast. Salt, potassium, magnesium — don't skip them.



Stop if something feels wrong

Fasting is a tool, not a rule. If you're underweight, pregnant, nursing, or managing a condition that needs consistent fuel, this one's not for you right now.

WHY THIS MATTERS

Fasting flips a genetic switch that activates your gut's anti-inflammatory response. It improves insulin sensitivity, helps regulate mood, and gives the microbiome time to rebalance. But it only works on a foundation of good hydration and clean food — which is why it's Stop 3, not Stop 1.

Digestive Support

You are not what you eat. You are what you absorb. Most of my clients — even the ones eating perfectly — aren't breaking food down properly. That means nutrients don't get in, pathogens don't get out, and everything upstream from Stops 1 and 2 starts to stall. Digestive support is how you turn clean eating into real absorption.



Take HCl, digestive enzymes, or bitters before meals

Most people are under-producing stomach acid, not over. Properly acidic stomach acid is how your body actually breaks protein down.



Drink diluted apple cider vinegar through the day

Raw, with the mother. It's fermented — it's carrying live probiotics and enzymes, not just acid.



Sip water at meals — don't flood them

Large volumes of water dilute stomach acid and push undigested food through the intestines before it's broken down.



Add a few ounces of sauerkraut brine a day

More strains of live bacteria than most probiotic pills, and it's something your grandmother would recognize.



Chew your food until it's mush

Digestion starts in the mouth. Every bite you actually chew is work your stomach doesn't have to do — and nutrients you actually absorb.

WHY THIS MATTERS

Digestion is where the body's healing energy either gets built or gets wasted. If your stomach acid is low, your gallbladder is sluggish, or your microbiome is off — nothing you eat does what it's supposed to do. Fix digestion and every other stop on the roadmap starts working harder for you.

STOP 5

Lymphatic Drainage

Your lymph is your body's sewer system. Unlike your blood, it has no pump — it only moves when you move. Most people are walking around with several pounds of stored toxins, lymph fluid, and cellular debris that's just waiting for a chance to drain. Good news: moving lymph doesn't have to be hard, long, or fancy. Pick at least three of these a day and rotate them.

If you're mold-sensitive, chronically ill, or you know you react hard to drainage work, layer in histamine support and a quality binder before you push the pace. Opening up drainage without catching what comes out can make you feel worse before it makes you feel better — a binder on board changes that.

MENU — PICK 3 DAILY



Rebounding

Ten minutes on a mini trampoline moves more lymph than an hour on a treadmill.



Dry brushing

Three minutes before you shower. Long strokes, always toward the heart.



Hot / cold contrast showers

90 seconds hot, 90 seconds cold. Repeat 2–3 rounds. End on cold.



Sauna or steam room

Infrared if you have access. Sweat is a drainage pathway.



Epsom salt baths until you sweat

Shower after to rinse off what you pulled out.



Deep breathing

The diaphragm is the biggest lymph pump you have. Use it.



Vibration plate, jump rope, box jumps, jumping jacks

Any bouncing or shaking movement.



Self-lymphatic massage with diluted essential oils

Or book a professional lymphatic drainage massage monthly.



Wear loose clothing

Tight bras, tight waistbands, and tight socks shut off the drainage highways your body is counting on.

WHY THIS MATTERS

You cannot detoxify if you cannot drain. Every other healing protocol — liver support, parasite cleansing, mold recovery — depends on open drainage pathways underneath it. Lymph is the foundation of all of it, and it's free.

Evening: Cutoff & Wind-down

How you end your day is how you start the next one. The body wasn't designed to digest and sleep at the same time — when you eat late, you trade deep repair for another shift of digestion. The fix is two parts: a hard food cutoff, and an intentional wind-down.



Stop eating three hours before bed — hard stop

Aim for dinner by 6pm to give yourself a buffer. If you miss the window past 7, consider skipping it.



If you're hungry late, reach for bone broth or a protein shake

Something light and easy. Not a meal.



Sip 18–32oz of water in the evening

Starting about an hour after dinner. That's your next morning already half-solved.



Dim everything an hour before bed

Salt lamps, candles, low amber light. No overhead LEDs.



Diffuse lavender or blue tansy. Reach for something calming

Magnesium, passionflower, a quality sleep tea, or HempSolv Rest (1–2 pills, or the Rest drink mix).



Journal the day and plan tomorrow

Gratitude + tomorrow's to-do list. It clears the loop running in your head.



No electronics in the sleep space

Phones, tablets, TVs — all out. Your bedroom is for sleep.

WHY THIS MATTERS

Your body runs a full-time repair, detox, and rebuild cycle at night. Late food, late light, and late stimulation all steal from that window. Protect the wind-down and your entire roadmap compounds faster — because sleep is where the healing actually happens.

WHERE TO GO NEXT

The full version of this roadmap — with the exact products I use, current discount codes, and deeper guides on sleep, liver support, mold exposure, and the most common deficiencies I see — lives at healingcavelady.com/start-here.

Find me on Instagram: [@healingcavelady](https://www.instagram.com/healingcavelady)

