

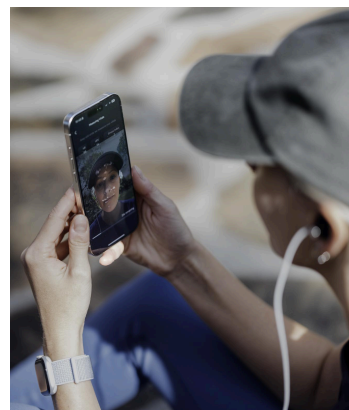
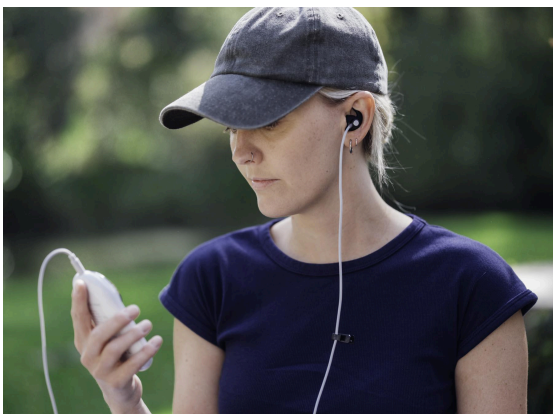
Dr Zoe Williams issues nationwide 'prescription' to ditch the 'radical resolutions' for a 30-min health hack this New Year

We are heading into January—the most self-punishing month of the year. With 80% of New Year's Resolutions typically abandoned by the second week of February, the cycle of self-sabotage is a mental health drain.

Dr. Zoe Williams (NHS GP & *This Morning* Doctor) is issuing a **nationwide 'prescription'** for an easy, **30-minute health hack** that can reset your nervous system and improve your sleep, focus and mood in as little as **two weeks**.

The key: stimulating your **vagus nerve**. This is your body's superhighway carrying information between the brain and the internal organs - controlling your body's response in times of rest and relaxation.

Would you be interested in speaking with Dr Zoe Williams on how to stimulate your vagus nerve naturally, and the wellness devices that are changing the game in terms of nervous system resets (aka [yōjō](#))?



She can also discuss why **radical resolutions** are OUT for 2026, and offer insight on the **reset resolutions** that promise real results. Could this be one for you?

yōjō studies reveal:

- **45% reduction in stress markers**
- **300% improvement in recovery and flexibility**
- **Better sleep, calmer moods, sharper focus**