

10 Days to Infinite Energy

So thrilled to share all that I have learned over the past 20 years to empower you to have not only have infinite energy but infinite health as well. I want you to know that you are not alone. I was “that” fatigued woman from my mid 20’s through my mid 30’s. I knew that something was wrong but was afraid that I would be labelled as a hypochondriac, that it was all in my head or worse that I would be told I was depressed. Has this happened to any of you? Have you been told nothing was wrong or that perhaps you needed an antidepressant?

You can read this e-book in total or read one day at a time allowing time to make the change suggested that day.

To start, it is important to explain a few concepts. At the foundation of Functional Medicine is identifying the root causes and removing them one by one. And what is the root cause you may ask? Inflammation! Inflammation drives almost all symptoms and disease. I have a simple Acronym I teach patients to remember the causes of inflammation: STAINS which stands for **S**leep, **S**tress, **T**oxins, **A**dverse **F**ood Reactions, **I**nfections, **S**edantari**S**m and **S**olitude. For some, there are imbalances in couple areas for others in multiple areas. Optimal Health returns when all the imbalances are corrected. Think of it this way, imagine if you had 8 holes in a bucket and had a hard time keeping water in that bucket. If you plug one hole, you would still lose water. You have to plug ALL the holes to keep water in the bucket. Are you ready? Let’s begin.

Are you ready? Here we go!





Day 1

The Power of Food: What You Should Eat.

If I could have everyone make one change it would be to eat whole organic fruits and vegetables, at least 10 servings that are a variety of colors.

Why should you eat organic?

Glyphosate is the active ingredient in Round Up. It has become the most prolific herbicide on the planet. Genetically Modified crops (GMOs) such as soy, canola, cotton, corn, and sugar beets are altered in a way that makes them resistant to Round Up. This allows farmers to spray their fields with toxic chemicals to prevent weeds from growing.

Here are 6 things that that you need to know about glyphosate that you won't hear in the mainstream.

1. Glyphosate alters the body's ability to use glycine properly. You need glycine for proper detoxification, proper collagen formation, and dozens of others processes.
2. Glyphosate alters protein **conformation** and actually alters protein structure, thus causing errors that can lead to altered states of health.
3. There is a high correlation between glyphosate use and autism.
4. Many non GMO foods are being sprayed with glyphosate. These include wheat, legumes, peanuts. It's no wonder that people are so intolerant of these foods but can eat them when they travel to Europe where Round Up is banned!
5. The chemical residues of Round Up (glyphosate) end up in our food supply, in our personal care products (tampons, diapers), and clothing.

Get a list of foods that you MUST buy organic and those that are of less concern by going here: https://www.ewg.org/foodnews/dirty_dozen_list.php or check out the list below.

The infographic is divided into two vertical panels. The left panel has a green background and is titled 'CLEAN FIFTEEN' with the subtitle 'Lowest In Pesticides'. Below the title is the word 'BEST' in a lighter green font, followed by a numbered list of 15 items. The right panel has a blue background and is titled 'DIRTY DOZEN' with the subtitle 'Buy These Organic'. Below the title is the word 'WORST' in a lighter blue font, followed by a numbered list of 12 items.

Rank	Item
1	Onions
2	Avocado
3	Sweet Corn
4	Pineapple
5	Mangos
6	Sweet Peas
7	Asparagus
8	Kiwi
9	Cabbage
10	Eggplant
11	Cantaloupe
12	Watermelon
13	Grapefruit
14	Sweet Potato
15	Honeydew Melon

Rank	Item
1	Celery
2	Peaches
3	Strawberries
4	Apples
5	Blueberries
6	Nectarines
7	Bell Peppers
8	Spinach
9	Cherries
10	Kale/Collard Greens
11	Potatoes
12	Grapes (Imported)

What is a serving?

A serving is 1 cup of whole leafy greens or ½ a cup of solid fruit or vegetables. If you measure out the servings for a while, you will soon come to know that 1 serving of broccoli is approximately 4 flowerets. One banana is typically 2 servings as are apples.

Why 10 servings?

This number is correlated with reducing cancer and other diseases as well as providing us all the nutrients we need. When you are nutrient depleted, you crave foods. If you do not have enough of the right nutrients you will not be able to make ATP which is our cellular energy. And hence, you will become fatigued.

Why Color?

The color in fruits and vegetables provides phytonutrients. Phytonutrients are protective for plants and therefore for us as well. Focus on eating one fruit or vegetable in each color category daily: Red, orange, yellow, green, (Blue/purple/black in one category) and (brown, white/tan in another category). Here are some examples:

RED: Apples, beans, beets, bell peppers, pomegranate

ORANGE: apricots, bell peppers, cantaloupe, carrots, mango

YELLOW: apple, Asian pears, banana, bell pepper, lemon,

GREEN: Apples, artichoke, Asparagus, bean sprouts, bok choy, broccoli

BLUE/PURPLE/BLACK: Berries, Cabbage, Eggplant, Figs, Grapes

WHITE/TAN/BROWN: Cauliflower, Coconut, Dates, Garlic, Jicama, Mushrooms



Quick Tip Summary

- Eat mostly organic food
- Shoot for 10 servings of Fruits and Vegetables
- Eat one food or more in each color category daily

Action Steps

- Which above step will you take? Pick the one (or more) that resonates with you!
- Write the action step down.
- Implement



Day 2

Foods you should not eat.

For day one, we said to eat organic and therefore avoid inorganic fruits and vegetables. Or at the very least eat only the clean 15 items inorganic.

INFLAMMATORY FOODS

Having said this, there are many foods which can be inflammatory. That is right, they can inflame the body, cause weight gain, zap your energy and even affect your mood and focus. Your gastrointestinal tract makes up 60-80% through our Gut Associated Lymphoid Tissue (GALT). Eating the wrong foods can also affect the way your immune system functions. Additionally, your gastrointestinal tract makes 60-80 percent of your serotonin. Meaning if you eat the wrong foods you can also affect how happy and calm you are. Serotonin in the right amount at night is necessary for good sleep. Poor sleep leads to fatigue.

The top 4 inflammatory foods are:

- Gluten
- Dairy
- Sugar
- Soy

For my patients not quite ready to do a full elimination diet, I ask that they remove these 4 foods for 21 days. Try it. What do you have to lose except weight and symptoms? The typical response people get if an inflammatory food is removed is: 8 lb. weight loss, better sleep and reduce pain particularly, joint pain.

If you are interested in the comprehensive guide to an elimination diet with a weekly planner and recipes, then send me a message to info@simplyhealthinstitute.com with "Requesting Elimination Diet" in the subject heading.

For some/many patients it is more appropriate to test for food sensitivities which cause inflammation. Here are the top two groups of people I recommend food sensitivity testing in: Anyone with a chronic disease i.e. autoimmune disease and in children. In regard to autoimmune disease, some of these diseases do not manifest symptoms that would be obvious on reintroduction of the foods. This would not allow for monitoring of increase in symptoms on reintroduction of the foods. The perfect example of this is Wegener's Granulomatosis causing kidney failure. It would be difficult and inappropriate to do an elimination diet blindly as it would be difficult to monitor if the patient had worsening kidney failure upon reintroduction of a food. In regard to children, limiting a diet can be difficult and you want to restrict a diet only when necessary in this growing crowd. Food Sensitivity testing is something you should explore with your Functional Medicine Doctor to see if this is appropriate for you.

Quick Tip Summary

- Foods can be inflammatory
- The top 4 inflammatory foods are: gluten, dairy, sugar and soy
- Elimination diets should be done for 21 days
- Food Sensitivity Testing should be considered for children and for those with chronic diseases

Action Steps

- Pick the food/s you are going to eliminate
- Send a message if you need help with a full elimination diet: Info@simplyhealthinstitute.com and I can send you a guide.
- Pick a start date to eliminate
- Grocery shop in preparation: Think shop the periphery of your grocery store



Day 3

SLEEP

1 in 7 patients reports that they feel refreshed most days. Meaning that most patients are not rested most days. Let's review what needs to happen to get someone to sleep. From a biochemical standpoint the following increase as night is falling; Melatonin, Serotonin and GABA. While cortisol (your stress hormone) declines. Now if you don't have adequate amounts of any of these, you may not fall asleep or stay asleep.

Your sleep and wake schedule determine your quality of life. We spend about a 1/3 of our lives sleeping but unfortunately our busy schedules and work get in the way of proper sleep hygiene.

Here are a few tips to get you sleeping and waking better:

1. Get sun exposure in the morning (as much skin exposure as possible).
2. Watch the sunrise and the sunset whenever possible.
3. Limit screen time 2 hours before bed.
4. Download this application for your computer screen: www.justgetflux.com to automatically regulate blue light that is being emitted from your computer screen.
5. Turn on "Night Shift" if you have an iPhone or download "Twilight" for your Android phone. These apps will regulate the light coming from your screen automatically based on the time of day.
6. Wear blue light filtering glasses like those from Swanick Sleep.

7. Use colored bulbs in your home in the evening.
8. Have a consistent sleep and wake schedule even on weekends.
9. Reduce or eliminate overhead lighting in the evenings otherwise your brain will think it's noon still! Candles are a great form of light and very soothing. You can use a salt lamp or even a lamp with a shade over it.
10. Get rid of the television in your bedroom.
11. Keep your phone and all electronic devices away from you at night (or at least put them in airplane mode). I do not suggest sleep tracking devices that use Bluetooth (i.e. Fitbit).
12. Go to the local health food store and purchase a Himalayan salt lamp as your bedroom lamp. Use this lamp in the morning and evening to gently wake you and put you to bed at night.
13. Turn your Wi-Fi router off at night.



Tip Quick Tip Summary

- Get exposure to light in the morning
- Avoid exposure to bright light and Wi-Fi at night
- Ensure enough hours in bed and the same sleep wake time

Action Steps

- Identify the areas you can improve
- Choose which changes you will implement



Day 4

Healthy Hydration

Did you know that the water you drink can affect your health? Drinking water from plastic bottles will expose you to BPA. BPA is an environmental toxin and remember toxins are a trigger for inflammation which can zap your energy. Furthermore, BPA acts as a hormone disruptor AND is associated with obesity. Water out of your tap can be contaminated. The EWG has a water database where you can search the tap water in your zip code which can be found here: <http://bit.ly/waterdatabase> I did a quick search of our zip code and found that there were 8 contaminants above health levels. 7 of the 8 caused cancer and the 8th was hormones. For these reasons, it is so important to have a clean water supply.

Here are some simple rules for hydration:

1. Drink 12-16 ounces of spring or filtered water first thing in the morning
2. Get this water filter for your home or office, it is a best one on the market (be sure to get the fluoride filters as well) www.bit.ly/berkeywaterfilter
3. Shower in filtered water because your skin and lungs absorb chemicals when you shower. Here is the filter I use: <http://bit.ly/berkeyshower>
4. You can enhance your water by adding a squeeze of lemon and a teaspoon of apple cider vinegar
5. You should consume about 1/2 your body weight in ounces of water
6. Your urine should be as clear as possible, dark urine is an easy giveaway that you need to drink more fluids

7. Drink water in between your meals (30 minute before or 90 minutes after). Try to minimize fluid intake during meals as this dilutes enzymes
8. You can infuse your water with berries, melons, lemon, lime, ginger or mint to make it more exciting
9. You can also add some chlorophyll to your water to get support detox and cell function
10. Drink your water from a stainless steel or glass container, try not to use plastic bottles or disposable bottles/cups as they destroy our environment
11. Keep in mind that all your food and fluids contribute to your water intake as well



Quick Tip Summary

- Filter your water
- Install Shower Filters to remove Chloride
- Ensure $\frac{1}{2}$ your body weight in ounces of water is consumed daily

Action Steps

- Identify the tips you are not implementing
- Choose the ones you will implement
- Set a timeframe for when you will do so

CLEAN AIR



Day 5

The Air You Breathe

Did you know the air you breathe can influence your health? Unfortunately, in big cities, the air is full of exhaust fumes among other things. And these environmental toxins can wreak havoc on your health.

We spend 90% of our time indoors. The air quality indoors is 5 times worse than outdoor air. Poor air quality can exacerbate: asthma, allergies, headaches, memory loss dizziness and fatigue.

Here are some tips to insure good air quality

1. Take your shoes off at the door. When you walk outside you pick up pesticides from the ground. Once inside these can aerosolize and be inhaled. And you guessed it: act as hormone disruptors in the body.
2. Buy either a whole house filter or a room filter particularly for your bedroom where you spend most of your time. We use IQ air: www.iqair.com
3. Get outside into nature
4. Don't Allow Smoking Indoors
5. Don't Idle the Car in the Garage
6. Use Low-VOC or no-VOC Paints: VOC: volatile organic compounds, for VOCs can include highly toxic chemicals such as formaldehyde and acetaldehyde.
7. Clean Your Air Conditioner and Dehumidifier

8. Let dry cleaned items "air out" outdoors before bringing them inside.
9. **Avoid Toxic Household Products:** Hair and nail products, cleaning products, and art and hobby supplies can increase the levels of VOCs in your home.



Quick Tip Summary

- Invest in an air filter
- Take your shoes off at the door
- Avoid exposure to VOC within the home

Action Steps

- Identify the items you will implement
- Map out a time frame of when you will implement




Day 6

Guided Visual Imagery & Gratitude

Showing gratitude can reduce the production of cytokines in the body. Cytokines are inflammatory and you guessed it can cause disease and zap your energy. There are multiple studies showing the positive effects of gratitude.

I start every single day with a few simple steps. When I first wake up, I take a few deep breaths.

I then listen to some guided visual imagery by Michael J Emery. "Start your day right" is one of my favorites. This is available on Spotify for free or on Amazon music which is free to Amazon Prime members: <http://bit.ly/Startyourdayright>

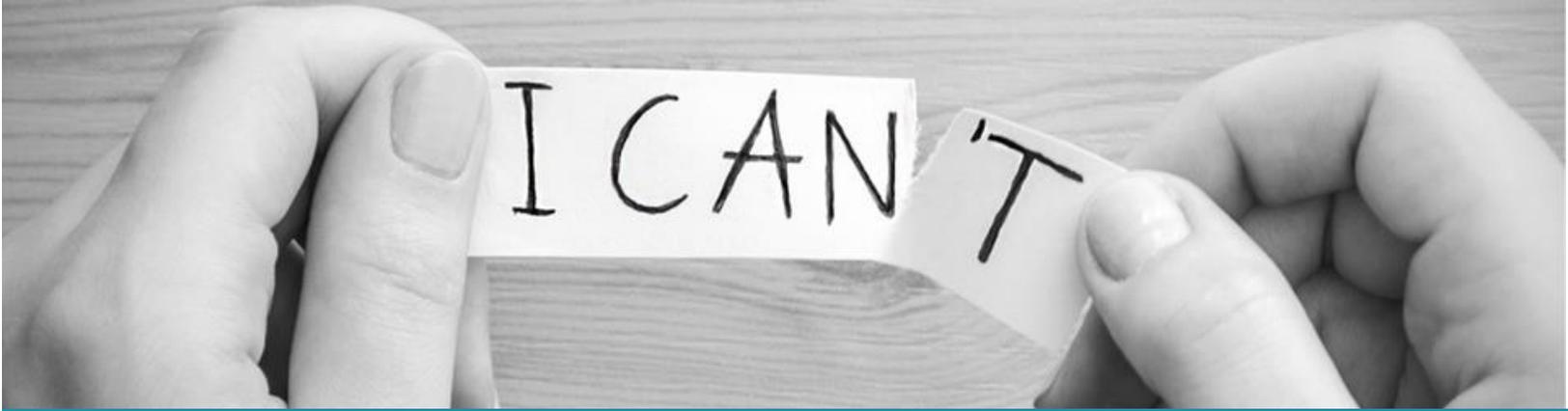
I then sit up to write in my 5 Minute Journal. This helps me start my day off on the right foot and set my intentions for the day. You can purchase the 5 Minute Journal on Amazon.com by going to this website: www.bit.ly/5mingratitude


TIP Quick Tip Summary

- Gratitude decreases the production of cytokines
- Cytokines are inflammatory.

Action Steps

- Purchase a 5 minute gratitude journal or
- Pick the form of gratitude that resonates with you.
- Choose a time of day to show gratitude: the morning helps set your intention for the whole day.



Day 7

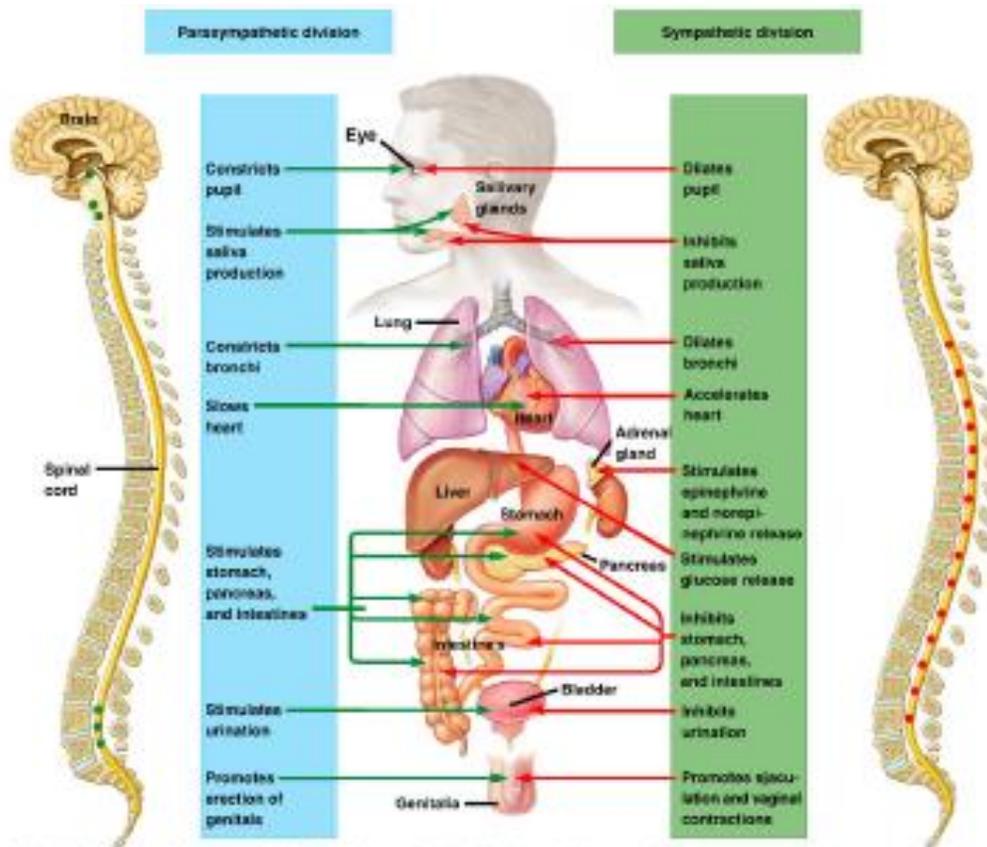
Cell Signaling. How you think and feel affects how you think and feel.

Did you know that your body is in a constant state of replacing itself? This makes you wonder why someone would stay sick.

- Our cells get important information from their environment. Based on the information they receive they carry out specific functions. These functions would include functions of repair or functions of survival.
- Many people live in a sympathetic state (fight or flight) but healing takes place when we are in a parasympathetic state (rest, digest, repair, reproduce).

Here are some things that you can do to improve cell signaling.

1. Reframe your stressors
2. Get rid of any grudges
3. Write down a positive affirmation everyday. Say it out loud,
4. Eat healthy food
5. Got to bed early
6. Learn to say NO (don't over stretch yourself)
7. Practice deep breathing or Heart Math <http://bit.ly/lpiheartmath>
8. Eliminate the negative people in your life
9. Find fulfilling work
10. Give and receive lots of hugs (and kisses)
11. Practice gratitude
12. Spend time in nature



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Quick Tip Summary

- How you think and feel affect how you think and feel
- Practicing gratitude and eliminating negative people or situations will help reframe

Action Steps

- Pick at least one of the above steps that resonate with you
- Implement the step



Day 8

Eliminating Environmental Toxins Safer Cleaning and Personal Care Products

By now, many people know the negative impact of toxins on our health.

Did you know that indoor air quality is far worse than outdoor air quality?

With a steady rise in asthma, skin conditions, and chemical sensitivities, it's important for us to take a deeper look at reducing this toxic burden on our body. One place to start is by carefully examining your cleaning products. You can clean your floors with water and vinegar and spare the exposure to toxins. Once you can smell a product you use for cleaning, it only takes 30 seconds to enter your blood stream.

We use essential oils by DoTerra for freshening the laundry and air.

The average woman puts over 100 different chemicals on her body. Many of these chemicals are toxic. I am a big fan of the Think Dirty App: <http://www.thinkdirtyapp.com/> or the Skin Deep App: <https://www.ewg.org/skindeep> when it comes to determining safe personal care products: For the former, you can scan a product by entering the name of the product or general name such as body soap or even taking a picture of the bar code. With over 800,000 products, they have you covered. The products are rated 0-10 with 0 being the least toxic. 0-3 is in the green which means go and are of the lowest toxic burden. Be sure to also look at the actual ingredients in the product listed on the product page to ensure they are truly safe.

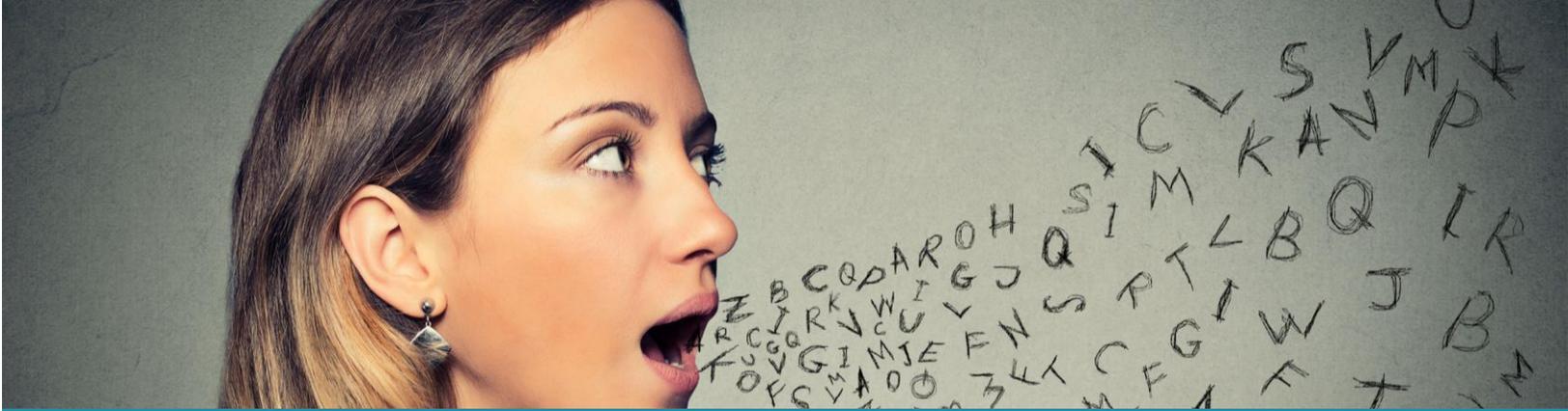


Quick Tip Summary

- Avoid, Avoid, Avoid
- Use safe personal care products
- Use non-toxic cleaning products

Action Steps

- Write down all the personal care products: toothpaste, shampoo conditioner, make up etc. that you use
- Review these products' toxicity on the Think Dirty app.
- Search new products which are safer if any are toxic
- Replace one product at a time if cost is an issue



Day 9

Communication Styles

I hear you, you are saying what does communication have to do with energy. Well relationships are listed as one of the top three stressors in the women I see. And often times, it is how we communicate that adds to this relationship stress.

Communication is one of the most important areas in life that gets overlooked. I spoke earlier about how important cell signaling and communication is, now let's focus on how you can communicate better with other people.

We are taught to be polite, look people in the eyes, and pay attention to what they are saying, this sounds like good advice.

We are misguided to think that we should communicate with others the way we want to be communicated to.

This is the quite possibly the worst communication advice someone can give you.

Did you know that there are several different communication styles and those styles matter in both personal and business relationships?

Depending on your communication style, you might like more (or less) detail, you might like more (or less) enthusiasm, you might like more (or less) data. A person's communication style may also be a good way to assess the role that they play in an organization.

Have you ever been bored to tears when someone is giving you too much detail? Do you get offended when people are too direct?

It's important to know the communication style of each person you are closely connected to (spouse, children, co-workers, and friends). The DISC questionnaire assesses these communication styles and can be found here: www.bit.ly/DISCassessment Once you fill out

this quick questionnaire and know your communication style, you will likely transform your personal life, your business, and eliminate a lot of frustration that arises from broken communication.

Quick Tip Summary

- Communication or lack of can be a major stressor and cause inflammation zapping your energy
- Doing a DISC score on your colleagues and loved ones will help eliminate this stress as you will better understand how they communicate best

Action Steps

- Do the DISC score on yourself and review your results
- Do the DISC score on your loved ones: spouse and or employees/co-workers
- Discuss the results with your co-workers



Day 10

Stress

Stress is probably one of the major players when it comes to causing disease. When you are in a stressed state, your body releases cortisol. This is a normal response but after the stressor passes, the cortisol should return back to baseline. The problem is that most people are constantly in a “fight or flight” state. Subsequently, cortisol does not return back to baseline and remains chronically elevated. This elevated cortisol increases insulin. Insulin is responsible for the breakdown of glucose. The quicker breakdown of glucose causes carbohydrate craving and ultimately if sustained lead to weight gain around the middle further propagating the elevation of cortisol and insulin. Eventually this can lead to a lowering of cortisol production during the day leading to fatigue and an inappropriate increase in cortisol at night which can cause middle of the night wakening. Remember you need cortisol lower at night in order to fall and stay asleep.

Let's face it we all have stress in our lives that waxes and wanes. Sometimes there is not much you can do about the level of stress you experience but, you CAN regulate how your body responds to stress. This is done by learning to trigger a calming or parasympathetic response.

One of my favorite ways to regulate the stress response is through heart math. Heart math is essentially biofeedback that uses your breath to regulate your heart rate and put you into “coherence” or a parasympathetic or calm state. I like this even better than meditation as you are assured you have triggered a parasympathetic response. I have had patients who have meditated for years only to find they cannot trigger this calm state when placed on heart math.

This biofeedback technique has been around for year (30+) and has studies to back it. The studies show that those using heart math for 6-9 weeks (10 minutes 1-2 times daily) has a reduction of fatigue by 48%! That is huge. And without any side effects.

Really any form of mind body technique will work as long as you can trigger the calming response: relaxation breathing, guided meditation, yoga, Qigong, guided visual imagery and so forth.

Quick Tip Summary

- Stress increases cortisol which will increase insulin dropping blood sugar which causes sugar craving. Drops in blood sugar will cause fatigue (particularly mid-afternoon)
- Chronic stress will ultimately lower cortisol in the morning which will lead to fatigue
- Learning how to trigger the parasympathetic/calming response will keep your cortisol in balance

Action Steps

- Purchase the heart math sensor at www.heartmath.com
- Alternatively, review other forms of mindfulness that resonate with you
- Schedule a minimum of 10 minutes a day to implement one of these mind body techniques



If you want to explore working with me 1:1, please schedule a free 15 minute consultation [HERE](#).