

GOAL  *Reduce inflammatory molecules caused by stress*

#1 STOP RELYING ON SUGAR TO BOOST MOODS

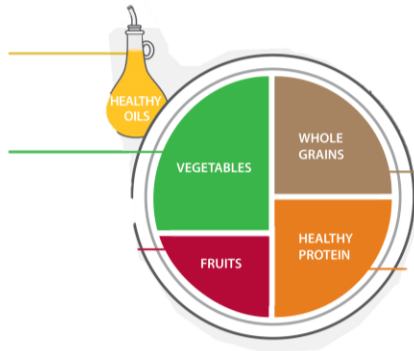
- Sugar and cortisol block learning and memory in the brain
- Creates inflammation in the arteries
- Interferes with sleep

Biggest sugar offenders:

- Refined flour and grain products
- Alcohol
- Sweets, soda, baked goods, candy

#2 BALANCE MEALS

- Low glycemic carbs + protein + healthy fat



#3 EAT HEALTHY SNACKS—ESPECIALLY IF YOU SKIP A MEAL

- Hummus and veggies
- Fruit and nuts
- ½ sandwich—whole grain or grain free wrap

 Snack List/More Ideas...

#4 LIMIT CAFFEINE

- 2 or fewer cups coffee/day—you may be a slow caffeine metabolizers—GENE TRAIT
- Use green or white tea (lower in caffeine) or herbals teas which are caffeine free

Examples of 8 servings of fruits and vegetables/day:

Eggs w/ 1-cup spinach
1-cup butternut squash soup
1-cup grapes
1 cup cooked broccoli
1-cup pineapple

1 small apple
1 main dish salad
1 small banana
½ cup baby carrots

Protein Smoothie
1 banana
½ cup blueberries
2 cups vegetable stir-fry
1 large apple

MORE STRESS FIGHTERS:

Choose more plant proteins/Limit animal protein which is more inflammatory

- Legumes, beans, peas
- Nuts, seeds
- Lean protein: chicken, fish, less beef

USE HERBS/SPICES—packed with antioxidants

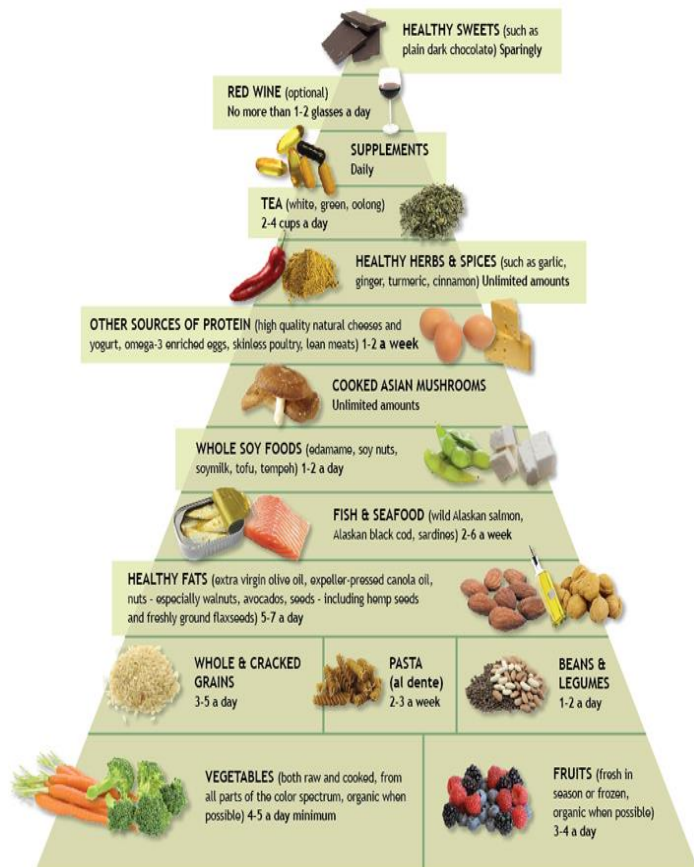
Ginger, hibiscus, cinnamon, nutmeg
 Basil, thyme, parsley, oregano, marjoram,
 turmeric, lemon zest

INCREASE OMEGA 3'S

- 1-2 T. Ground flax seed, chia, or hemp seed
- 7 Walnut halves
- 2 oz. wild salmon
- 2 sardines

GREENS, CRUCIFERS, ALLIUM/ONION

- Dandelion, endive
- Broccoli, arugula, daikon, cabbage
- Onions, garlic, chives, leeks, shallots



NUTRIENTS TO REDUCE STRESS:

- B vitamins- B1, B2, B5, B6, B12
- Minerals (**Ca**, **Mg**, Mn, **Zn**, Se, I, Cr)
- Omega 3, fish oil = EPA/DHA, flax seed = ALA
- Probiotics
- Ashwaganda, ayurvedic herb
- Rhodiola

Products to try:

- Complete Mineral Complex (Klaire Labs)
- NeuroThera (Klaire Labs)
- VitaPrime (Klaire Labs)
- Ashwaganda (Klaire Labs)

Links to purchase:

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