



5 STEPS

To Metabolic Healing

BY:

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NEED A METABOLIC BOOST?

Strong metabolic health is like the well-oiled engine of your body. It ensures your system efficiently uses food for energy, regulates blood sugar levels, and keeps weight management in check. This translates to a healthier heart, as proper metabolism prevents excess fat buildup in the blood vessels, a risk factor for heart disease. It also helps maintain stable blood sugar, reducing the risk of diabetes. By optimizing your metabolism, you create a foundation for overall well-being.

So, let's get you some ideas on how to optimize your metabolic health!



Step 1:

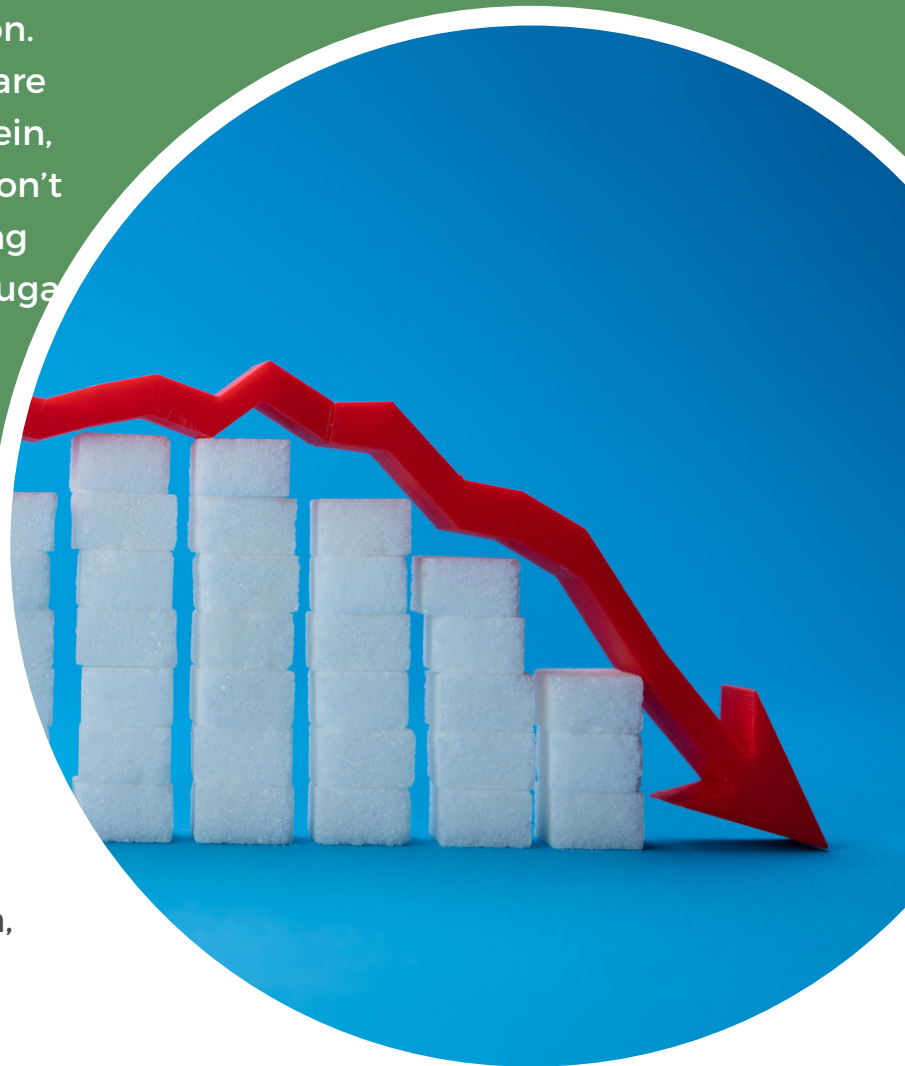
Balance your blood sugar

Blood sugar fluctuations can easily cause your brain to malfunction. Eating meals and snacks that are well-balanced with more protein, fat, and fiber can ensure you don't have a sugar spike. Also walking after a meal can help reduce sugar spikes further.

Meal Prep Tips:

- Use beans, potatoes, and squash as carbs instead of grains like rice, bread, or pasta.
- Eat the carbs last if you can, or after the fats.
- Keep snacks as nuts, seeds, veggies w/ guac or hummus, protein shakes, and salads.
- Walk for 15 min after a meal

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Try these low carb recipes!



Step 2:

Upgrade your fitness

The brain responds to exercise more than anything you can do for the body. The best way to get more energy is to start moving! Think about pushing yourself into the zone where you sweat and/ or could barely hold a conversation.

Health Tips:

- Exercise 150 min per wk or 30 min 5 d/w
- Invest in a HR tracker like apple watch or similar to stay in your zones.
- Do intervals of higher HR zones to boost endorphin output.
- Choose a workout thats fun for you!



Check out this free app!



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Step 3:

Increase your antioxidant intake

Fuel your metabolism with antioxidant warriors! Colorful fruits, veggies, nuts, and seeds are packed with these champions that fight free radicals and inflammation. This dynamic duo can improve insulin sensitivity and keep your metabolism humming for optimal health.

Top Foods:

- Bell peppers
- Strawberries
- Broccoli
- Sunflower seeds
- Acai berry frozen (0 sugar)
- Carrots
- Butternut squash
- Hemp seeds
- Brazil nuts
- Fresh Oyster
- Wild Caught Salmon
- Organic Spinach

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Check out these rainbow recipes!



Step 4:

Optimize your fiber intake

Have you ever measured how much fiber you're eating? Fiber is critical to stabilizing metabolic markers. Aim to get about 25-35 grams per day and aim to get a variety from various sources.

High fiber foods:

- Apple
- Raspberry
- Onion
- Garlic
- Oat
- Chia
- Green banana
- Cacao
- Butternut squash
- Beans
- Almonds



Track fiber in Cronometer!

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Step 5:

Fix your sleep and self-care routine

Stress or sleep issues will slowly take a toll on your metabolic health and can often make all the difference when you fix them. Try assessing which of these could be worth focusing on and start with small changes.

Small Changes:

- Deep breathing 5 min/day
- Walking every morning
- Going to bed 30 min earlier
- Drinking calming hot tea before bed
- Stretching for 5 min/day
- Turning the phone off in the evening
- Journaling 3 min every day
- Incorporate more skin care
- See a therapist

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Check out this self-care journal!





**Do you want a more
customized approach?**

Start with a FREE CALL!

We'll Discuss:

1. Your primary concerns.
2. How I can help you.
3. What you need to get started.

Let's Go Deeper!

CONTACT ME

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BOOK NOW



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