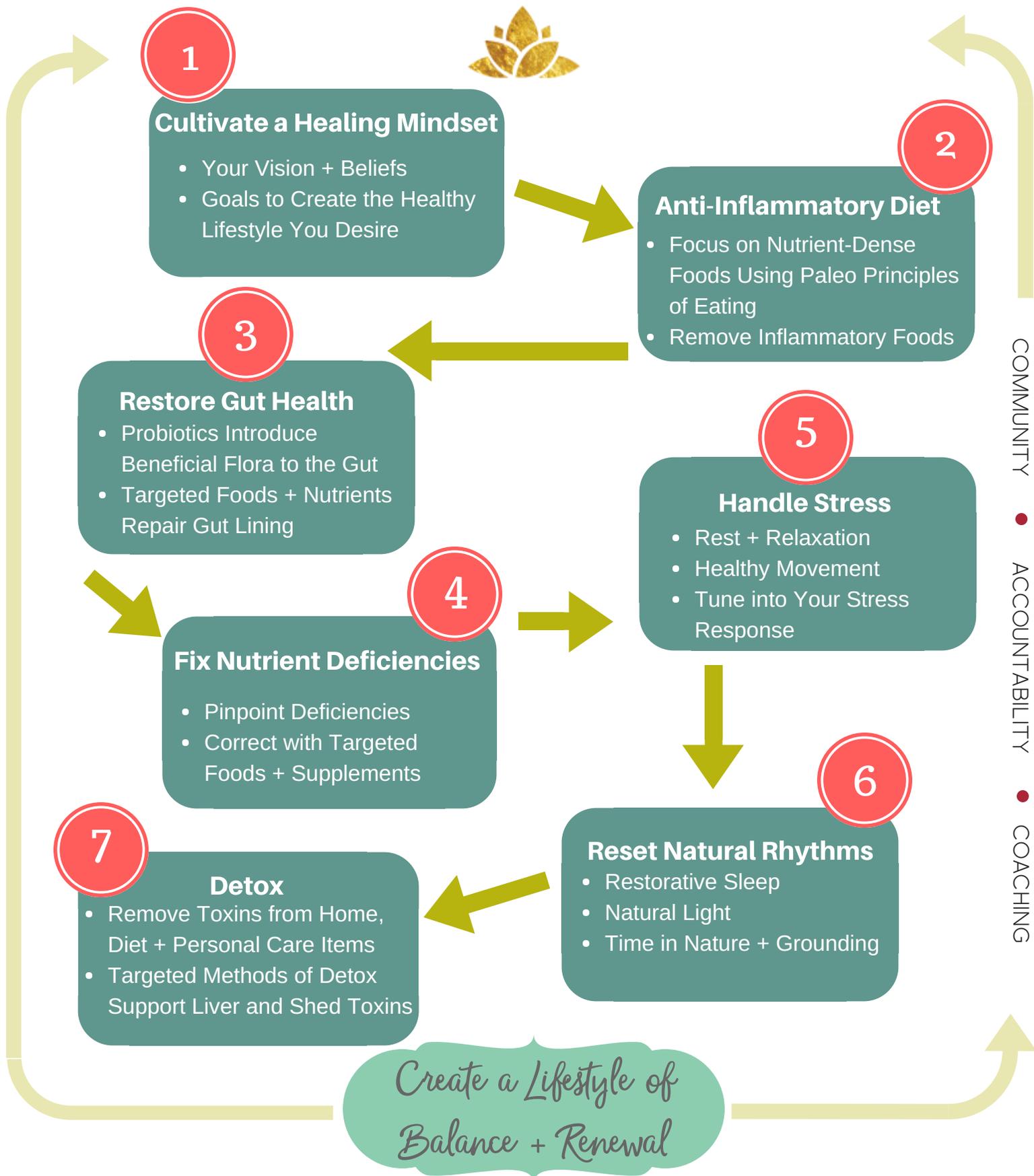


# The *Energy Fix* Road Map



## CREATE A LIFESTYLE OF BALANCE + RENEWAL

Resetting your thyroid and fixing your energy and your mood for the long haul requires that you take a look at the bigger picture instead of searching for quick-fix solutions that don't **address the underlying factors** of fatigue and hormone imbalance.

The *Energy Fix Road Map* is designed to walk you through the seven vital steps that will **create a lifestyle of balance and renewal**, creating vibrant health, abundant energy and stable moods- and keeping it that way for the long haul. Each step of the road map is meant to build upon the others and create a synergistic effect of vibrant health and abundant energy.

1

### Cultivate a Healing Mindset

- Vision + Beliefs
- Goals to Create the Healthy Lifestyle You Desire

#### Why this step?

*Without the belief, the vision and a clear plan, you won't get very far. It's time to see yourself as the vibrant, healthy woman you were meant to be- and get a clear plan to make that vision happen.*

2

### Anti-Inflammatory Diet

- Focus on Nutrient Dense Foods Using Paleo Principles of Eating
- Remove Inflammatory Foods

*Choose vibrant health and energy with every bite. By eliminating inflammatory foods and focusing on the most nutrient dense foods, you will be laying a vital foundation for the rest of the steps of the roadmap..*

3

### Restore Gut Health

- Probiotics Introduce Beneficial Flora to the Gut
- Targeted Foods + Supplements Repair Gut Lining

*Leaky gut promotes inflammation + contributes to nutrient deficiencies. Beneficial flora help synthesize key nutrients, improve digestion and repair the gut lining. Targeted foods and supplements can also help repair the gut.*

## Why this step?

4

### Fix Nutrient Deficiencies

- Pinpoint Deficiencies
- Correct with Targeted Foods + Supplements

Nutrient deficiencies are often lead to thyroid problems and fatigue. Learn to identify and correct key nutrient deficiencies through diet and targeted supplements.

5

### Get a Handle on Stress

- Rest + Relaxation
- Healthy Movement
- Tune Into Your Stress Response

Stress is one of the biggest factors behind adrenal fatigue and thyroid dysfunction. Learn to get a handle on stress by adopting positive ways of coping, as well as incorporating rest, relaxation and healthy movement into your lifestyle. Herbs and adaptogens can also reset the stress response.

6

### Reset Natural Rhythms

- Restorative Sleep
- Natural Light
- Time in Nature + Grounding

Many women are exhausted and irritable as a result of ignoring natural rhythms, such as restorative sleep, natural light and enjoying the therapeutic benefits of nature.

7

### Detox

- Remove toxins from home, diet + personal care products
- Targeted methods of detox support liver and shed toxins

Toxins can accumulate in tissues and lead to inflammation, weight gain, fatigue and hormone imbalance. Remove toxins from your diet and home and support your body's ability to shed toxins.

## Don't go it alone. Amplify your success by incorporating these three elements of social accountability into your lifestyle.

### ● COMMUNITY

Find a group of supportive and like-minded women who will support and inspire you to stay on your journey.

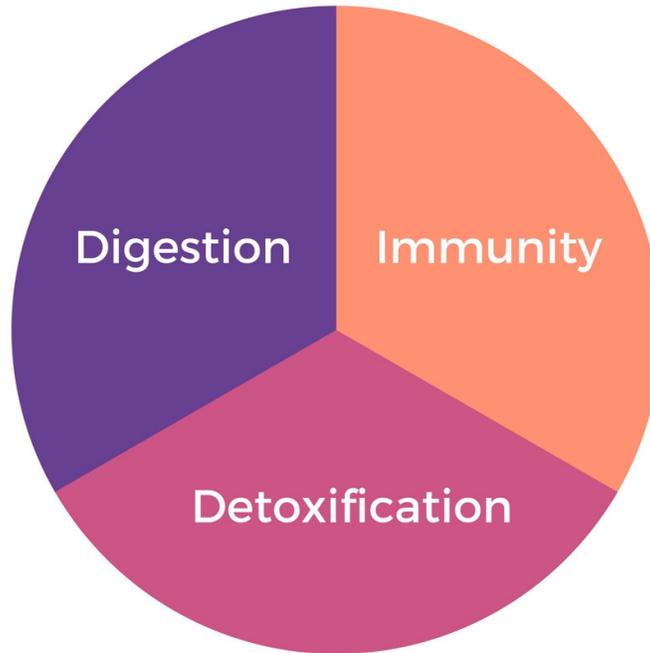
### ● ACCOUNTABILITY

Sharing your vision, struggles and successes with another person has b

### ● COACHING

Working with someone who can show you the way to get to your desired goals will save money + hours and frustration.

## THE THREE PILLARS OF HEALTHY HORMONES



## THE 7 UNDERLYING CAUSES OF HORMONE IMBALANCE

**Addressing the underlying causes of hormone imbalance by working on the 3 pillars of healthy hormones is the only way to reset your energy and your mood.**

- Leaky Gut
- Inflammatory Foods
- Blood Sugar Imbalance
- Nutrient Deficiencies
- Underlying Infections
- Stress
- Toxins

**For more information on addressing the underlying causes of hormone imbalance which leads to fatigue, weight gain, mood disorders and more, visit [www.overcomingauto.com](http://www.overcomingauto.com).**