



# Stuck on the Exhaustion Merry Go Round?

**My Top 3 Tips to Get Off Fast So You Can Regain Your  
Health and Sanity!**

## Figuring out the real reason you're exhausted, irritable and foggy is like trying to put together a jigsaw puzzle- with a blindfold on.

You've cut out gluten. You don't do dairy. You clean with vinegar and ditched the Lysol. Maybe you've been on the doctor merry-go-round for years, going from one practitioner to the next in an effort to find the solution to your never ending health problems.

Add to that the fact that there are any number of supplements on the market that claim to eradicate your symptoms and we're talking about some major confusion. Should you take fish oil? Maca? Ashwaganda? (Or maybe you don't even know what those supplements are and you're wondering if I just started speaking a different language!)

It's exhausting and discouraging when there are so many options and you don't know where to start (or you've tried everything and still don't know what to do).

I've been there. I suffered from the fatigue, joint pain, hair loss, and brain fog for too many years, before I finally was given a diagnosis: Hashimoto's Thyroiditis. And things didn't get better just because I knew what was causing my chronic health issues. I continued to struggle for years, looking for the next missing piece to the puzzle as to why I could never seem to fully regain my health. It took me a long time to feel better, but it doesn't have to take you years to turn your health around and start feeling amazing. Here are my top 3 ways to find the root of your health issues fast so you can start feeling alive again.

## GET ON THE RIGHT DIET

This one can be so tricky. You could go raw. Or paleo. What about juicing? Do you do smoothies or should you opt for bone broth? The truth is, if there was one perfect diet, then everybody would be eating that way and enjoy perfect health. Some people do have great success with a raw foods diet, for example, while, for others it's a recipe for disaster.

So, how do you find the right diet for **YOU**?

Even if you've tried every dietary intervention out there to manage your health issues, it's time to go back to the drawing board and start from scratch. The best answer to that question is to **begin a basic elimination diet that removes any potential offenders from the diet**. These are the foods that irritate the gut lining, cause inflammation in the body and turn on the autoimmune response. Let's look at the worst offenders.

### ✓ FOODS THAT HURT

- **Grains-** While gluten containing grains, such as wheat, are the worst offenders in this category, gluten isn't the only problem with grains. All grains contain anti-nutrients: lectins and phytates that bind to nutrients in the gut, so that the body is unable to properly absorb them. When I eliminated grains from my diet, issues like joint pain, acne and diarrhea all but disappeared.
- **Nuts and Seeds-** Same problem here. Anti-nutrients can bind to vitamins and minerals in the gut and make nuts and seeds difficult to digest.

- **Dairy products-** Many people have a difficult time digesting dairy products, and lactose intolerance isn't the only reason why. The proteins in dairy products (whey and casein) are often difficult to digest and can cause an inflammatory response in the body.
- **Eggs-** Enzymes present in egg whites can bind to proteins in the digestive tract and trigger inflammation for many individuals as well.
- **Processed foods-** Most processed foods are made with hydrogenated oils; trans-fats that turn up inflammation in the body and contribute to all kinds of illness. Not only that, you will be hard pressed to find processed foods that don't contain at least one other food that we've already discussed plus a plethora of other gut damaging ingredients including artificial colors and flavors, GMOs and artificial sweeteners.

## ✓ FOODS THAT HEAL

That list of potentially gut irritating foods might look pretty long right about now. So what do you eat when you are working on healing the gut and resetting your hormones? Let's take a look at some of the top foods that heal.

- **Bone broth-** full of healing proteins like collagen and glycine, bone broth is great for gut health.
- **Vegetables-** Load up on veggies for a mega dose of nutrients, anti-oxidants and healthy fiber.
- **Berries-** Chock full of antioxidants and phytonutrients, berries are low on the glycemic index so they won't wreak havoc on your insulin levels like other fruits can.
- **Clean protein-** Grass fed beef, bison, wild caught salmon, free range organic chicken and turkey are all great choices for protein that help to build and repair the body.
- **Coconut oil-** The fatty acids in coconut oil actually promote weight loss as well as a healthy gut microbiome.
- **Fermented foods-** The probiotics found in fermented foods help to restore the natural gut flora and edge out the bad bugs that are often dominating the gut scene in those dealing with autoimmunity.

## ✓ KEEP A FOOD JOURNAL

This is the piece of the puzzle that many people miss when on an elimination diet. They follow the recommendations of whatever expert they are following at the time and eat x grams of protein or avoid smoothies like the plague- all because someone told them they were "supposed" to. Recommendations are a great place to start, but don't forget to listen to your body. A great way to do this is to keep a food journal where you can record how you're feeling after consuming different foods. Really tune into your body and find out what's going on.

One friend recently told me that she quit following the Auto Immune Paleo diet after her inflammation levels continued to rise. She went back to a mostly raw foods diet and felt better. For others, however, the AIP diet has been their golden ticket to dialing down the autoimmune response.

So grab a journal, and start tuning into your own body's needs by becoming aware of how certain foods affect you when you eat them. You'll gain valuable insight into your health.

Realize, however, that the foods you eating are only one piece of the puzzle when it comes to solving the exhaustion riddle. If you have tried a basic elimination diet and you still don't feel better, don't give up! It's time to move on to the next piece of the puzzle. It's time to find someone who can help you.

## FIND THE RIGHT PRACTITIONER

When you are dealing with a chronic health issue, it's important to do everything you can to take charge of your own health. But sometimes you need help. Reaching out to a practitioner who knows how to tackle the challenges restoring gut health can shave years off of your struggle. Unfortunately, finding a practitioner who is willing to help you find the root cause of your struggle can be like looking for the proverbial needle in a haystack.

I saw a doctor for years who never did anything to find the root cause of my inexplicable health issues, other than manage the disease with medication. I finally got smart and found someone who helped me dial down the inflammation within a few weeks by showing me how to eliminate the foods that were causing inflammation and teaching me which foods would help get my body back on track. Not only that, he was able to help me pinpoint a nasty gut infection that was contributing to my problems.

Finding a good practitioner is worth it. **Here's how to do it.**

### ✓ DO YOUR HOMEWORK

Assuming you want a practitioner who knows how to address the root issues of your fatigue, you'll want to do a little homework before you make your first appointment.

- **Find out where they received their training from.** This will be a good clue into what types of interventions and recommendations they will make. Practitioners who are certified in Functional Medicine are a good place to start.
- **Find out their philosophy.** Any decent holistic practitioner worth their salt will make it no secret that they use nutrition and other natural interventions to help you get to the root cause of your issues. Check out their website or Facebook page for clues into how they practice.

### ✓ ASK THE RIGHT QUESTIONS

Whether you are looking for a health coach who can help you create a system to reach your health goals, or you need to find a doctor who can run the right blood tests for you, think of hiring a practitioner in the same way you would hire an employee. Be sure to ask the right questions to make sure he or she is a good fit for you.

**Here are few great questions to ask:**

- **Do you have experience with “X” health issues?** If you need help with a specific issue- thyroid disease or Lyme’s for example, then make sure the practitioner is well versed in how to deal with the particular nuances of your health.
- **What is your philosophy for restoring health?** Make sure you and your practitioner agree on how best to deal with your particular health issues so you’re not disappointed by their recommendations.
- **How do you structure your sessions?** It will be worth it to find out how much time your practitioner allots to your needs and how they go about addressing your concerns. Some practitioners are willing to consult over the phone, which can be convenient if you are unable to find a qualified practitioner in your area.

## ADOPT THE RIGHT MINDSET

Wait! Don’t roll your eyes and stop reading yet. This just may be the most important piece of the puzzle. Yep, even more important than your diet. I’m sure you’ve heard the story by now that some 90% of disease is caused my stress. That’s a whole lot of anguish caused by the way we think! For whatever reason, we tend to write off the power of our thoughts and beliefs to transform our lives, giving more attention to things like prescription medication. That’s a shame since we tend to leave our most powerful weapon on the table- our mind.

### ✓ FOCUS ON THE TRUTH

Know beyond a shadow of a doubt that you are meant to live in a state of great health- healed, strong and whole! Stop identifying with your disease and begin to identify with that Truth. One of the best ways to do this is to keep the truth in front of you-

- **Write out your healing beliefs-** For example- “I am in perfect health, and feel great!”
- **Use healing scriptures-** Read these every day along with your own written beliefs. They reveal without a doubt that God’s best for you is perfect health and wholeness.

### ✓ CREATE A HEALING MINDSET ROUTINE

Don’t be willy nilly about focusing your attention on the truth of whole health for yourself. I read my beliefs and scriptures **every morning after I get up** to get my mind on the truth before my day begins. I want you to **be really intentional about this**. Read you healing beliefs like they are true for you now. Don’t just read them- **feel them**. Do it every day. Set aside a specific time each day (I like the morning but pick what works best for you) and go through your routine in a specific way. This will create a habit that facilitates healing.

### ✓ DON’T GIVE UP

Not on your vision for a healthy life- and not on your mindset practice either! I want to stress this because when you begin to change the way you think and believe, it’s just like changing your diet. It feels really hard at first. It will probably get uncomfortable, you’ll wonder if it’s even working and you’ll definitely be tempted to quit. Here’s one of the most transformative tidbits

in this guide- **Consistency is the key!** Decide right now that you are going to make your healing mindset practice a priority every day and stick with it.

You may have noticed something about these three quick ways to amp up your health- they require a certain amount of **personal responsibility**. Sure, popping a pill is easier than eliminating grains, eggs and soy from your diet (I mean, they're in everything, aren't they?) I want to challenge you to keep searching for answers and go for it! *You got this!*

## Need Help Implementing These Steps?

As a Health Coach Certified by **Institute of Transformational Nutrition**, I'm here to help you reach for your best version of yourself and get to the root of your health concerns. Schedule your **free 30 minute Discovery Call** with me [here](#). I look forward to helping you reach your goals!

**Michelle :)**

[Overcomingauto.com](http://Overcomingauto.com)

[Find me on Facebook](#)

