



The
Busy Woman's *Guide*
to Adrenal Health:

from **wired** and **tired** to **balanced** and **energized**

by Dr. Amy Day, ND

Dr. Amy Day is a women's health and hormone expert who is known for her compassionate approach that blends the power of modern medicine with the wisdom of nature. She was one of the first naturopathic doctors licensed in the state of California and now practices in Berkeley where she lives with her husband and son. She understands the stress of being a busy woman, and is on a mission to help you have the energy and vitality you need to make the difference you are here to make!

Congratulations

on prioritizing your own health and downloading this guide!

I'm so glad to connect with you and provide you with all of the simplified strategies included here. We'll start with a brief introduction so you can learn a little about me and why I created this guide. Then we can jump right in and get you started on improving your energy, mood, sleep, weight and overall hormone balance!

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Medical Disclaimer: The information contained in this guide is not intended to replace a one-on-one relationship with a qualified healthcare professional and is not intended as medical advice. The purpose of this guide is to provide education and inspiration to make your own health care decisions and you are encouraged to seek medical care from a qualified professional as needed.



Personal Introduction

I know you are busy so I'll keep this intro brief and get you right into restoring your adrenal health and hormone balance in just a moment. We each have our own stories and reasons for doing what we do, and I look forward to hearing your story one day soon as well.

My Adrenal Story

Through naturopathic medical school, getting married, moving to the San Francisco Bay Area, becoming a mom to my high energy son, buying a house in Berkeley, building my practice over the last ten years, and creating my online business, I have experienced my share of stress and have had adrenal highs and lows several times. I have seen, both personally and professionally, that building your resilience to stress is one the best things you can do for ANY health issues that you may be facing.

During the second year of my training to become a naturopathic doctor, I had a huge wake up call. I found myself in emergency surgery for acute pelvic pain, which led to a diagnosis of severe endometriosis.

As I recovered, I dove into learning everything I could about women's health, pelvic pain and hormones. I was (and still am) on a mission to keep myself healthy AND learn how to help other women with their health challenges.

As I committed to my own self-care, I realized that stress was a huge factor in my pain, and that my adrenals were impacting all of my other hormones (more about that soon). I learned everything I could about how to manage stress and reduce the effects of stress on my body. I learned to partner with my body and listen to it's signals.

After helping myself and then thousands of other women, I have found that natural medicine has so much to offer to restore balance. I know that the adrenals are fully capable of recovering and now I want to help you get started on that path, too.

Why I Created this Guide

Most women these days are encouraged to put our own health last as we care for our families, friends and responsibilities at work. Rest, relaxation and self-care are pushed aside as we pour our energy into others. Then we can end up burned out and unable to even enjoy what we've worked so hard to create.

Although conventional medicine still does not view adrenal fatigue as a "real" condition, I see it impacting the lives of so many women in our modern society. What I know now is that in



order to live your life fully and keep doing all the important things that you do, you must put yourself first!

I created this guide because I want to help as many women as possible to have the energy and health they need to make the difference they are here to make.

I have seen the powerful impact that our lifestyle habits have on our health and wellbeing. I've seen the dramatic changes that happen just from following a simplified self-care plan, and I know how to take things one step at a time, even when it seems too overwhelming. Over the years, I've refined my suggestions and strategies to be the most impactful and to be able to fit into your very busy life. The steps in this guide are small hinges that swing big doors!

If you have been told you are “fine” by your doctor, but still feel that something is off inside, read on. If you have tried to change your diet and exercise, but it's hard to stick to it, or it just isn't working, try the steps in this guide for a fresh approach.

You will create your upward spiral to vitality as you reconnect with the rhythms of the natural world. Let's get started so you can get back to feeling great in your body and can fully enjoy your life again!

How to Use this Guide

Start by completing the “Why Am I SO Tired?” Quiz to quickly assess your own adrenal and thyroid symptoms. You can always come back and repeat this quiz over the next few months to monitor your improvements.

Then read on to learn more about your hormones and the importance of your adrenal glands. Discover the three simple but powerful lifestyle rhythms that will build on each other and create an upward spiral to restoring your vitality.

You will then see how to incorporate all these healthy habits into a daily routine that can take as little as 15 minutes per day. These are all fairly simple changes that are easy to fit into your busy schedule, and they can dramatically change the direction your health is going. You can use the handy tracking sheet to check your progress every week, and see what to focus on next.

Finally, you can kick start your days with a delicious energy boost by drinking green smoothies for breakfast. By using the chart included in this guide, you will have endless variations that are super easy to make and will balance your blood sugar and give you great steady energy all day.



“Why Am I So Tired?” Quiz

Name: _____

Date: _____

Two of the most commonly missed underlying causes of fatigue are low adrenals and low thyroid. Please check off any of the symptoms below that you are experiencing or have experienced in the past. If you have 3 or more checks in either section, your fatigue may be related to low adrenals or low thyroid.

ADRENAL

- High stress (current or history)
- Wake up tired
- Low blood pressure, easily dizzy
- Low blood sugar if too long between meals
- Catch colds and flu easily
- Difficult to lose weight, esp. belly fat
- Rely on caffeine or sugar for energy boosts
- Wired and tired- hard to fall asleep even though tired all day
- Craves salt or fatty foods

Total number of checks: _____

THYROID

- Low energy
- Low mood
- Difficult to lose weight
- Water retention
- Irregular menses
- Difficulty conceiving
- Feel colder than others
- Dry skin
- Thinning hair
- Lateral 1/3 of eyebrow thin or missing
- Constipation
- Swollen thyroid in front of lower neck
- Slow reflexes
- Low body temperature
- High cholesterol

Total number of checks: _____



Your Adrenal Health

is the #1 Key to Your Overall Hormonal Balance

As a busy woman, you probably take shortcuts every day that are stressing your adrenals and zapping your energy. Our society tends to teach women to put off taking care of themselves and prioritize everyone else's needs first. You may be running around doing a million things and never feeling like you've done enough because your To Do list is a mile long. Sound familiar?

You may feel like you need to push yourself even though it taxes your body and leaves you feeling exhausted. However, you know that having more energy is vital to helping your body feel its best. As a health-conscious woman, you try to live a healthy lifestyle but self-care takes time and energy so you need to know how to prioritize your efforts.

I personally struggle to maintain this balance as well. I've been in private practice as a women's health doctor for over ten years, and now also help women around the world through my online wellness business. I've also been mom to a very active boy since 2007. I know how easy it is to let your own health slip when you are so busy taking care of everyone else. I also have faced my own health problems, including hormonal issues and several rounds of adrenal fatigue. I've learned so much and am now feeling really great. I know how important it is to keep ourselves healthy so that we can CONTINUE to be there for everyone else who depends on us!

Why the adrenals are the #1 key

Your body follows many natural rhythms, such as the 24-hour cycle of the day and the seasonal cycle of the year. As women, we are all too familiar with our monthly cycle, and how it changes over time.

As a quick overview, your adrenals have two major functions. First, they are responsible for the acute stress response to immediate danger, which you experience as the fight-or-flight response. Second, they regulate our daily, or circadian, rhythm.

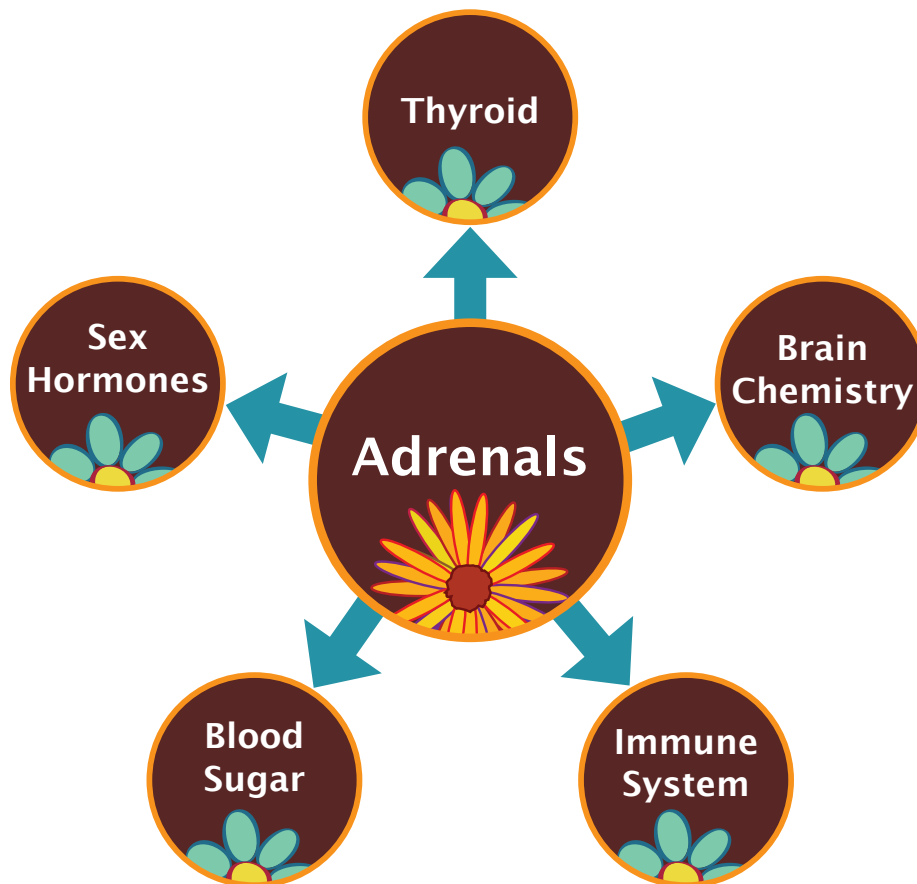
When we live from stress to stress to stress, with no downtime to rest in between, our adrenals get depleted. This disrupts our natural cycles and ends up impacting many of our other hormonal systems.

The interactions between your adrenal, thyroid and ovarian hormones, as well as your brain chemistry, can play a major role in your physical health and your feelings of vitality.

For example, cortisol from your adrenals is required for the proper production of T3, the most active thyroid hormone. And as you age, your adrenal glands are capable of producing sex hormones such as estrogen, progesterone and testosterone (as long as the adrenals are healthy and not exhausted from too much stress).

Adrenal stress impacts the production of neurotransmitters (brain chemistry) and can contribute to both anxiety and depression. This stress also alters the immune system making you susceptible to catching colds and other infections. Cortisol is also highly involved in the function of insulin and blood sugar and stress can cause wild energy swings that, unfortunately, often result in extra energy getting stored as belly fat!

As you take the first steps towards restoring balance, adrenal health is the place to start because it impacts so many other aspects of our internal chemistry.



The importance of addressing fatigue in your 40s

At some point in your 40s you will (or did) start dealing with symptoms of the hormonal changes known as perimenopause. This might include irregular cycles, worsening PMS, insomnia or possibly hot flashes. You may not even want to think about the word “menopause” but for many women this all starts a good 10 years before the period actually ends. It’s unfortunate that perimenopause often goes unrecognized until symptoms become unbearable. It doesn’t have to be that way!

By managing your stress, healing your adrenals and optimizing your energy now, you can keep your hormones balanced, maintain your youthful vitality and prevent many unwanted symptoms through the transition of menopause. Plus, getting yourself healthy and energized in your 40s will help you to prevent more serious medical issues so you can stay active and enjoy a long, healthy life.

And if you are past your 40s... it’s never too late to start!!!

When you have healthier adrenals and more energy, you will also give a boost to your:

- **Metabolism** – easier to lose weight
- **Immune system** – don’t get sick so often
- **Blood sugar balance** – steady energy all day
- **Skin health** – less breakouts and rashes
- **Liver detoxification** – cleanse your body of toxins
- **Digestion** – eat with comfort and absorb your nutrients
- **Hormone regulation** – less PMS and better sleep
- **Healing** – faster recovery times
- **Prevention** – lower risks of chronic diseases

Regulate your rhythms

I want you to know that you CAN reclaim your vitality naturally with practical steps that even busy women like you can fit into your daily routine. One of the simplest ways to regulate your hormones is to maintain a regular daily rhythm that is in sync with nature. Your adrenal glands crave a predictable schedule. That may sound boring, but I know you can do it. Read the following article to learn more about your adrenals and how to create the rhythms that will restore your health.



Save Yourself From Stress

3 Rhythms That Will Restore Your Balance

by Dr. Amy Day, ND

Have you ever wondered if all the stress you are under is causing any harm to your health? When you have too much stress and not enough rest, you might get sick more often, experience higher levels of pain, put on belly fat, get irregular periods, have insomnia or lose your memory.

Fortunately, you can implement some basic strategies to keep yourself in balance even while you are meeting increased demands from work, home or family. Here are 3 simple rhythms and routines that you must learn if you want to save yourself from stress.

RHYTHM #1: *Sleep/Wake*

First, a little background about stress and the adrenal glands. The adrenals are two glands that sit on top of your kidneys like little hats. This is where adrenaline, cortisol and a variety of other hormones are produced. Cortisol is largely responsible for our stress response, and it also controls our sleep-wake cycle. We are supposed to produce higher levels in the morning to help us get up and go. Then levels taper off through the afternoon and are supposed to fall at nighttime to help us wind down and go to sleep.

If you require coffee to get up and go, sugar to get through the afternoon and alcohol to “wine down” at night, you are most likely experiencing some form of what is called adrenal fatigue. One of the most important ways to heal from this kind of fatigue is to regulate your sleep-wake cycle.

Decide on a schedule and stick to it! Wake up at the same time every day, and go to bed at the same time every night. These times should stay consistent within a 30-minute window, even on weekends. If you have reasons that you need to stray from your schedule, do the best you can and get back on track the next day.

If you need to catch up on sleep, go to bed EARLIER at night rather than sleeping in late. It is really important to train your adrenals to send you good energy at your set “wake-up time” in order to feel refreshed and ready to start your day.

RHYTHM #2: *Exercise / Relax*

A great way to teach your body when to wake up and when to go to sleep is to have regular exercise and relaxation routines. It is best to exercise early in the day. Even if you have to drag yourself out of bed, try to get outside and move your body first thing in the morning.

Sleep in clothes you can walk in and keep your shoes by your bed. You can start with an easy 10-minute walk and then increase to more intensity or longer times, as you are able. This practice gives you sunshine, fresh air, good circulation and a positive mood to start your day. It will wake up your adrenal glands and increase natural production of cortisol to help you feel alert. If time is tight, or you need to stay home with your kids, step outside in the sun for 5 minutes, taking deep breaths of fresh air while you do a few stretches.

Do you remember having a bedtime routine as a kid? Or if you have kids, have you noticed how critical it is to follow this routine? You need a bedtime routine, too! If you are staying up on the computer or watching TV right until you go to bed (or falling asleep on the couch) you are missing out. Your brain and body need time to transition from the busy day to a restful night's sleep.

Turn the computer/TV/screen off, and stop working on your to do list at least one hour before bedtime so you can do something relaxing. This can be a hot bath, deep breathing, meditation, yoga, tai chi, journaling, stretching or any practice that helps you to feel calm and centered. When time is tight, even 5 minutes of deep breathing is very worthwhile.

RHYTHM #3: *Eat / Fast*

The adrenal glands are critical for regulating your blood sugar. When you go a long time without eating, your body perceives this as a stress. When you have adrenal fatigue, the mechanisms for releasing and storing blood sugar malfunction and this contributes to abdominal weight gain (aka belly fat). You can ease this stress by eating balanced meals at regular intervals through the day.

Include quality protein, complex carbs and good fats at each of three meals and keep healthy snacks handy. Avoid the temptation of sugar and caffeine since these are only temporary fixes that further deplete your adrenal health.

Stress will always be a part of our lives. In fact, stress can be good for you. It can help you to be productive and feel motivated and excited about what you are doing. Working with these three rhythms will allow you to manage your stress, feel balanced and stay healthy.



Sample Daily Routine

for Adrenal Healing

You can follow this routine by adding as little as 15 minutes per day to your normal schedule. Recharge your adrenals by monitoring yourself over time. The attached Weekly Tracking Sheet turns the below into a simple checklist so you can give yourself credit for your efforts each day.

Morning

- **Wake up at the same time every day, within a 30-minute window.**

If you feel the need to sleep in, remind yourself that your day will be brighter if you can get up and get your body moving before the stress of the morning rush sets in. Recommit to going to bed earlier the next day.

- **First waking thought: “Don’t think, just get up!”**

Then take a moment to breath and set your top 3 intentions for the day.

- **Drink a large glass of (cool or warm) water.**

Try adding a squeeze of lemon and a pinch of mineral salt or sea salt to taste. The adrenals need salt and then as they heal you will crave it less and less.

- **Morning exercise**

Move your body for 5–15 min every morning, preferably outdoors. No amount is too little so if all you can do is walk down to the corner and back, do it! If you can’t get outside, try an exercise video or put on some music and do some warm ups and stretching.

- **Breakfast**

Start your day off right with this energizing breakfast smoothie. See mix-n-match chart for more variations.

Get Up and Go Green Smoothie

Tip: The first 4 ingredients can be put in the blender the night before. Put blender in fridge overnight, add powders in the morning and blend!

1. **Liquid:** 8 oz unsweetened coconut/rice/almond/hemp milk
2. **Fat:** 1 Tbsp shredded coconut, almond butter, flax oil or ½ an avocado
3. **Flavor:** ½ frozen banana and ½ cup berries: blackberries, raspberries, blueberries, acai berry
4. **Greens:** spinach, chard, sprouts, cilantro, mint, basil (or a greens powder)
5. **Protein:** whole milk greek yogurt, almond butter or a protein powder (Whey/Rice/Hemp/Pea)
6. **Fiber:** 2 Tbsp raw ground flaxseed– a fiber and a great hormone balancer

Daytime

- **Practice mindfulness.**

Stretch often, breathe deeply, take walks, chew slowly, drink frequently. Give yourself little reminders by setting an alarm or putting a sticky note on your computer.

- **Lunch and Snacks**

Pack a substantial lunch, focus on protein and veggies plus healthy fat, have easy options available to decrease other urges and avoid temptations. Also have plenty of water or herbal tea through the day.

- **Have fun.**

Laugh often, connect with others, enjoy the little things

- **Keep Moving.**

Take all of the small opportunities to move your body. Park farther away, take the stairs, get up to go talk to someone down the hall rather than IM or call them, take a walk at lunchtime, do your own exercise while waiting for your kids at their activities.

Evening

- **Light dinner**

Cook or eat leftovers: focus on protein, veggies, whole grains and healthy fats

- **Take time for relaxation for 10–30 minutes before bed** with no input from TV, computer, phones, books, etc. The foam roller is awesome for neck and shoulder tension! (See www.youtube.com/DrAmyDay for a video with instructions) If you are feeling too tired to make the time to do your foam roller, think to yourself: If someone were standing there offering to massage your shoulders before you went to bed, would you let them?

- **Journal**

Take three minutes before you close your eyes to write in your journal.

- **Gratitude**

Write 3 things you are grateful for right now. If you are inclined, also write about your day, your thoughts, your goals and your progress.

- **Fill out your Weekly Tracking Sheet**

Print one for each week

- **Bedtime**

Go to bed 15 minutes earlier each week for the next 4 weeks. After a month, you will be going to bed an hour earlier than you are now, with the goal of allowing a full 8–9 hours of sleep. Who knows, you might even get to bed early enough and with enough energy to actually share a little romance with your partner before falling asleep!



Weekly Tracking Sheet

First Steps

Make a few copies of this page and then track your progress each week!

Name:

Start Date:

Write in how you did each day:

0 = No, but I will tomorrow

1 = I did a little

2 = I mostly did

3 = I did it!

15-minute daily routine:

	Su	M	Tu	W	Th	F	Sa	Total
Wake up at my chosen wake time. ●	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Move my body ● for 5 minutes in the morning.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have a breakfast smoothie, ● or something with protein/fat/fiber.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
At mealtime, eat slowly, ● chew and breathe.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink at least 8 glasses (64 oz) ● of water.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Laugh every day. ●	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Relaxation routine ● for 5 minutes at a good bed time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gratitude journal, ● write 3 things I am grateful for.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Tracking Sheet

Next Steps

If you already do most of the first steps, use this sheet to take it to the next level. You can also add your own challenges at the bottom. Make a few copies of this page and then track your progress each week.

Name:

Start Date:

Write in how you did each day:

0 = No, but I will tomorrow 2 = I mostly did

1 = I did a little 3 = I did it!

Daily routine:

	Su	M	Tu	W	Th	F	Sa	Total
Wake at ____AM and go outside for fresh air and sunshine ●	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Start your day with a large glass of water with lemon and salt ●	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Exercise in the mornings or mid-day, aim for 30min/day ●	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Have veggies, protein and good fats at every meal ●	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Eat every 4-5 hours, avoid eating for 2 hours before bed ●	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Eliminate sugar, alcohol, caffeine, gluten and/or dairy ●	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Do something creative everyday, express yourself ●	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Connect with someone you care about, boost your oxytocin ●	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Stretching or foam roller before bed (no screen for one hour) ●	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Go to bed early enough to allow 9 hours of sleep ●	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Breakfast Smoothie Mix-n-Match

Stock your kitchen with a variety of ingredients, all organic if possible. Get your blender ready (VitaMix or NutriBullet are ideal). Then every morning include at least one item from each list below:

Simple Sample Smoothie:

Coconut milk, Greek yogurt, shredded coconut, raw ground flax, chard leaves, frozen berries

Fluids	Protein	Fat	Fiber	Greens	Flavors (optional)
<ul style="list-style-type: none"> • Water • Herbal teas • Coconut milk • Rice milk • Almond milk • Hemp milk • Green juices with wheat grass, barley grass, spirulina, etc. • Vegetable juices • Fruit juices (small amount diluted with other fluids) <p>NOTE: Nut milks should always be unsweetened.</p>	<ul style="list-style-type: none"> • Yogurt, plain or Greek • Kefir, plain • Almond butter • Nuts/seeds • Protein powder 	<ul style="list-style-type: none"> • Flax oil • Shredded coconut • Coconut oil • Avocado • Almond butter • Whole milk yogurt 	<ul style="list-style-type: none"> • Raw ground flax • Chia seeds • Fiber powder 	<ul style="list-style-type: none"> • Spinach • Chard • Kale • Collards • Parsley • Cilantro • Basil • Frozen leafy greens (eg: rinse kale or chard leaves and then freeze them) • A “greens” powder 	<ul style="list-style-type: none"> • 1/2 of a banana (can be peeled, cut and frozen ahead) • Berries – acai, blackberries, raspberries, blueberries • Frozen fruit • Vanilla extract • Stevia drops • Cinnamon • Pumpkin spice • Lemon • Fennel • Mint

Morning rush? Prepare ahead by putting everything but the powders in the blender the night before, and store in the fridge.

Still hungry? Experiment with adding more good fat, protein and/or fiber and you will definitely feel full for longer.

What's Next for You?

Does this all look great but you feel like there's no way you can actually stick to it?
I totally understand!

Some of the suggestions in this guide may be easy to do, and some may be more difficult for you. Some may work for a while, then you might fall off track. Creating new habits takes time, accountability, flexibility, creativity and inspiration.

You can get more help by joining an upcoming group of **The Busy Woman's 2-Week Recharge** program or playing in the next round of my online health game called **My Vitality Challenge**. By connecting with a community of like-minded women you will get support, accountability, new ideas to help you succeed, and coaching to help you stop getting in your own way.

Have you already tried most of this and STILL feel out of balance? There are definitely additional steps you can take!

If you are already practicing most of the strategies here, and still not feeling balanced and energized, let's talk. You probably have a sense that things are really off inside and need help figuring out what is going on.

I can help you with getting adrenal, thyroid and other **testing**, by adding appropriate **herbs and supplements**, by considering **bioidentical hormone therapy**, and by meeting one-on-one (in person or by phone) for additional steps and a **customized treatment plan**.

This world needs you. You deserve to enjoy your life fully and feel your best so you can make the difference you are here to make. If you need more guidance, more boost, more balance, more answers and more support, then check out my classes, online programs, groups, and private practice.

Go to www.DrAmyDay.com and schedule a complimentary phone consultation with me. We will talk about your concerns and help you decide the best next step.

I'm here for you!



Dr. Amy