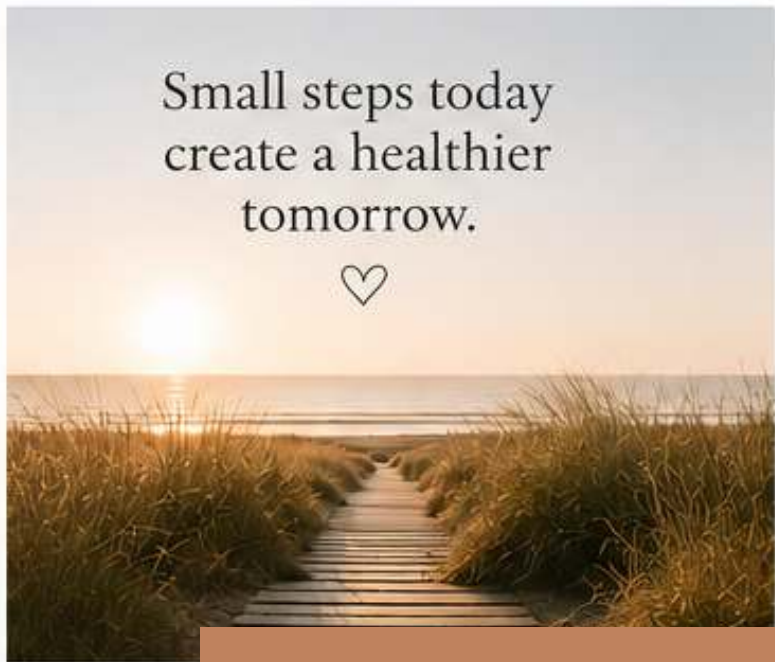


SIMPLE WELLNESS Foundations Guide



Small steps today
create a healthier
tomorrow.



REMEMBER:

- 💧 Hydrate your body
- 🌿 Nourish your body
- 💖 Move your body
- 🌙 Rest your body
- ✿ Love your body



A simple wellness foundations guide designed to help support energy, metabolism, hormones, inflammation, sleep, cravings, and overall wellness through practical daily habits and foundational support.



health.
Better life.



BY ALI Q



Introduction

If you've been feeling exhausted, overwhelmed, inflamed, struggling with cravings, weight gain, poor sleep, low energy, or simply not feeling like yourself lately, you are not alone. So many people are trying harder while their bodies are actually asking for more support.

This guide was created to simplify wellness and help you focus on foundational habits that support metabolism, energy, inflammation, hormones, sleep, gut health, recovery, and overall wellness. No perfection, extreme dieting, or quick fixes — just simple, sustainable habits that help you start building your base from the inside out. Small daily choices truly do add up over time, and I'm so glad you're here. ❤️ — Ali

“*The body whispers before it screams. Wellness teaches us to listen sooner*”

About Me



Hi, I'm Alison Quackenbush (my Three family calls me - Ali Q) — a wife, mom, grandmother, entrepreneur, and board-certified health and wellness coach who became passionate about wellness through my own journey of wanting to feel like myself again.

Like many women, I spent years taking care of everyone else while slowly feeling exhausted, overwhelmed, inflamed, and disconnected from my own body. I know what it feels like to struggle with low energy, cravings, stress, weight gain, poor sleep, and frustration while wondering why nothing seemed to work long term.

What I've learned is that wellness is not about perfection or extreme dieting. It's about supporting the body consistently with simple daily habits, proper nourishment, movement, recovery, mindset, and community.

That passion led me to help others build wellness from the inside out through education, encouragement, accountability, and foundational support. My mission is to help people feel empowered in their health journey and remind them that they are not broken — their body may simply need support.

I believe small daily choices create lasting transformation, and I'm grateful to walk alongside others as they work toward better energy, confidence, wellness, and quality of life.

I'm so glad you're here. ❤️

Ali Q

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FOUNDATION 01

HYDRATION

Most people are walking around dehydrated and don't realize it.

Hydration impacts:

- energy
- cravings
- digestion
- headaches
- focus
- metabolism
- recovery

Goal:

WOMAN: 9 cups a day

MEN: 13 cups a day

OR

Half your body weight in ounces

Simple Tips:

- Start your morning with water before coffee
- Add electrolytes if needed (Kynetic- see info at the end of this guide)
- Carry a water bottle everywhere
- Drink consistently throughout the day



Protein First

Protein helps support:

- muscle
- metabolism
- blood sugar balance
- satiety
- healthy aging

Many women especially are under-eating protein.

Goal: Prioritize protein at every meal.

Simple Habit:

Eat protein BEFORE reaching for snacks or sugar.



Tip: 30 grams 3 meals a day

Easy Sources:

- eggs
- chicken
- Greek yogurt
- cottage cheese
- lean beef
- fish
- protein shakes

A supported body often begins to feel safer, steadier, and stronger.

Energy crashes, cravings, irritability, and stubborn weight gain are often connected to blood sugar imbalance.

Helpful Habits:

- eat protein + fiber together
- avoid constant snacking
- walk after meals
- prioritize sleep
- reduce ultra-processed foods
- support metabolism consistently

This is one reason I became passionate about wellness products that support metabolic health and appetite regulation naturally.



FOUNDATION 04 SLEEP & RECOVERY

Your body cannot heal properly without rest.

Poor sleep impacts:

- cortisol
- hunger hormones
- inflammation
- fat storage
- mood
- energy

Goal:

7–9 hours whenever possible.

Simple Sleep Habits:

- reduce screen time before bed
- magnesium support
- consistent bedtime
- cooler room
- morning sunlight exposure

Rest is productive.



DAILY MOVEMENT

You do not need to punish your body to support it.

Movement helps:

- insulin sensitivity
- mood
- inflammation
- metabolism
- stress regulation

Goal:

Move your body daily.

Consistency matters more than intensity.



Ideas:

- walking
- stretching
- strength training
- dancing
- biking
- mobility work
- Gardening
- Stand up and move for 5 minutes every hour
- Yoga

FOUNDATION 06

Stress Support

Chronic stress keeps many bodies stuck in survival mode.

High cortisol can contribute to:

- belly fat storage
- cravings
- fatigue
- hormone imbalance
- inflammation

Daily Stress Support:

- prayer & meditation
- deep breathing
- journaling
- walking outside
- music
- boundaries
- rest
- laughter
- community

Your nervous system matters.



Gut + Inflammation

Many symptoms people normalize may connect back to inflammation and gut health.

Examples:

- bloating
- fatigue
- skin issues
- cravings
- brain fog
- irregular digestion

Healing often starts internally.



Focus On:

- whole foods
- hydration
- sleep
- reducing processed foods
- daily wellness support
- consistency over perfection

FOUNDATION 08

Community & Accountability

You were never meant to do this alone.

Support changes everything.

Whether it's:

- a coach
- a friend
- a spouse
- a community
- accountability partners

...people succeed faster when they feel encouraged and supported.



MY FAVORITE WELLNESS SUPPORTS

These are the products I personally use to help support:

- metabolism
- inflammation
- energy
- recovery
- appetite control
- sleep
- gut health
- healthy aging

Build Your Base:

- Vitalité
- Kynetik
- GLP Three
- Collagène
- Revive
- Purifi
- Imune
- Éternel
- Visage

GLP Three is especially exciting because it supports all three pathways:

- GLP1
- GLP2
- GIP

without injections.

I do use all products listed to support my body.

- ✓ Vitalite, Eternel, Purifi plus GLP Three is a great stack to start with at minimum
- ✓ Think of GLP Three is your multi-vitamin for your metabolic system
- ✓ I am always available to support you in figuring out what is best for you to get started in supporting your body.



Final Thoughts

Wellness is not built overnight. It's built through small daily choices, consistency, patience, and learning how to support your body instead of constantly fighting against it. You do not have to be perfect to make progress, and you do not need to change everything at once to begin feeling better.

My hope is that this guide helped remind you that your body is not working against you — it may simply be asking for more support, nourishment, recovery, and balance.

When we begin focusing on proactive wellness instead of waiting until our bodies are struggling, we create a stronger foundation for our energy, health, mindset, and future. Start small. Stay consistent. Give yourself grace. Small habits truly do create lasting transformation over time.

Thank you for being here and allowing me to be part of your wellness journey.



— Ali

“

*Your future health is being shaped by
the habits you practice today*

*The goal is not just living longer, but
living better.*

-ALISON QUACKENBUSH

Your body

♥
is not broken.
It may simply
need support.



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Connect With Me



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Conclusion and Next Steps

Small choices truly do add up over time, and every step you take toward supporting your wellness matters.

Thank you for allowing me to be part of your journey. I hope this guide encouraged you, educated you, and reminded you that feeling better is possible. ❤️ — Ali



Now that you understand the foundations of wellness, the next step is choosing the products and support that best align with your personal goals and lifestyle. Whether your focus is energy, metabolism, sleep, inflammation, gut health, recovery, healthy aging, or overall wellness, starting with the right foundation can help simplify your journey and create consistency. Once you know which products fit your goals, place your order, stay consistent with your daily habits, and give your body the support it needs over time. Small daily choices truly do create lasting transformation.

Simple Ways to Begin:

[PLACE ORDER](#)

- *Increase your daily water intake*
- *Prioritize protein with meals*
- *Support blood sugar balance*
- *Improve sleep habits*
- *Move your body daily*
- *Reduce stress intentionally*
- *Support gut health and recovery*
- *Stay connected to accountability and community*

Remember, wellness is a journey — not a quick fix. The goal is not to do everything perfectly, but to support your body consistently and proactively one day at a time.

If you would like support, guidance, product recommendations, or help creating a wellness routine that fits your lifestyle and goals, I would love to help you.

Message me “RESET” or “GUIDE” to connect. ❤️

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