

Fatigued to Unstoppable in 10 Steps



Sustainable
NUTRITION

— MARY BROOKS —

Fatigue Stinks

Fatigue stumps even the most competent health professionals.

Yet most of us will deal with it at stages of our lives. Sometimes it is short-lived, but fatigue can be debilitating.

Especially for people constantly plagued by fatigue.

Whether it's several bad nights of sleep, not feeling like you can get out of bed easily, feeling like you are craving a nap at 4pm, using sweets to power through the day, or chronic fatigue...

Feeling tired consistently takes a quick toll. It's also a significant warning sign that all is not well at a deep cellular level.

Balance is Best

Your body has a natural rhythm of sleeping and waking.

Of being energized and ready for sleep.

Of going and then resting and digesting.

We need both.

But when that gets disrupted, it can cause stress – physically and emotionally.

Nothing chips away at the true sources of contentment, well-being, and creativity more than being run down and drained.

Signs of adrenal fatigue or poor adrenal function include:

- Feeling overwhelmed
- Feeling tired despite having a good night's sleep
- Difficulty getting up in the morning
- Cravings for salty foods
- Low mood
- Weight gain especially around the middle
- Mental fog
- Decreased sex drive
- Increased PMS
- Reduced productivity
- A feeling of “tired but wired” in the evening

But the good news is...

You can feel unstoppable again!

You can strengthen your immune system, get your body into peak performance, and jump out of bed with the energy of a 20-year-old.

Who am I to say this?

I'm Mary Brooks, M.Ed.

As an Integrative Nutrition Coach with a Master's in Nutrition, I help people solve health issues with real food every day.

Through my health coaching practice, I've discovered the solutions that Peak Performers use to compete at their best in life and sports.

Now I teach people how to own their wellness and become unstoppable.



Set yourself up for success.

As we go through these 10 steps, understand that each piece is important to the overall process of removing the causes of fatigue, and then reinstating peak wellness on a physical and emotional level.

Do yourself a favor by giving each step your best effort.

Step 1: Jettison junk.

One of the reasons for many people to address fatigue is that they have developed a mindset or belief that they must do everything – and, often, perfectionistic or unrealistic expectations about their ability to perform.

The first step in any system of change is to take a realistic inventory of everything that you are doing and see if you can lighten your load. Think of this as the junk mail of your energy and soul... you don't have time to read it all.

Make a commitment to limit things that draw you in or take up more of your time than you wish, so that you don't have the constant sense of overwhelm and doing too much all the time. Saying yes to a personal change will mean saying no to something else.

Tip: Make time for yourself.

Color code your calendar with designated colors for work, family, social, and personal time.

If you find that there is no “you” color on the calendar, find a way to show up on your own to-do list at least once per day.

A very successful CEO client of mine did this and it was the single most significant way that he understood how he was wearing himself thin and then prioritized some self-focus.

As a result, he lost the 30 lbs he had been struggling to lose for nearly 5 years!

Step 2: Timing and tempo of meals.

Proper blood sugar regulation is important so as not to create spikes in your blood sugar that cause insulin resistance, so the timing of your meals is as important as what you eat.

Undereating, such as skipping meals, or eating foods that are nutrient insufficient are also major causes for worsening fatigue.

Often, simple tweaks in nutritional intake make a huge difference.

Sample Intake Schedule

Breakfast	Eat within 30 mins of rising
Mid-morning snack	11 am
Late lunch	2 pm
Dinner	6 pm

If you're hungry for a small snack before bedtime, try adding some protein and even some natural sugar like organic honey before bedtime.

Step 3: To caffeinate or not?

Caffeine, much like sugar and alcohol, may be a stimulant but it's also an energy robber. It may be best to avoid caffeine altogether for several weeks and use a substitute like Yerba Mate or Dandy Blend.

If you drink coffee: try to use organic beans, add full fat coconut milk or coconut oil, and cinnamon for blood sugar.

Follow your morning coffee with a full 10 ounces of water with fresh lemon and mint to flush your digestion with alkalinity. Give yourself a coffee curfew: no caffeine after 12 noon.

Better-for-you Coffee:

- 6 oz brewed coffee
- 1 tbsp full fat coconut milk
- 1 tsp cinnamon
- 1 tsp chaga mushroom powder

Step 4: Support the adrenals with gut health basics.

Eat foods that are great for digestion and gut repair, such as:

- Miso soup
- Bone broth with collagen
- Fermented veggies like Bubbies Brand sauerkraut and pickles
- Dulse Flakes and other sea vegetables
- Kombucha (I love the Synergy and Kevita Brands)
- Walnuts, pumpkin seeds, brazil nuts, and sunflower seeds are great for the thyroid and adrenals

Examples of on-the-go snacks that aid in healing adrenals:

- Half an avocado: sprinkle with turmeric, pink sea salt, and fresh lemon juice
- Half a sweet potato: add a tsp of coconut oil, generous sprinkle of cinnamon, ¼ cup pumpkin seeds

Improve how your food is absorbed by slowing down when you chew.

Eat your meals sitting down – without other distractions.

Chew your food well.

Drink water in between meals (not in between bites) so as not to dilute food when you are eating it.

Try this recipe in the afternoons to support the kidneys and support detoxification:

Cranberry Cleansing Tonic

- 8 oz water (room temperature)
- 2 tbsp Knudson Brand Cranberry Concentrate
- Squeeze of fresh lime juice
- Dash of apple cider vinegar
- Stevia (optional, if desired for taste)
- 1 tsp spirulina (optional, for extra antioxidants and liver support)

Step 5: Avoid known problem foods.

Food sensitivities can drive histamine and inflammation which create a drain on the adrenals.

AVOID:	EMPHASIZE:
Refined, bromated flour	Alternative grains such as quinoa, millet, buckwheat, brown rice
Refined sugar	Honey, Grade B maple syrup, coconut sugar, stevia
Caffeine	Green tea, peppermint tea, nettle tea
Convenience foods	Whole foods, simple foods like broths, soups, stews
Industrial oils: corn, soy, canola	Healthy fats such as olives, olive oil, coconut, avocado

Step 6: Eat adrenal-supporting foods.

Sunflower seeds, pumpkin seeds, and walnuts are all good for the viral and bacterial health of the gut.

Here's a a great recipe for homemade organic energy bites.

These are a great pick me up, and the ingredients support the adrenals. Try these in the afternoon instead of a latte or something out of the snack stash.

Organic Chocolate Protein Balls

- 3/4 cup pumpkin seeds, soaked and then rinsed
- 3/4 cup sunflower seeds, soaked and then rinsed
- 3 tbsp hemp hulls
- 3 tbsp ground flax seed
- 6 medjool dates, pitted
- 1.5 tbsp organic cold pressed coconut oil
- 1 tbsp raw honey
- 3 heaping tbsp raw cacao powder
- 1/2 cup unsweetened coconut, shredded or flaked
- dash of sea salt
- 1 tbsp of protein powder of choice (I use hemp)

Towel off the seeds, place all ingredients in Vitamix or food processor until blended. You may want to grind the seeds first so they become fine (you will have to push down several times in the Vitamix). Pour onto wax paper, then roll flat or form into balls. Put in refrigerator. Serving size = 2 to 3 bite-size balls

Step 7: Exercise wisely.

If you are going to exercise, choose short and quick over long, sustained endurance. Add in one day per week of a restorative exercise alternative such as:

Yoga class

Foam-rolling

Easy cardio like walking or a low intensity bike ride

Grounding: Try standing outdoors in bare feet. Many people feel that this connection to the earth is very calming and settling.

Check out free apps like Calm for guided deep breathing meditations throughout the day or when you feel stressed.

Step 8: Choose simple, clean, non-processed, chemical-free, well-sourced foods.

Any time you can buy locally sourced or prepared foods it is better for your health and your digestion.

Spend a little extra on organic, pasture raised, non-GMO fed eggs. These eggs are a little more expensive but they are also higher in fats, cholesterol, and nutrients necessary to allow your body to heal.

Avoid The Dirty Dozen [AVOID THESE](#) that are higher in pesticides and select from the Clean Fifteen [TRY THESE](#).

Step 9: Practice good sleep hygiene.

Follow a routine with the same bedtime and same wake up time, and allow yourself a "no work, no problem-solving zone" before bed.

Try these simple practices to get better rest:

Remove all electronics and lighting from your room.

Do something consistent as a bedtime routine: *skin care, a cup of tea, an evening meditation practice*. Allow these to signal your body and mind to make the mental shift towards an evening wind-down practice.

Combine these essential oils in a diffuser for better sleep and breathing: 3 drops each of lavender, eucalyptus, and lemon

Beauty Sleep Cocktail:

- 4 oz water
- 2 tbsp tart cherry juice
- 1 tbsp fresh aloe from the aloe plant

Blend in Nutribullet and drink 30 minutes before bedtime.

Step 10: Prioritize yourself.

One of the reasons we become stressed and run down is often due to lack of self-prioritization.

Many people with high cortisol and poor adrenal function suffer due to an intense period of caring for others: a new baby, a demanding career, moving, or other big life events. Sometimes it's due to a long-held belief about it not being okay to prioritize their own needs.

One way to start to reverse that trend is to adopt a non-negotiable self-investment protocol.

Try making a list of things that make you happy, feel good, or spark your creativity. Then put them in your schedule: Daily, Weekly, Monthly, Quarterly, Annually.

When you look at self-care this way, it's very easy to go from doing nothing for yourself to making significant deposits into the Bank of You.

Examples:

Daily	10 minutes of meditation; 20 minutes of reading
Weekly	A trip to a café or flower shop; Yoga class with a friend
Monthly	Body care such as a massage or facial, Taking a fun hike and planning a picnic
Yearly	Vacation; Mini-retreat

NEXT STEPS

These 10 steps will have you on your way from fatigued to absolutely unstoppable. Of course, there is so much more to achieving peak performance and setting yourself up for long-term success.

Want help conquering fatigue so that you can become a peak performer? I know that getting there takes accountability and guidance, so are you ready for more?

Schedule a free conversation with me at: <https://www.fuelbetterformula.com>





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