

Hello Beautiful!

I'm Mary Brooks, the creator of the FuelBetter Formula. I have a Master's Degree in Nutrition and a certification as an Integrated Nutrition Coach. I've been helping women achieve the deep health state they really want for decades. I live in Charlotte NC with my two adorable puppies and my husband. My favorite thing to do is help women get back their birthright: vibrant health and emotional balance.

My wake up call - a diagnosis of cancerous nodules on my thyroid and my dismay over the lack of information in conventional medicine -ignited a personal quest and taught me how to advocate for my well-being at the deepest level imaginable.

Now I want to show you how to become CEO of your own health. Everyone of us has the power to understand ourselves and create our own wellness revolution.

No one knows your body better than you. But I bet you've been missing some key pieces of information and data especially when it comes to your thyroid and adrenals. In this starter kit, I'm going to show you some resources and simple steps to start finding your way back to better energy.

Before you dive in, I want to offer this gentle public service announcement. This isn't a race or a boot camp. It's not a trend. It will take a little time to feel better especially if you have been tired for a while. Go at a pace that makes you happy. Perfectionism and impatience are your Kryptonite. Grace and simplicity are your Miracle Gro. But you are worth the effort it will take to feel calm and energetic again.

With love,

Mary Brooks

Does this sound familiar?

The mantra of the modern day woman....OM Shanti.....I am so very tired.

Busy has become our normal. Fatigue and exhaustion are commonplace. No one gets a good night's sleep anymore. And so it goes... Because you have things to do, a job to keep, and a family to take care of.

But what happens when you see that it's eating into what matters?

You notice you have become impatient and snappy.

You're hitting the snooze button and not feeling sharp and eager to get up.

You're in a cycle of needing more and more caffeine, sugary snacks and cocktails to make the day work.

You walk into rooms and forget why you are there.

(These are all signs of inflammation)

While you consider yourself healthy and productive, the reality is a significant amount of time is spent in feeling tired, overwhelmed and even anxious.

Your body is more stiff and achy and your digestion isn't great. There's this general creep of something's up but it's so easy to push it off. Because isn't that what we do?

We look down and an inner tube has taken residence around our midsection and is hanging on for dear life.

Where's that exuberance and resilience you used to take for granted?

Your doctor runs the usual tests and says "Everything is normal."

Everyone on social media is a health or nutrition expert. So it's easy to take on yet another diet or product with the intent of feeling better but often after a week or so, you've only lost a pound and you're still tired.

Before You Begin

In this section of the Adrenal and Thyroid Cheat Sheet, you find my top recommendations on how to get your health house in order.

School Yourself

Once you have the smarts, nothing can stop you. A good place to start is how you think about health and illness challenges. Let go of the old paradigm of the dysfunctional medicine that treats only symptoms. The days of a pill for every ill are over. You can develop a sense of curiosity about yourself and become your own personal investigator. Getting to the root cause of your issue, whether it's arthritis, IBS, depression or fatigue will make your road to wellness so much more effective. From there, you can see patterns. You will be so much better equipped when new things crop up. Your body is made up of interconnected systems. An imbalance in one system has a cascade on all the other systems. Your headaches can be connected to blood sugar issues. Your acne outbreaks can be connected to food intolerances. Think of this as a mini universe inside of you and now you can learn how to tend for your whole ecosystem.

Get Support

Just like no system works by itself, no person can heal in isolation. While you are the pilot, you need some co-pilots to keep going in the right direction. Sometimes your focus will be on the physical and sometimes it will be on the emotional. You don't need to wait until you are in crisis. My co-pilots include a good functional medicine doctor, a chiropractor, an acupuncturist and a good therapist. I don't see them all at once but I know that regular maintenance is my best friend. I also use a lot of support in my daily habits and I keep an eye out for signs of imbalance like changes to my digestion, sleep, energy, allergies and skin. So much can be learned simply by observing what's happening to have an understanding of what's impacting mood, energy and other signs of imbalance.

Test Don't Guess

For years, many of us go gladly to the doctor and have lab tests run. When they come back, we hear that everything looks fine but often we have a feeling that something isn't quite right. The way to change this is to

become your own best doctor and detective. There are key tests that really can help you feel more in control and to help you advocate for yourself. I'm a big fan of really understanding your thyroid labs, your nutritional status, your food intolerances and your cortisol levels. There are certainly others but these are a great place to start. They can really give you clues about your stress, your lack of energy and your overall vitality. Because so many people will offer you so many ideas and products, this gives you a much more personalized, data driven approach from which to start. No matter what a test says however, if you feel tired or blah keep digging. How you feel about your own health is vitally important too.

Go with Your Gut

Did you know that up to 80 percent of your immune system live in your gut? Yep! The very best advice I can give you for improving your overall health, focus and energy is to focus on your gut. You will experience better immunity, efficient digestion, better skin, less allergies, better emotional health and balance. Lend your gut a hand by eating a whole food diet with lots of vegetables and plants plus nutrient dense animal proteins.

Good gut health is more than taking a probiotic. It means reducing stress, incorporating movement, less exposure to environmental toxins, and proper rest. This will support the good gut bacteria and keep the harmful bacteria under control. A high quality probiotic supplement, probiotic foods and eating prebiotic whole foods (bananas, garlic, onions, asparagus to mention a few). It also means decreasing the amount of processed and sugary food you eat to support a healthy microbiome.

Phase Out Harmful Chemicals

Whether it's your makeup bag, kitchen cabinets or laundry room, start reducing your exposure to harmful chemicals by shopping smarter. Women, on average use twelve products containing 168 different ingredients daily. Among them are industrial plastics called phthalates, parabens and polyethylene glycol which are preservatives. These chemicals confuse our hormones and overwhelm or detoxification systems.

They can play a big role in how well we feel and in our likelihood to have thyroid or gut problems.

As I mentioned, you don't have to do all of these at once. Pick one small area and begin to gradually shift your focus. You'll do much better, if you don't take on too much, too fast, too soon. Enjoy each small step and be sure to notice how your body and emotional state responds.

How To Get Started

Part One: The Thyroid Starter Kit

Signs of a low thyroid:

- Weight gain
- Brain fog
- Hair loss
- Sensitivity to Cold
- Changes to hair, skin, nails
- Fatigue
- Low Energy
- Sleep Problems
- Anxiety, Depression

The labs that you will want to ask your doctor to run or you can self direct:

- TSH
- Free T3
- Total T4
- Thyroid Antibodies: Thyroid Peroxidase and Thyroglobulin Antibodies
- Reverse T3

Be sure to work with a Functional Medicine Physician or Nutrition Professional who specializes in thyroid. You will want to get in Functional Ranges, not just average range. One of my biggest realizations was that the conversion of thyroid hormone from T4 to T3 takes place in your liver

and your gut. So no matter what medication you take, your results will be so much better if you address gut issues first.

Nutritional Labs you will want to explore

- Vitamin B12
- 25-Hydroxy Vitamin D
- Vitamin B12
- Ferritin

All of these nutrients factor into your ability to support a healthy thyroid. While a healthy diet is key, you will want to supplement if you are low in these nutrients. Again work with a Functional Doctor or Functional Nutritionist to get to functional range. Make sure that the supplements you take are free of gluten, soy, corn and other binders and fillers that could interfere with your thyroid.

Nutritional Considerations for the thyroid.

When it comes to your thyroid and your adrenals, your diet is the best way to support your body. In the long run, it's the most inexpensive health plan ever. The chart below shows you what it takes to get thyroid hormone from your brain all the way to each cell. Remember that you have a receptor for thyroid on every cell in your body so when you support your thyroid, you are supporting your heart, your liver and your adrenals too.

Factors that inhibit proper production of thyroid hormones

- Stress
- Infection, trauma, radiation, medications
- Fluoride (antagonist to iodine)
- Toxins: pesticides, mercury, cadmium, lead
- Autoimmune disease: Celiac

Factors that increase conversion of T4 to RT3

- Stress
- Trauma
- Low-calorie diet
- Inflammation (cytokines, etc.)
- Toxins
- Infections
- Liver/kidney dysfunction
- Certain medications

Factors that contribute to proper production of thyroid hormones

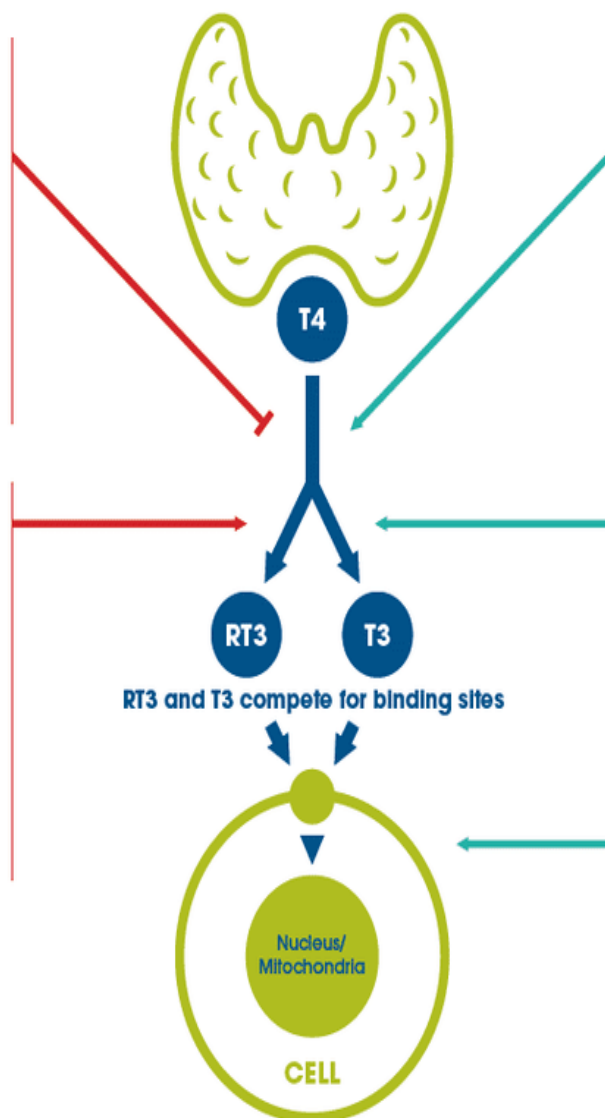
- Nutrients: iron, iodine, tyrosine, zinc, selenium
- vitamin E, B2, B3, B6, C, D

Factors that increase conversion of T4 to T3

- Selenium
- Zinc

Factors that improve cellular sensitivity to thyroid hormones

- Vitamin A
- Exercise
- Zinc



The thyroid pathway begins in the brain and ends at the cell. Think of this like a relay race where each runner must pass the baton successfully to the next runner. Without the proper nutrition, the baton will get dropped and the thyroid won't reach the cell in the proper amount.

There are food and diet considerations that increase the success of the thyroid. To support your thyroid you need the following in your diet.

Protein, Vitamin B12, Magnesium, Zinc, Iodine Vitamin C, Vitamin D and Vitamin A, Selenium

There are food, diet and lifestyle considerations that hamper the success of the thyroid:

Stress, Infections, Trauma

Low Calorie Diets

Gut and gluten

Fluoride, Chlorine and Bromide

Toxins: pesticides, mercury, lead

While it may seem hard to imagine eating in a way that supports the thyroid, it really isn't super complicated. Many of the things that we have learned in our culture about dieting, under-eating and living a stressful life actually hamper the effectiveness of the thyroid.

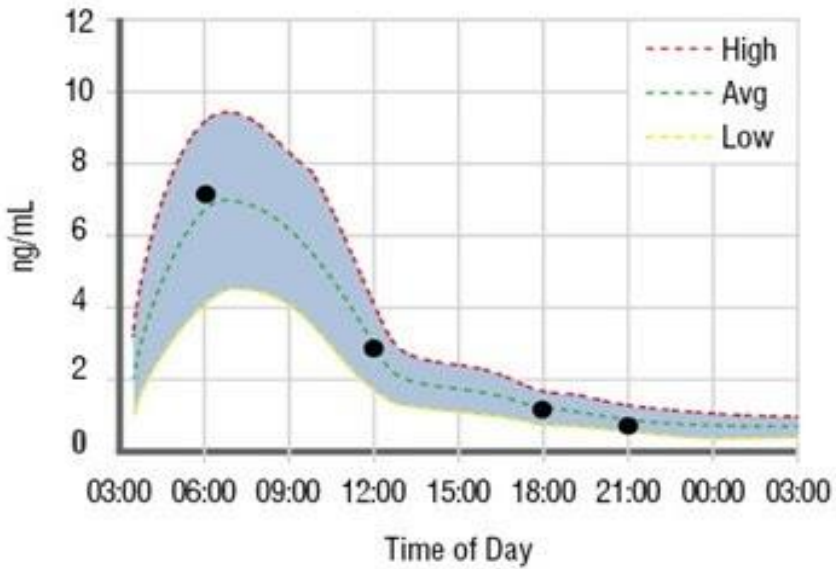
Part Two: The Adrenal Starter Kit

Many people know that they have a thyroid issue but often don't get the testing or understanding of how their adrenals are playing a role. Your adrenals are glands that sit just above your kidneys. When we need to act quickly, the adrenals come to our rescue by giving us a dose of cortisol. That cortisol tells our heart to beat, our blood pressure to go up and it also shuts down functions that we don't have to have. Cortisol acts as an antagonist to digestion, inflammation and hormone production. This is done to conserve energy. But overtime, if we stay in a stressed state, our body never goes back to its baseline. We stay inflamed, our digestion doesn't work, our hormones are out of balance and our cells think they are starving.

This is for many of us this is common. And it impacts our thyroid. When we are too stressed our body tells our thyroid not to go to our cells because it's the body's way of saying please slow down because I don't have time to repair right now. Often your thyroid will have a hard time right after a period of very high stress. Now does it make sense how these two are mingled?

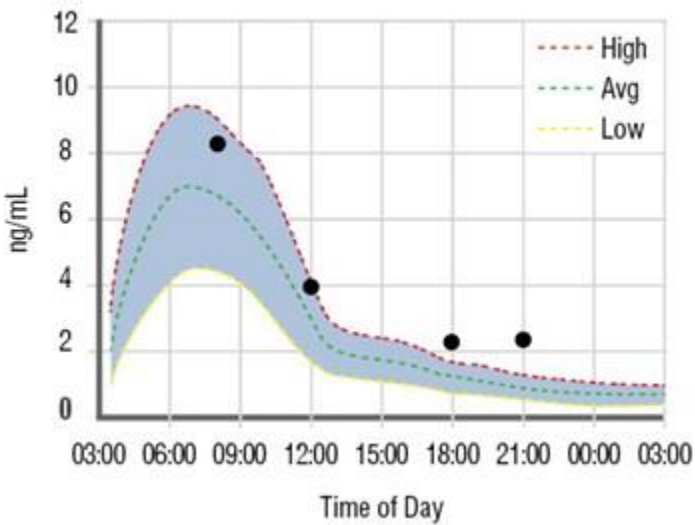
A healthy cortisol pattern looks like this:

DIURNAL CORTISOL – NORMAL

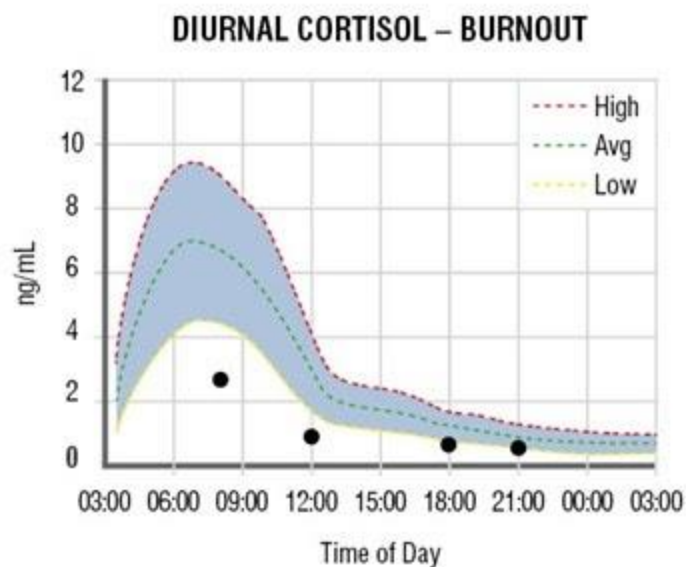


A person under loads of stress looks like this:

DIURNAL CORTISOL – CHRONIC STRESS



A burned out person looks like this:



The good news is that you can take

The Keys to Healthy Adrenals and Thyroid

Balance Your Blood Sugar.

Of all the interventions I see, the most powerful, the most simple and the most effective is to stabilize your blood sugar. Many of us begin the day feeling tired so we need a bit of caffeine and sugar to feel awake. Later we need some carbs, some salt and a bit of fat to make it through the afternoon. After dinner, we want a bit of something sugary to comfort us or we need a glass of wine to relax. But underneath this is a body that is running on sugar. When we eat in a way to keep our blood sugar stable, our body can relax. Otherwise our cells stay in starvation mode. This is what makes it hard to sleep and hard to focus. So adding protein, fat and fiber to each meal is the way to tell our cortisol to turn off. I've included a guide to using food to shut down the stress response as a handout. If your blood sugar isn't stable, your body will use cortisol to keep it stable. If your cortisol is always "on", your body can't ever get into a state where your thyroid can normalize.

Move Your Body

Your lymph system, which carries away waste, needs your attention. Unlike your heart, it doesn't have a pump. Light movement is the pump. It doesn't need to be difficult and taxing. You don't need a fancy gym or to feel the burn. Brisk walking is enough. Yoga is enough. Your body weight is enough. Move your body for at least 20 minutes four to five days a week. Choose weight bearing exercises like squats, lunges and pushups to increase your bone strength.

Get Natural Light

Our bodies are hard wired to the rhythm of the rising and setting of the sun. Just like the day has a natural 24 hour circuit, so does our brain and body. When this gets out of whack, so do our hormones. It's like having jet lag all the time. Try making it a habit to get natural sunlight on your face and body as soon as you wake up. Open your blinds or stand outdoors upon waking. Not only does this help your Vitamin D production, it tells your brain to produce cortisol. As the day is winding down, get off your devices. Staring at unnatural, blue light from screens signals your brain that it's still daytime. This makes it hard to fall asleep and keeps your cortisol elevated when it should be tapering off.

Go to Bed

Listen up night owls. I love you and I'm not trying to treat you like you are in grade school but... without proper sleep, your body cannot fully detox and repair itself. The optimal hours of sleep are between 11 pm and 7 am. The most restorative part of sleep occurs between 10 pm and 2 am so make sure you are tucked in tight by then if at all possible. Pull back on caffeine by 10 am so that you can get proper rest. Slow down on the alcohol or have it earlier in the afternoon. Alcohol disrupts blood sugar, halts melatonin production and interferes with the absorption of critical nutrients needed for the gut, thyroid and adrenals.

Recommended Supplements

There are supplements that can really support your health revolution. The ones I take personally include a probiotic, B vitamins including a methylated B12, Vitamin D, Vitamin C and iron. You may also want to look into adaptogens to support your adrenals, magnesium and digestive enzymes. Be sure to purchase quality supplements without gluten, soy or other fillers.

Food Intolerances:

One of the biggest myths we all have lived with is that the same food works the same way for everyone. Deep down we know that's not true. A food that is a superfood for me, might now work at all for you. Beyond the true food allergy that causes us hives, we all have hidden food intolerances. These play a huge role in thyroid and adrenal health because when we eat a food that we have a sensitivity to or an intolerance for, our body goes to war. It's like having an infection all the time and it makes your body stay in fight or flight. I totally believe in the importance of doing a high quality, IGG food intolerance test so that you can know and understand your food intolerances. Without this data, you are essentially driving in the dark. All your work to heal your gut or reduce your stress, won't be successful if you are eating a food everyday and you are not able to effectively absorb or digest it.

If you are interested in doing this test with a professional consultant, please send me an email. I utilize a test offered by US Biotek and have administered over 300 of these tests. This has been very helpful to so many as they sort out their health issues and get off the confusing and conflicting diet and nutrition information merry go round. Additionally if you want private support on healing your thyroid or supporting your adrenals to their full and healthy state, please email me at

mary@fuelbetterformula.com

Build Boundaries

As wellness seekers, we're constantly looking for ways to have harmony. On our plates, in our bodies and throughout our lives. Sometimes the places we are least healthy aren't at the end of our forks or in our green juices. Sometimes this means taking a hard look at our relationships and our definitions of self around time, money and our body. This is the hardest

part of healthy... the letting go of beliefs, cultural standards and expectations. To develop any kind of health, we have to trust ourselves. How often has saying yes to someone, meant breaking a promise to yourself? How often have you forgotten to speak up because you think you will disappoint someone else. Not everyone gets a seat at your table. Not every opportunity gets a yes. Everytime you say yes to one thing, you may be giving up something that your body really needs. This may be so ingrained and unconscious you may not even recognize your deep need to please, to avoid conflict and to keep peace any any price. But this may also be exactly why you are always tired. Often you have been over performing, over working and over delivering. A deep need to please comes from a very old place of hurt or being unseen. The first step towards healing is creating an unwavering friendship with yourself. It's OK to pull back on commitments and being available until your own selfcare is steady and ample.

I hope this begins your journey to having the deep health that you want.

Please follow me on FB at Mary Brooks, Sustainable Nutrition.

Visit my website at www.fuelbetterformula.com You can set up a free chat and apply to work with me one to one. Getting you to your truest and healthiest self is a lifelong goal and worth every bit of effort.

Thankyou!!

Mary Brooks