

10 Steps to Unstoppable Energy
FATIGUE FIX



www.fuelbetterformula.com

welcome



Fatigue is a show stopper.

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 like hitting a wall. Especially for women in peri and menopause who find this to be their new normal.

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.

Mary Brooks, M.Ed.

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. It can interfere with your goals and wellness objectives.



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

Signs of adrenal issues or low energy availability

- ✓ 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.

I'm a Functional Nutritionist with a Master's Degree in Health. I've helped hundreds of clients fix their fatigue naturally.

In 2007, my health took a major turn after having thyroid cancer. Through digging deeper into my physiology and metabolism, I transformed from tired, foggy and anxious into well, resilient and energetic.

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



Mary Brooks

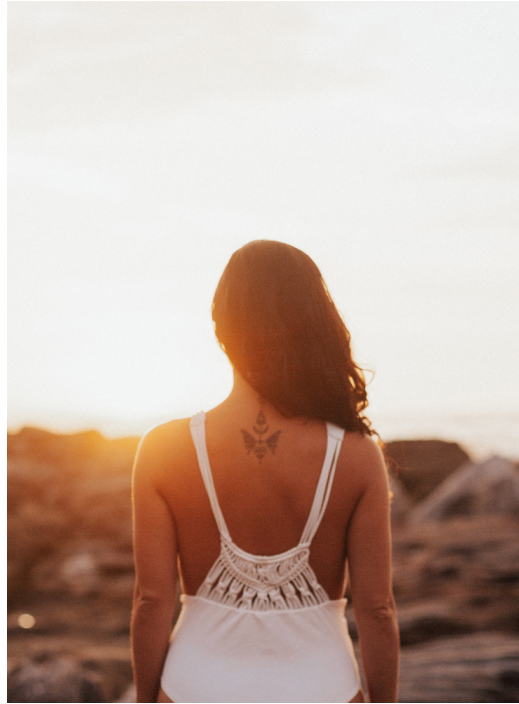


SET YOURSELF UP FOR SUCCESS.

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 I



DEVELOP DEEP RESPECT FOR YOUR NEEDS

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.

Realistic inventory

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.



Commitment

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

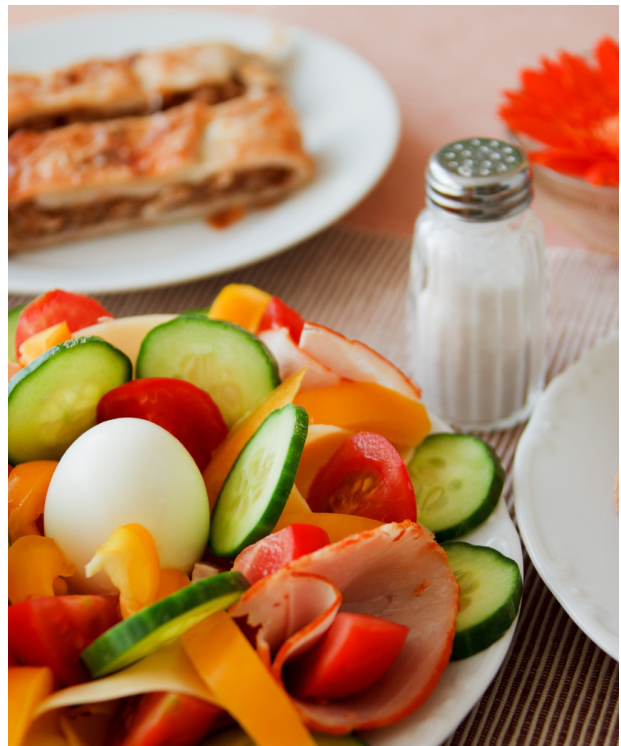


TIMING AND TEMPO OF MEALS

Proper blood sugar regulation is important so as not to create spikes in your blood sugar that cause reactive hypoglycemia. That hungry, shaky, anxious crash you experience is often a blood sugar reaction.

Balanced Meal

Undereating, such as skipping meals, or eating foods that are nutrient insufficient are also major causes for worsening fatigue. Balance every meal you eat with protein + fat + fiber.



Protein-rich breakfast

Often, simple tweaks in nutritional intake make a huge difference. One powerful one is a protein rich breakfast which many women aren't getting.

SAMPLE INTAKE SCHEDULE

Breakfast	Protein within 30 mins of rising
Mid-morning snack	11 am
Late lunch	1 pm
Dinner	6 pm

If you're hungry for a small snack before bedtime, try adding some protein and even some natural sugar like half a banana with almond butter to help promote sleep.

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 Dandy Blend or Warm Matcha.

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.

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 and broth
- Cooked apples
- 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 BOLSTER ENERGY:

- 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. Rushing when you eat will impair digestion.

Eat your meals sitting down – without other distractions.

Chew your food well. You may do better with more warm, cooked foods.

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 afternoon 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, draining your energy.

FOODS TO AVOID AND TO EMPHASIZE

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



SNACK TO BALANCE BLOOD SUGAR

As you feel better, you may need to snack less which is ideal.

Under stress, you'll crave more carbs but eating carbs alone can leave you depleted. Always pair them with a protein or fat.

Try these organic chocolate protein balls or grab a high protein snack like jerky, hard boiled eggs or full fat yogurt.

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.

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)

Step 7



EXERCISE WISELY

If you are going to exercise, choose short and quick over long, intense endurance.

One of the most overlooked fatigue fixers is walking.

A short 10 minute walk after meals will lower blood sugar too.



Add in restorative movement

- Foam-rolling or stretching
- Strength training
- Be sure to tune into your breathing often and fully exhale
- 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.



Cholesterol is the backbone of all of your hormones so chose great sources in meat, fish and other protein.

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.

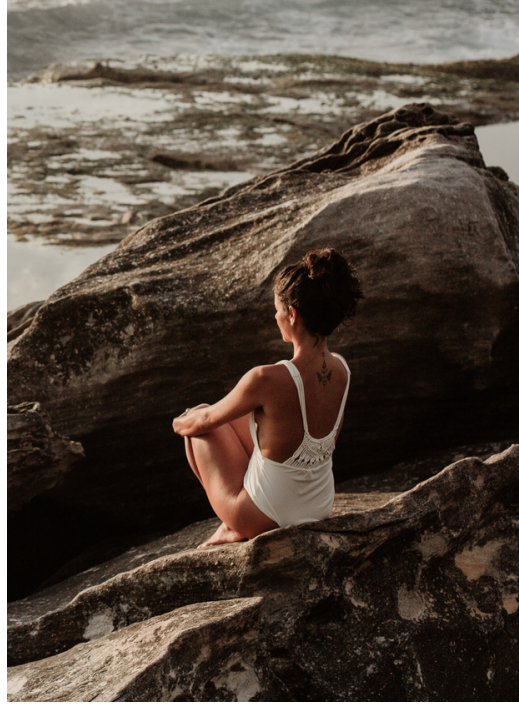
Try these simple practices to get better rest:

- Let sunlight (not your phone) be the first thing you see in the morning. This turns on clock genes that promote sleep.
- Do something consistent as a bedtime routine: skin care, a cup of tea, and evening meditation practice. Allow these to signal your body and mind to make the mental shift towards an evening wind-down practice.

BEAUTY SLEEP COCKTAIL:

- 4 oz water
 - 2 tbsp tart cherry juice
 - 1 tbsp fresh aloe from the aloe plant
 - Blend and drink 30 minutes before bedtime.
-
- Combine these essential oils in a diffuser for better sleep and breathing: 3 drops each of lavender, eucalyptus, and lemon

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.

Make the commitment to stop living in survival mode and give your body the attention and radical care it needs.

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.

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 deep wellness and setting yourself up for long-term success.

Want help conquering fatigue so that you can ditch fatigue and burnout and become unstoppable?

[SCHEDULE NOW](#)

Mary Brooks



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