



MORE ENERGY

Simply ways to repair and rebuild adrenal health.

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WELCOME YOU!!!!

Let me share something with you. This is a secret I used to keep to myself. I was not always moving and shaking the way I am now. You may not believe it, but there was a time when I would feel blah around 4 pm and regularly hit Starbucks for one of those sugar-laden lattes.

I was a sugar addict, not because I wanted to be, of course, but because my body was starved for energy and was looking for a quick fix. My sex drive was low, I was gaining weight, and my sleep was erratic. I was eating sweets and drinking coffee to feed my body when really what it needed was healthy fuel. I realized I had been suffering with an undiagnosed issue for years.

Finally, the aha moment came for me. I realized the underlying issue was adrenal fatigue and that I was not alone. There was no need for crazy blood tests or the fancy medications the doctor was suggesting. I just needed to change some things in my own life to get my mojo back. The good news for you is that you don't have to go through everything I went through to get the answers, because I am about to share my secrets with you. You are about to find out how to have rocket-fuel energy all day long. You may not have adrenal fatigue stage 1, 2, or 3, but who in this world does not have some level of stress in their lives?

If you are feeling the crash and burn around 3 or 4 pm, then this guide is for you, so buckle your seat belt and enjoy the ride because it is going to change your life.

Say goodbye to low energy, sugar cravings, poor sleep, and belly bloat; and say hello to glowing skin and a renewed you. Are you ready?

We are here to help you get off the sugar and caffeine roller coaster and into the vibrant zone.

XOXO



WHY ARE PHYTONUTRIENTS SO IMPORTANT

You may or may not have heard of the newest reason why you should eat your vegetables. Mom always told us to eat them and we've all heard about how good they are for us. They provide us with fiber and are a good source of vitamins and minerals. But now we're hearing they do so much more.



Unlike us, plants are unable to run away when threatened by outside danger. Because of this, plants have developed their own protection from these outside threats. Scientists have been busy studying these tiny compounds we call phytonutrients.

Simply put, phytonutrients are chemical compounds in plants that protect it from germs, pests, and environmental toxins. They have discovered up to 40,000 different ones and are still discovering more. It appears as though it's not just the vitamins and minerals that make vegetables so good for us. And the great news is that we are still learning of all the ways we can benefit from consuming phytonutrients.

In general, we can say that phytonutrients help prevent disease and infection, and improve general wellness.

Specifically, there are plenty of known benefits of eating phytonutrients. Some of the main benefits include:

1. **Antioxidant:** They can act as an antioxidant, ridding our bodies of damaging free radicals. If left to roam in the body, free radicals can cause damage to cells, proteins, and even your DNA.
2. **Antibiotic:** Phytonutrients are known to boost your immune system to help prevent bacterial infections.
3. **Cancer preventative:** Some of the phytonutrients studied, specifically in broccoli and tomatoes, may have cancer preventative properties.
4. **Anti-inflammatory:** Many are known to have properties to reduce inflammation, benefiting anyone with an inflammatory condition. This would include any condition ending in “-itis.”



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5. Immune support: Phytonutrients have qualities to support your immune function, which will help prevent disease and help you heal quicker. Immune function decreases naturally as we grow older, and eating a diet full of phytonutrients may slow that process down.

6. Tissue support and protection: They are known to strengthen tissue and speed healing.

It's best to choose organic plant-based foods so we're not ingesting any pesticides with our phytonutrients. Make use of local farmers' markets and stock up on great tasting fresh fruits and vegetables. Not only do we get the best produce from our local markets, everything is picked when it's ripe, providing us with more phytonutrients than from the produce you'll find in the grocery store. Many of the farmers who frequent farmers' markets follow organic farming principles, and all you need to do is ask if they do. So, we can support our local farmers and our health will benefit too.

We're very lucky—phytonutrients can be found in almost every plant-based food. This means if we eat a diet including lots of fruits, vegetables, herbs, beans, nuts & seeds, tea, and whole grains, we're getting a lot of phytonutrients too. It's easy to add more phytonutrients into your diet. For breakfast you could add spinach to your strawberry smoothie. At lunch you could add pumpkin seeds, carrots, red peppers, and blueberries to your mixed green salad. Since phytonutrients contribute to the color, tastes, and smell of the plant, make your food as colorful and tasty as you can. It just takes a little creativity in the kitchen. Your health and your taste buds will thank you!

LIVER EXAMPLE

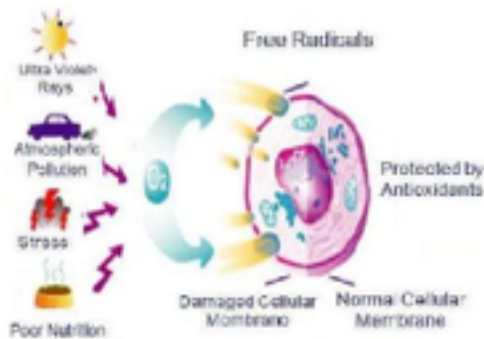
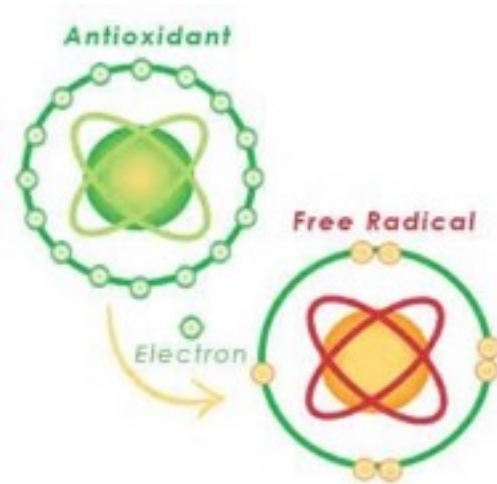
VINEYARD INGREDIENTS

Berry Blend	Natural additions
<p>BLUEBERRIES: One of the most powerful berries in terms of antioxidant content; high in flavonoids; protects against prostate cancer, urinary tract infections, cataracts, brain damage from strokes and heart disease, lowers cholesterol, helps fight many forms of cancer, helps fight obesity & heart disease.</p>	<p>GREEN TEA EXTRACT: One of the most potent nutraceuticals on earth; thermogenic fat burning effect; antioxidant rich; lowers serum glucose; lowers high BP; lowers cholesterol; reduction in tumors; prevention of cardiovascular disease.</p>
<p>BLACKBERRIES & RASPBERRIES: Among the most nutritionally powerful of all fruits and vegetables. Have strong anticancer properties (ellagic acid aids in cancer prevention). Helps protect against effects of aging and Alzheimer's disease. High in anthocyanins which protects against heart disease by lowering cholesterol.</p>	<p>GINGER ROOT: Increases circulation to brain, hands, feet; lowers cholesterol and blood pressure; increases perspiration and skin elimination; helps indigestion and nausea; increases lymph flow and elimination of mucus from respiratory system.</p>
<p>CRANBERRIES: Strong antibiotic, anti-fungal, and antiviral. Rich in antioxidants and Vit. C. decreases LDL cholesterol, strengthens capillaries, prevents breast cancer, and helps prevent urinary tract infections by removing bacteria from cells.</p>	<p>ARTICHOKE: The artichoke heart was added for soluble fibers. Artichoke is high in Vit. C, folate, magnesium, and potassium.</p>
<p>RED & BLACK CURRANTS: 50% higher in flavonoid antioxidants than other berries; stop common bacteria that cause food poisoning and urinary tract infections. Relieve swollen sore throats and help relieve rheumatism. Contain 25-30% GLA which helps in skin conditions. Very high in Vit. C plus Vit. E, carotenes, potassium.</p>	<p>GRAPE SKIN: Anti-inflammatory and anti-fungal. Many of same properties as whole grapes.</p>
<p>BILBERRIES: Rich in flavonoids and anthocyanosides and many antioxidants; strengthens vascular system, coronary arteries and helps prevent obstruction of heart arteries by fats; reduces inflammation, reduces arteriosclerosis. Best known for help in eye disorders, including vision, cataracts, and macular degeneration, with overall improved circulation to the head area.</p>	<p>COENZYME Q10: A vital enzyme catalyst for cellular energy. Boosts immunity, increases cardiac strength, reverses HBP, promotes natural weight loss, inhibits aging; used in treatments for congestive heart failure, angina, mitral valve prolapse, diabetes, cancer, and Candida.</p>
<p>ELDERBERRIES: High levels of anthocyanins and phenolics which reduce risk of heart disease, cancer, and help slow aging. Build immune response, antiviral, antibiotic, anti-carcinogenic. High in Vit. C and B6, among other nutrients.</p>	<p>VITAMINS C AND E: All natural sources from foods; small amounts added to assure standardization. Powerful antioxidants.</p>
<p>CONCORD GRAPES: Rich in potassium, iron, sodium, calcium, magnesium, phosphorus, which help maintain kidney balance, elimination of waste. Rich in Vit. C, some B Complex, flavonoids, antioxidants. Lymph stimulation, tumor buster, toxicity removal, strengthens heart & vascular system. High in Resveratrol. (Grapes meet the botanical definition of a berry.)</p>	<p>L-CARNITINE: An amino acid the body uses to turn fat into energy; improves ability of muscles and tissues to produce energy; increases cellular respiration; improves energy production within brain cells; antioxidant action.</p> <p>L-ARGININE: A semi-essential amino acid; precursor of nitric oxide, a potent endogenous vasodilator. Improves endothelial function; helps protect arteries and stabilizes blood pressure.</p>
	<p>GRAPE SEED: Very potent antioxidant; reduces rate of aging and risk of cancer; improves joint flexibility; enhances energy; enhances immune system; reduces inflammation; reduces fatigue; improves vision. Most significant benefit is protection against cardiovascular disease. High in Resveratrol.</p>
	<p>ENZYME BLEND: Protease: digests proteins. Lipase: digests fats. Amylase: digests carbohydrates.</p>

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What are free radicals, and do they play a role in cancer development?

Free radicals are highly reactive chemicals that have the potential to harm cells. They are created when an atom or a molecule (a chemical that has two or more atoms) either gains or loses an electron (a small negatively charged particle found in atoms). Free radicals are formed naturally in the body and play an important role in many normal cellular processes. At high concentrations, however, free radicals can be hazardous to the body and damage all major components of cells, including DNA, proteins, and cell membranes. The damage to cells caused by free radicals, especially the damage to DNA, may play a role in the development of cancer and other health conditions.



Abnormally high concentrations of free radicals in the body can be caused by exposure to ionizing radiation and other environmental toxins. When ionizing radiation hits an atom or a molecule in a cell, an electron may be lost, leading to the formation of a free radical. The production of abnormally high levels of free radicals is the mechanism by which ionizing radiation kills cells. Moreover, some environmental toxins, such as cigarette smoke, some metals, and high-oxygen atmospheres, may contain large amounts of free radicals or

stimulate the body's cells to produce more free radicals.

Free radicals that contain the element oxygen are the most common type of free radicals produced in living tissue. Another name for them is “reactive oxygen species,” or “ROS” .

What are antioxidants?

Antioxidants are chemicals that interact with and neutralize free radicals, thus preventing them from causing damage. Antioxidants are also known as “free radical scavengers.”

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The body makes some of the antioxidants it uses to neutralize free radicals. These antioxidants are called endogenous antioxidants. However, the body relies on external (exogenous) sources, primarily the diet, to obtain the rest of the antioxidants it needs. These exogenous antioxidants are commonly called dietary antioxidants. Fruits, vegetables, and grains are rich sources of dietary antioxidants. Some dietary antioxidants are also available as dietary supplements .

Examples of dietary antioxidants include beta-carotene, lycopene, and vitamins A, C, and E (alpha-tocopherol). The mineral element selenium is often thought to be a dietary antioxidant, but the antioxidant effects of selenium are most likely due to the antioxidant activity of proteins that have this element as an essential component (i.e., selenium-containing proteins), and not to selenium itself.



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“Stress” is a generic term that we hear every day, but what is it really, and what does it mean for the body and mind?



STRESS

Stress is hard to quantify because it is different for everyone.

Stress is a normal physical response to events that make you feel threatened or upset.

Some stress is beneficial. Helps us to grow and learn. Plant example.

Too much stress is bad bad bad.

The Stress Response

When you perceive a threat, your nervous system responds by releasing a flood of stress hormones, including adrenaline and cortisol. These hormones rouse the body for emergency action.

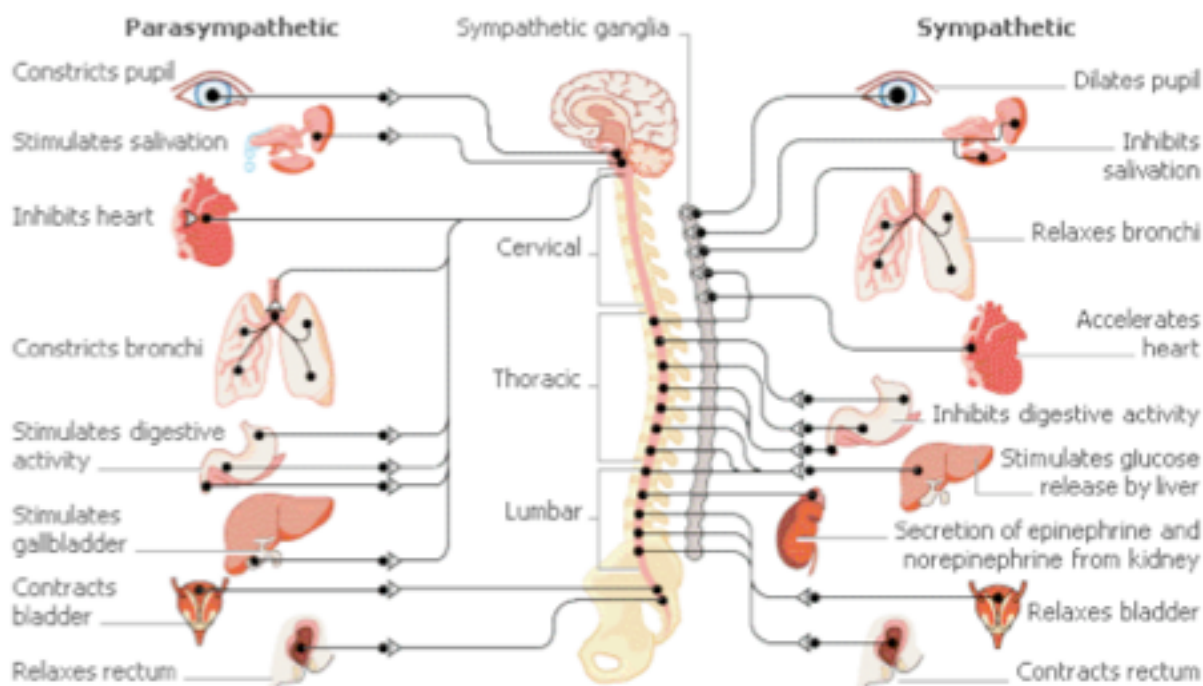
Your heart pounds faster, muscles tighten, blood pressure rises, breath quickens, and your senses become sharper. These physical changes increase your strength and stamina, speed your reaction time, and enhance your focus—preparing you to either fight or flee from the danger at hand.

This is an innate “fight or flight” response. Its required! Many organs are involved, but basically what is happening is your brain/hormones are equipping the body to be able to stay and fight or take off and run your tail off.

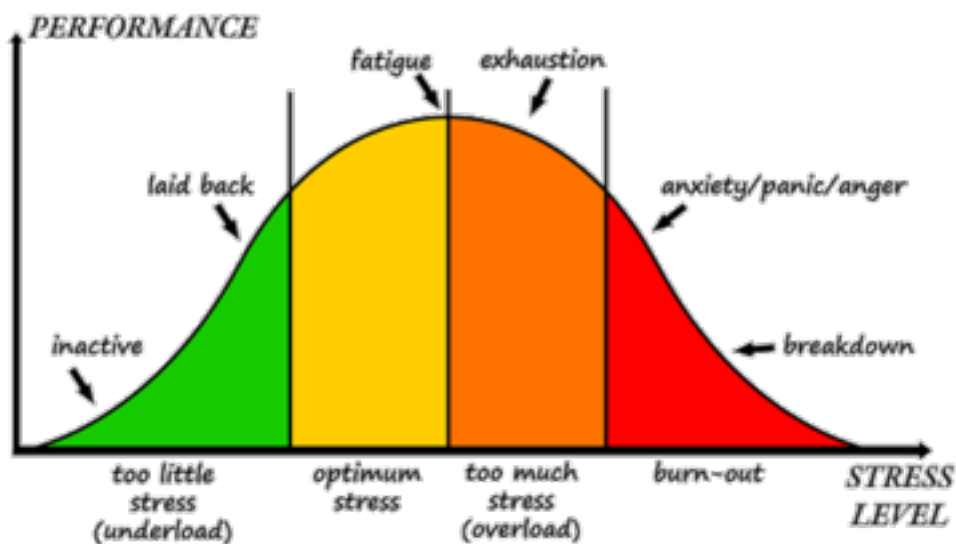


These are all very defined and real physiological changes that occur.

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STRESS CURVE



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Psychologist Connie Lillas uses a driving analogy to describe the three most common ways people respond when they're overwhelmed by stress:

Foot on the gas - An angry, agitated, or "fight" stress response. You're heated, keyed up, overly emotional, and unable to sit still.

Foot on the brake - A withdrawn, depressed, or "flight" stress response. You shut down, pull away, space out, and show very little energy or emotion.

Foot on both - A tense or "freeze" stress response. You become frozen under pressure and can't do anything. You look paralyzed, but under the surface you're extremely agitated.

Where we get into trouble is when we are also in "fight or flight". We have lost the ability to turn this state of the body off. The organs (adrenal glands mainly) are ALWAYS working. The heart is always going fast. The blood pressure stays up. The brain is always on HIGH ALERT.

It can be described as an on-going state of internal imbalance when "either the stimulating or tranquilizing chemical forces in the body dominates the other without relief."

They are neither good nor bad, but simply a physiological response. Prolonged exposure to stress, however, can lead to "burnout" and adrenal fatigue.



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SYMPTOMS

PHYSICAL SYMPTOMS

- Low Energy
- Headaches
- Upset stomach, diarrhea, constipation, nausea
- Aches, pains
- Chest pain / rapid heartbeat
- Insomnia
- Frequent Colds and infections
- Loss of sexual desire and/or ability
- Nervousness and shaking, ringing in the ear, cold or sweaty hands / feet
- Dry mouth and difficulty swallowing
- Clenched jaw and grinding teeth

EMOTIONAL SYMPTOMS

- Becoming easily agitated, frustrated and moody
- Feeling overwhelmed, like you are losing control
- Difficulty relaxing and quieting your mind
- Feeling bad about yourself (low self-esteem), lonely, worthless, depressed
- Avoiding others

COGNITIVE SYMPTOMS

- Constant worrying
- Racing thoughts
- Forgetfulness and disorganization
- Inability to focus
- Poor judgement
- Being pessimistic / seeing only the negative side



BEHAVIORAL SYMPTOMS

- Changes in appetite – either not eating or eating too much
- Procrastination and avoiding responsibilities
- Increased use of alcohol, drugs, cigarettes
- Exhibiting other nervous behaviors: nail biting, digesting, pacing, hair eating

LONG TERM AFFECTS

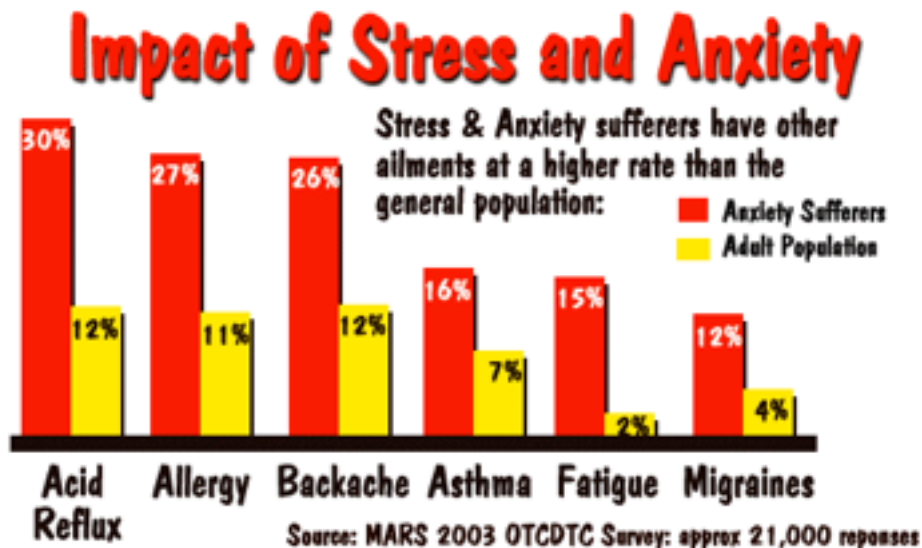
- Relationship issues, generally unhappy with life, lose of goals and dreams
- Mental health issues like depression, anxiety, personality disorders
- Cardiovascular disease, high blood pressure, abnormal heart rhythms, heart attacks, stroke
- Obesity and other eating disorders
- Menstrual problems, fertility issues
- Sexual dysfunction, impotence, PE, lose of sexual desire
- Skin and hair problems, acne, eczema, permanent hair loss
- Gastrointestinal problems, GERD, ulcerative colitis, irritable colon, IBS

ADRENAL FATIGUE

Adrenal fatigue is one of the most under-diagnosed health issues in the US today and one of the main by-products of prolonged stress. It is a combination of symptoms that may not immediately appear as a concern but leave you with a general feeling of malaise and “not feeling right” . The issues associated with adrenal fatigue can eventually lead to diabetes, heart disease, and cancer if left untreated for too long.

SOME SIGNS AND SYMPTOMS OF ADRENAL FATIGUE INCLUDE:

- Waking up tired in the morning after a full night’ s sleep
- Frequent infections
- Hypoglycemia
- Hard-to-explain weight gain
- Decreased sex drive
- Hormonal issues
- Cravings for sweet or salty foods
- Lowered immune system
- Long recovery time from illnesses
- Recurrent yeast infections



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THE FOUR AS: Avoid, Alter, Adapt, Accept

Avoid unnecessary stress. Not all stress can be avoided, but by learning how to say no, distinguishing between “shoulds” and “musts” on your to-do list, and steering clear of people or situations that stress you out, you can eliminate many daily stressors.

Alter the situation. If you can't avoid a stressful situation, try to alter it. Be more assertive and deal with problems head on. Instead of bottling up your feelings and increasing your stress, respectfully let others know about your concerns. Or be more willing to compromise and try meeting others halfway on an issue.

Adapt to the stressor. When you can't change the stressor, try changing yourself. Reframe problems or focus on the positive things in your life. If a task at work has you stressed, focus on the aspects of your job you do enjoy. And always look at the big picture: is this really something worth getting upset about?

Accept the things you can't change. There will always be stressors in life that you can't do anything about. Learn to accept the inevitable rather than rail against a situation and making it even more stressful. Look for the upside in a situation—even the most stressful circumstances can be an opportunity for learning or personal growth. Learn to accept that no one, including you, is ever perfect.

BETTER COPING

Set aside relaxation time. Relaxation techniques such as yoga, meditation, and deep breathing activate the body's relaxation response, a state of restfulness that is the opposite of the stress response.

Exercise regularly. Physical activity plays a key role in reducing and preventing the effects of stress. Nothing beats aerobic exercise for releasing pent-up stress and tension.

Eat a healthy diet. Well-nourished bodies are better prepared to cope with stress. Start your day with a healthy breakfast, reduce your caffeine and sugar intake, and cut back on alcohol and nicotine.

Get plenty of sleep. Feeling tired can increase stress by causing you to think irrationally. Keep your cool by getting a good night's sleep.



STEP #1 EAT YOUR WAY OUT OF BURNOUT INT

EATING AT THE RIGHT TIMES CAN MEAN
THE DIFFERENCE BETWEEN DRAGGING
AND BOUNCING!

I RECOMMEND EATING AT THE FOLLOWING TIMES:

BREAKFAST before 10 am

SNACK 11–11:30 am

LUNCH 2–3 pm. Eating between 2–3 pm combats the body's dip in cortisol between 3–4 pm.

DINNER 5–6 pm

SNACK BEFORE BED A few bites of a nutrient-dense snack, such as Protein Balls, (see recipes below) or a few nuts or seeds will do the trick!

These foods are the best foods to renew and recharge. This means fighting off the sugar cravings and that tired feeling in the afternoon.

FOODS FOR MEAT EATERS: Enjoy a variety of lean proteins and fish, preferably organic. If you are buying meats, look for grass-fed, hormone-free, and nitrate-free. Easy-to-digest proteins such as eggs, goat milk kefir, and goat cheese are simple and easy ways to get those vital amino acids.

Bone broth soups (see recipes) are amazingly nourishing and provide easy-to-assimilate nutrients.

FOODS FOR VEGETARIANS: Miso, eggs, sea veggies, yogurt and kefir, beans, sprouts, super foods, nuts, avocado, and seeds are all great choices.

BEST VEGGIES TO EAT: Any dark green vegetables are good. Excellent vitamin-packed veggies include Swiss chard, celery, beets, spinach, sprouts, kelp, dulse, red peppers, and zucchini.

GOOD FATS: Cooking – Coconut Oil
Non-Cooking Oils – Avocado, Flax, and Olive

ENJOY YOUR NUTS AND SEEDS: Always eat your nuts and seeds raw and store them in the freezer to avoid spoilage.

Try adding sunflower seeds or pumpkin seeds to salads. Add walnuts in your morning oatmeal (they are fabulous for thyroid and adrenal health).

A NOTE ABOUT FOOD ALLERGIES: Undiagnosed food allergies can raise cortisol levels and histamine levels in the body, thereby taxing the adrenals. Be a detective and make sure you are aware of your allergies and intolerances.

AVOID	INCLUDE
Refined flour	Whole grains such as millet, quinoa, buckwheat and brown rice
Refined sugar	Coconut palm sugar, agave, stevia, honey
Caffeine	Green drinks, more sleep, maca
Prepackaged “convenience” foods	Warming, nutritious, home-cooked meals
Bananas, raisins, dates, figs, oranges, grapefruit	Papaya, mango, pears, plums, kiwi, cherries, apples, mango

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STEP #2 FABULOUS ADRENAL-BOOSTING RECIPES FOR BUSY PEOPLE

CRUNCHY ALMOND ENERGY BALLS

(Makes 26 balls)

2 stevia packs, or 4 drops of liquid stevia
2 scoops hemp protein powder
¼ cup hemp seeds or ¼ cup flax meal
⅓ cup coconut oil, melted

¼ cup coconut flakes, unsweetened
¼ cup chopped almonds
1 teaspoon vanilla extract

MIX ALL INGREDIENTS in a food processor or by hand.

FORM INTO 1" BALLS, and refrigerate for at least 30 minutes.

MINERAL-RICH BONE BROTH (BEEF/ CHICKEN & GARLIC)

Recipe By Sally Fallon

(Makes 26 balls)

4 quarts of filtered water	1 whole bulb of fresh garlic, cloves peeled & smashed
1.5- 2 pounds of beef knuckle bones (or any other kinds of bones/meaty bones/marrow bones - chicken necks are inexpensive and work great)	2 tablespoons of raw apple cider vinegar (organic and unfiltered, such as Braggs)
	1 teaspoon unrefined sea salt

PLACE all ingredients in a 6-quart pot and set the heat to HIGH.

BRING the stock to a boil, and then reduce the heat setting to LOW.

ALLOW the stock to cook for a minimum of 16 hours and up to 24 hours.
The longer it cooks the better!

TURN OFF the heat and allow the stock to cool.

STRAIN the stock through a fine mesh metal strainer and throw away what you skim off.

PLACE the cooled stock into glass jars for storage in the fridge (for up to four days) or freeze for later use.

You can drink this stock before a meal or at any time of the day, or use it as a base for soups, stews or in any recipe that calls for it. This can be made in a crockpot as well.

VARIATIONS:

Use any other kind of animal bones you like; chicken especially will take less time due to smaller pieces.

Add your favorite chopped veggies like carrots, celery, kale and onions for more flavor or variety.

EASY TRADITIONAL MISO SOUP

From *The Body Ecology Diet* by Donna Gates

5-inch strip wakame (sea vegetable)
1 large onion (about 1 cup)
4 cups filtered water
2 tablespoons miso (ideally fermented for
6 months – 2 years)

Garnish – chopped parsley, green
onions, ginger or watercress

SOAK the wakame in water for 10 minutes and slice it into 1.5 inch pieces.

THINLY slice onions.

PUT water, onions and wakame in a saucepan and bring to a boil.

REDUCE the heat to simmer for 10 – 20 minutes, until tender.

REMOVE 1.5 cups of broth from the saucepan, place in a bowl.

ALLOW water in the bowl to cool a bit and add the miso, mixing it into the water (the water should not be boiling, because it can kill the live beneficial micro flora and enzymes in miso. In general, the micro flora in koji, the starter used to make miso, die at 105° F).

TURN OFF heat; allow the water to cool a bit.

ADD the miso broth to the soup in the saucepan and add chopped parsley, green onions, ginger or watercress for garnish.

STEP #3 EXERCISE FOR ADRENAL HEALTH

Exercise is important to keep the blood and lymph flowing. However, it is also important to honor your body when it wants rest and not push yourself. Sometimes less is more.

You can choose to do high intensity training such as running, swimming (racing), interval training, boxing, kick boxing, or cycling. Or you can do low intensity training such as tai chi, walking, water aerobics, yoga, or swimming.

STEP #4 LIFESTYLE CHOICES FOR HEALTH AND WELL

Stress is essentially created in the mind. What stresses one person to the point of distraction doesn't give someone else a reason to pause; hence it is all the way we look at things.

Some tips for dealing with stress:

Get clear about what is draining your energy in life.

Make a list of people and situations that leave you feeling de-energized and depleted.

If you know a situation depletes you, then set clear boundaries for dealing with that specific situation.

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STEP #5 SELF-LOVE

Do something for yourself at least once a day. A lot of us are so busy taking care of work, our loved ones, or other life commitments that we forget that we need love, too.

Relax and breathe - take time to breathe deeply for a few minutes each morning and each evening to clear your mind. This will reset the sympathetic nervous system and tell your body that the fire is out and that it can stop the production of adrenaline and cortisol.

Smiling and laughing let your body know that life is not an emergency, so smile and laugh often.

STEP #6

SLEEP IN ESSENTIAL IN RECOVERY!

Get to sleep by 10pm – in bed, lights out.

Cortisol is released at about 11pm and leads to a second wind that can keep us up for hours.

Do your best to wake up between 7:00 and 9:00am.

Put magnesium oil on your feet before bed with a few drops of lavender.

Enjoy a cup of chamomile tea with one tablespoon raw honey to relax your body.

Did you know this cool fact about honey and sleep?

“ONE EFFICIENT FORM OF BRAIN ENERGY COMES FROM SUGAR STORED IN YOUR LIVER, CALLED LIVER GLYCOGEN. YOUR BRAIN TAPS YOUR LIVER GLYCOGEN BEFORE HITTING YOUR MUSCLE GLYCOGEN (STORED SUGAR IN YOUR MUSCLES), SO HAVING A LITTLE EXTRA SUGAR BEFORE BED CAN HELP YOUR BRAIN FUNCTION BETTER AT NIGHT. “

- The Bulletproof Executive, Dave Asprey

STEP #7

AVOID FOODS THAT STRESS THE GUT

Too often, we eat foods that irritate the gut. Despite taking good care of ourselves, hitting the gym, and drinking green juices, we may find ourselves feeling tired because we eat foods that irritate our intestinal lining and deplete our adrenals.

MY BEST ADVICE IS TO DO THIS:

Take a good quality probiotic to ensure you have enough good bacteria to combat unwanted pathogens and toxins that find their way into the body. This will reduce the rise of cortisol if you do eat a food that irritates your gut lining.

Avoid foods that have additives, preservatives, nitrates, and sugar that deplete your natural energy sources.

Consume foods that heal the gut such as miso, bone broth, dairy or non-dairy kefir, fermented vegetables, ghee, yogurt (dairy or non-dairy) at least once a day.

STEP #8

AWAKEN TO THE POWER WITHIN

I have found that centering myself throughout the day is essential for my success. I know you are busy and most of my clients are busy, too, so I suggest writing down an intention every morning. Make sure you get clear every day on what inspires you, so when you begin to feel drained you can tap into that place. Great books for inspiration include works by Tony Robbins, Louise Hay, and Deepak Chopra.

I set my iPhone to go off every 3 hours with inspirational reminders, which help me to relax, take a deep breath, and de-stress. Remember, stress leads to lots of different health issues and you are too fabulous to have any of those. Instead you want to harness rocket-fuel energy to achieve your life goals, whether they are running a half marathon, hiking up a mountain, playing with your kids outside, or fulfilling any dream or desire you may have.



What is Juice Plus+

Juice Plus+ is whole food based nutrition, including juice powder concentrates from 30 different fruits, vegetables and grains. Juice Plus+ helps bridge the gap between what you should eat and what you do eat every day. Not a multivitamin, medicine, treatment or cure for any disease, Juice Plus+ is made from quality ingredients carefully monitored from farm to capsule to provide natural nutrients your body needs to be at its best.

- **Whole Food Nutrition**
- **Vine Ripen**
- **Very Clean**
- **Processed Well**
- **Proven with science**
- **Time Tested**

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Juice Plus+ Clinical Research

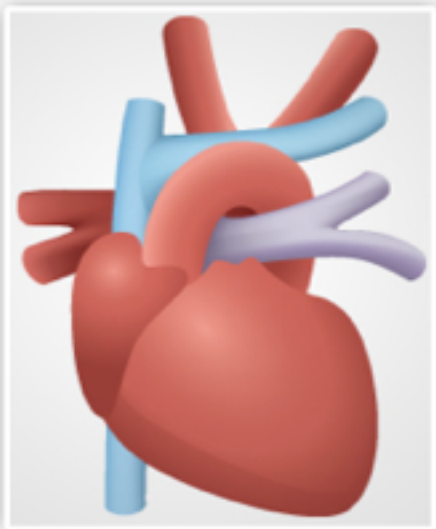


HEALTHY GUMS

Support Dental Health With Juice Plus+

Juice Plus+ helped improve gum health and diminish bleeding in a periodontal study.

The University of Birmingham, United Kingdom



HEART HEALTH

Juice Plus+ Contributes to Cardiovascular Wellness

Research subjects who consumed Juice Plus+ were better able to maintain the normal, healthy elasticity of arteries, even after a high-fat meal; maintain normal levels of homocysteine, a waste product associated with heart health; and demonstrated positive effects on several other measures of vascular health.

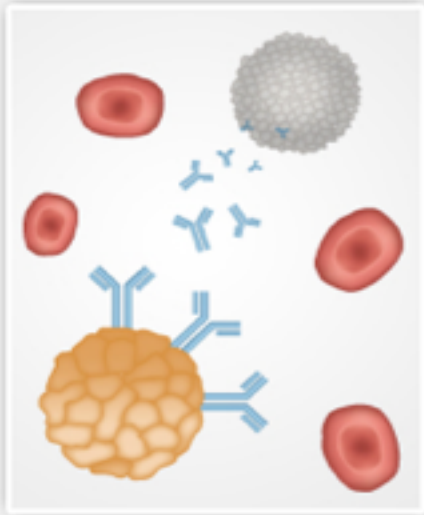
University of Maryland School of Medicine

University of Sydney in Australia

Vanderbilt University School of Medicine

University of Milan, Italy

Juice Plus+ Clinical Research



IMMUNE SYSTEM

Support Your Immune System With Juice Plus+

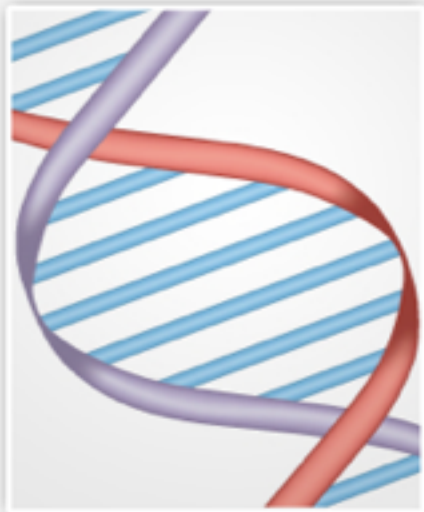
Juice Plus+ supports key measures of immune system function in healthcare professionals with direct patient contact; in young law school students; in an elderly population; and in athletic men.

Charité University Medical Centre, Berlin, Germany

University of Florida

University of Arizona

Medical University of Graz, Austria



DNA

Juice Plus+ Helps Protect DNA

DNA may become damaged and fragile when exposed to oxidative stress; antioxidants from fruits and vegetables can help maintain healthy DNA. Several clinical studies show that Juice Plus+ helps to protect DNA from oxidative stress.

University of South Carolina

University of Florida

Brigham Young University

Medical University of Graz, Austria

Juice Plus+ Clinical Research



OXIDATIVE STRESS

Juice Plus+ Delivers Antioxidants into the bloodstream & Reduces Oxidative Stress

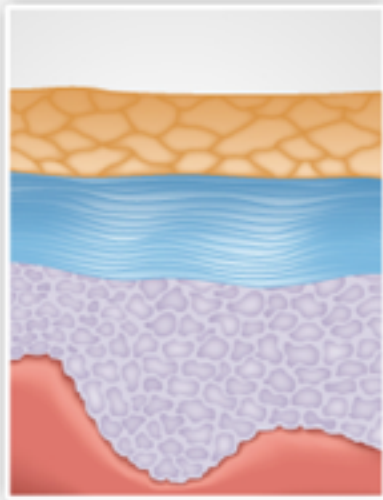
Antioxidants from fruits and vegetables fight oxidative stress and help you maintain optimal health. Numerous clinical studies report increased levels of key antioxidants in the bloodstream after taking Juice Plus+.

University of Texas/MD Anderson Cancer Center
Nemours Children's Clinic
Tokyo Women's Medical University, Japan
Medical University of Vienna, Austria
University of South Carolina
University of Florida
Georgetown/UCLA
University of Sydney, Australia
King's College, London
University of Arizona
Brigham Young University

Oxidative stress can increase with certain activities, such as exercise. Multiple studies have found that Juice Plus+ reduces oxidative stress from exercise.

Medical University of Graz, Austria
University of North Carolina, Greensboro (first study)
University of North Carolina, Greensboro (second study)

Juice Plus+ Clinical Research



HEALTHY SKIN

Better Nutrition Leads to Healthier Skin

Juice Plus+ helps improve skin hydration, skin thickness, and circulation in skin capillaries.

University of Witten-Herdecke, Germany
Medical University of Graz, Austria



SYSTEMIC INFLAMMATION

Ease chronic disease through healthy diet, proper nutrition

Juice Plus+ has been shown to support a healthy inflammatory response.

Chronic systemic inflammation is invisible, and can contribute to an increased risk for developing chronic health conditions. Investigators at the University of South Carolina found Juice Plus+ significantly decreased levels of three key biomarkers of inflammation.

University of South Carolina
Medical University of Graz, Austria

Juice Plus+ Clinical Research

These statements have not been evaluated by the Food and Drug Administration. This is not intended to diagnose, treat, cure, or prevent any disease. www.BonnieKissinger.com.



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Bonnie Kissinger

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Triathlete, Rockstar

www.BonnieKissinger.com