

# Kickstarter Plan Snapshot

Living a more energetic life, in which you feel your physical and mental best, is within your control. This step-by-step guide is meant to help you kickstart, and keep, healthy habits.

Consider how you can integrate these steps into your routine to improve your overall wellbeing. Please consult your primary care physician before making any dietary or lifestyle changes.

## You are in control

### 1 Get tested

Ask your doctor to test your blood levels of TSH, free T4, free T3, fasting glucose, fasting insulin, HgBA1C, vitamins D<sub>3</sub> and B<sub>12</sub>, RBC-folate, ferritin, hs-CRP, ANA, and ESR.

### 2 30 day elimination diet

Avoid eating all gluten, dairy, added sugars, and processed foods for one month.

### 3 Begin supplementing

Take methylated B<sub>12</sub> and methyl-folate (5MTHF), 1,000 mcg of each daily. Take omega-3 fatty acids (EPA/DHA), 1,300 mg daily. Take vitamin D<sub>3</sub> with K2, 5,000 IU daily. Take high quality probiotics daily.

### 4 Rethink your bedtime

Go to bed by 10:00 p.m. every night to limit evening cortisol spikes.

### 5 Move meaningfully

Do 20 minutes of aerobic exercise two days per week. Do 45 minutes of controlled movement (e.g. yoga, tai chi, qigong) two days per week. Do 20 minutes of strength building two days per week. Do one day of rest and chill per week.

### 6 Control your tech

Place a one-hour daily time limit on all social media, and shut down all screens by 9:00 p.m.

### 7 Meditate

Meditate, or practice controlled breathing exercises for at least 5 minutes per day.