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The 5 Secrets to Vibrant Health

Are you're ready to level-up your health or do you have a few unresolved, nagging symptoms?

It's my intention that My 5 Secrets to Vibrant Health report will change your health and life forever.

You've likely heard common health hacks on social media, and some of them actually work. What I have to share with you has evolved from over 22 years of education and clinical practice.

The most commonly reported symptom I hear is fatigue.

Do you wake up feeling tired? Do you reach for coffee, sugar or chocolate in the afternoon because you're dragging at work? Do you say things to yourself like, *"I should go to the gym,"* or *"I should cook healthy food for myself,"* but you don't have enough energy or motivation?

Keep reading, many of the keys you need to feel energized are right here in this report.

Exhaustion usually comes with other health challenges.



Do you have mysterious symptoms that come and go and your doctor doesn't really have an answer? Some are just annoying like digestive issues, such as bloating or gas and weight you can't seem to lose, especially around your belly. You may feel puffy or inflamed and have joint and muscle aches and pains. You may have cold hands and feet, hair-loss, low libido, sinus pressure, dizziness when you stand too quickly, or overall feeling of weakness. Or you may experience symptoms that can feel more debilitating like addictions, headaches, PMS, fast or irregular heartbeat, or lack of concentration and forgetfulness.

What a downer! This is no way to live! There is hope and I can help because I've been there myself and healed! I have always wanted to level-up my health and help others do the same, it's I am in the field of medicine.

Let's focus on how your body is designed to heal! When you understand what is happening inside your body, you can take informed action. When you learn my secrets, you'll have what it takes to implement things into your nutrition and life that will make a lasting difference.

Imagine waking full of energy each day, your brain functioning well, your body strong, and sexy! You notice your self-esteem is soaring, having lots of patience for those around you, and feeling on top of your game all the time. Your body has what it needs to fight off infection, balance hormones, and brain chemicals. You have more energy to pursue your passions and



enjoy life.

I understand Transformation. I used to be exhausted and had many mysterious symptoms! I went from doctor to doctor searching for answers and was given pharmaceutical drugs or told it was all in my head. I had trouble getting out of bed each morning and dreaded the sweet, but early morning voice of my son.

I felt guilty, too. I had migraines, jaw pain, cold hands and feet, had loads of digestive issues (embarrassing and stinky gas, bloating, and constipation), was 30 pounds overweight, had muscle spasms and pain jumping from one place on my body to another. I couldn't sleep at night; I couldn't think straight and would lose my words mid-sentence.

Fortunately, I got to the bottom of why I was feeling so crappy and then learned simple tools that turned my health around! Now I have lasting energy and mysterious symptoms are gone, gone, gone!

And you can too! It's actually easier than you think.

There are some logical reasons you may be sick and tired with mysterious symptoms. I will list these reasons, and give you my clinical pearls to move beyond the exhaustion, both in this report, and in future emails.

You're about to discover my top secrets to vibrant health. These



are likely to help you get a quicker handle on your health, level-up, and heal.

SECRET #1: Building Your Blood is Important for Vibrant Health.

You know the feeling...waking up feeling exhausted, dragging yourself through your day, unable to exercise or cook healthy food for yourself. Your job may even be in jeopardy because you are less productive than most; your brain isn't working as well as it used to and it shows. You likely reach for coffee and sugar to help boost you up when you're feeling down, you believe you can't function without it. You may be blaming it on old age but you're only in your 40's or 50's.

First, you should know that you're not alone. Most Americans complain weekly about some level of fatigue. But the secrets I'm going to share with you, most people never consider and neither do their doctors!

It's important to know the reasons behind your tiredness, brain fog, and mysterious symptoms. These are signals from your body that something is out of balance. Your body is speaking a language and often you don't understand, and neither does your doctor.

Healthy Blood is very important for a healthy life. Many things in the blood can be subclinical, going undetected for years, and causing you to feel tired or have other bothersome symptoms.



Getting every aspect of your blood back on track can make a huge difference in your energy levels.

Consider a comprehensive lab panel to check your blood according to functional and healthy lab ranges. Most doctors and naturopaths use standard lab reference ranges that are based on illness and not accurate measures of health. I find **Subclinical or full-blown anemia are very common and most standard lab tests miss it.** Understanding what is happening in your blood informs what your body needs.

Your exhaustion, brain fog and some of those mysterious symptoms might be due to some form of anemia. Subclinical anemia means it's not bad enough for your Western medical doctor to find it and your Naturopath is likely not trained in the highest level of functional blood chemistry analysis, so it gets missed. Full blown anemia is also common. And did you know that there are many kinds of anemia and they don't all require iron!

Signs of Anemia: (and more likely if you have a combination of symptoms)

I see many people who have more than one type

- Dizziness
- Cold hands and feet
- Headaches



- Muscle fatigue
- Irregular or racing heartbeat
- Weakness
- PMS and menstrual disorders
- Pale complexion.

The [American Society of Hematology](#) states: “Anemia is the most common blood disorder, and according to the National Heart, Lung, and Blood Institute, it affects more than 3 million Americans.”

Often people associate taking iron as the cure for anemia. But did you know that there are 3 main categories of anemia and under them are 20 different variations? Only a few of them need iron to resolve the anemia. It's essential to know exactly what kind you have so you know how to treat it appropriately.

How can you know which kind of anemia you have? The only trusted way I've found is to do a truly comprehensive lab panel.

Most MDs and even most Naturopaths don't order a truly comprehensive panel for a few reasons. First, because insurance won't pay for it and it can cost \$4,000 and up, just for the lab.

Second, because they aren't taught what a comprehensive panel contains. It doesn't necessarily matter to them because they are bound by the “Standard of Care” narrative which dictates very specific treatment protocols based on primitive



and individual lab findings, rather than looking at the entire person and lab as a complex and interconnected being and environment.

Protocols? Yes, that's right! They lump you with millions of others and treat you just like everyone else.

Regardless of what the “whole picture” may uncover, they must treat everyone the same and give the same drug for that one marker, regardless of the underlying cause. They aim to cover the symptoms, completely ignoring the underlying cause. This kind of treatment disregards individuality and biochemical uniqueness. What a shame!

You are unique and deserve to be treated as such, especially when it comes to your health!

When I read your full lab panel, called “Functional Blood Chemistry Analysis,” it's as if I'm putting the complex and beautiful puzzle pieces of your health together to give me a full picture of what is going on and what your body needs.

In my practice, various forms of anemia come up regularly during Functional Blood Chemistry Analysis. I understand the difference between “Microcytic Anemia,” “Hypochromic Anemia,” and “Megaloblastic Anemia,” so you don't have to.

I tell my patients, *“I'm a health geek, so you don't have to be.”*

I translate things that have big names into easy-to-understand



words, so you are empowered and hopeful about your health. These often won't show up if only a few standard lab markers are check.

A full panel is required in order to discern one form of anemia from another. I need all the puzzle pieces to complete a comprehensive assessment and give you the answers you've been searching for.

One more thing about anemia. Almost every vegetarian I've met has some form of anemia, even though they claim to take B12. And many non-vegetarians have some form of anemia due to their poor digestion.

You may be eating well but not absorbing your nutrients well. And this can lead to several different forms of anemia. If your gut isn't healthy, then you can't absorb nutrients and you will develop anemia as well as other health issues.

Here's a hint, if you have any allergies (food or environmental), bloating, gas, acid reflux, depression, anxiety or mood swings (any brain chemistry issues, especially if you take medications for them), recurrent infections, belly fat, any antibiotic use in your lifetime, any kind of autoimmune disease such as Hashimotos Thyroiditis, Rheumatoid Arthritis, Eczema or Psoriasis, Lupus, Multiple Sclerosis, Crohn's Disease or Irritable Bowel Disease or Alzheimer's then your gut absolutely needs help and fast! It's just a matter of time before expensive and possibly debilitating pain and suffering will set in. If you have



any of the above, you're not digesting and absorbing your nutrients well and this sets the stage for various kinds of anemia.

My belief is this: **If you can give your body what it needs to have healthy blood, then why not?** Don't you agree!?

So, if you're exhausted and have weird symptoms that your doctor can't figure out, you might want to find out if you have some form of anemia.

Healthy blood means a healthy life!

SECRET #2: Detoxification is essential for Vibrant Health!

There are many "quick" detox programs out there but honestly, peeling off the layers of Environmental Toxins and Chemicals can take time. And your organs of elimination (liver, kidneys, large intestine, lymphatic system, and skin) must receive the support they need in order to get the job done.

Many people who experience exhaustion frequently have sensitivities or allergies to environmental toxins and chemicals because they've accumulated in your body for a long time, even in utero.

Are you sensitive to smells like nail polish or chemical cleaners? Have you been diagnosed with environmental allergies or notice you get running, itchy eyes, breathing difficulty such as



asthma or wheezing, headaches, sinus pressure, thick ear wax, itchy skin, postnasal drip and sore throats? Or do you suspect you may be sensitive to things like mold, dust, plant pollens, grasses, mesquite, animal dander and fumes (pumping gas, wood burning stoves, cigarette smoke.)

Environmental allergies can be triggered by an overload of toxic chemicals in the body. They are closely related to the gut and to food sensitivities and allergies as well---they all contribute to the toxic load your body must deal with. It creates immune dysfunction, which robs your body of energy. When the toxic overload is sufficient, and your immune system is thrown off balance, your body fatigues and manifests allergy symptoms. When you decrease the toxic load and balance immune function, energy increase while allergy symptoms resolve.

I have helped many, many people alleviate their environmental allergies by identifying the root causes. Their healing usually included some kind of detoxification, cleaning up their diets and repairing their guts. This might sound daunting if you don't know what you're doing, but I make healing simple and fun so you can be free, enjoy your life and thrive!

If you have environmental and chemical intolerance, you are not tolerating your environment which leads to loss of "self-tolerance."

You'll learn more about this in the section on Autoimmunity.



Signs of environmental or chemical intolerance or allergies:

- You get PMS and even get breast cysts or have uterine or ovarian cysts (polycystic ovarian syndrome-POS), or fibroids.
- You have skin challenges like dry, cracking skin, acne, eczema or psoriasis.
- You notice that your brain turns off at inconvenient times, like running into an acquaintance and you just can't remember their name so you fake it, or your attention and ability to concentrate is limited and you feel scattered.
- You've had cancer before.
- You get headaches, migraines, muscle or joint aches.
- You have sinus pressure, itchy or runny eyes or postnasal drip and sore throats often.
- You dread Spring and Fall due to allergy symptoms.
- You perfume and cologne give you a headache.

You may be surprised to learn that something in your environment may be the cause. Environmental toxins, chemicals, plastic residues, pesticides, fungicides, herbicides, radiation and heavy metals may be causing some of those mysterious symptoms. Please pay attention!

If you answer Yes to any of these questions, then you have been exposed to some environmental toxins, pesticides,



herbicides, fungicides, neurotoxic (brain damaging toxins) chemicals, radiation, xenoestrogens, and/or heavy metals:

- Do you drink coffee (keep reading below about how it contains carcinogens-cancer causing agents)?
- Do you store your food in plastic containers?
- Do you drink water out of plastic containers, drink or bathe in unfiltered water?
- Does your local park, school playground or soccer field use pesticides or toxic weed killers like Round-up (did you realize this is in the air and you're breathing it)?
- Do you swim in a pool or jacuzzi that uses chlorine or Bromine?
- Have you ever had any silver colored fillings in your mouth (amalgam/mercury)?
- Do you drink well water that has not been tested recently?
- Have you ever eaten non-organic fruits vegetables or meat (loaded with pesticides, herbicides, fungicides, antibiotics and hormones)?
- Have you ever eaten farm raised fish (antibiotics, hormones, food coloring)?
- Have you eaten or drank anything 'diet' with fake sweeteners?
- Do you live in a busy city with pollution like Chicago (highest content of mercury in the air in the US)?
- Do you live near an airport with large jets coming and going regularly (toxic petrochemical load in the air you



- breathe and water you drink)?
- Do you travel on airplanes much (high exposure to radiation)?
 - Do you wear your cell phone on your body, hold it up to your head ever or sit with a computer on your lap (electromagnetic fields)? Do you live within 5 miles of a cell phone tower (you probably do and don't even know it and have constant exposure to harmful electromagnetic fields)?
 - Have you lived in a house with new carpet less than 7 years old (toxic glue out-gassing)?
 - Have you ever painted a room in your home or office (toxic paint out-gassing, even if there is no smell left the chemicals remain for years and they affect your brain and immune system)?
 - Have you ever been around newly sealed grout (toxic sealant)?
 - Do you wear perfume or cologne, hairspray or make-up?
 - Do you use bleach in your home?

If you answered Yes, you're not alone. Unfortunately, we all have.

I had heavy metal toxicity for years and didn't know it. I had balance issues and headaches that were completely resolved when I had four of my old mercury amalgams removed and I detoxified. It was a process, but the change in my health and life was remarkable! I had testing done to prove that I actually



had high levels of mercury, uranium and lead. Then I retested after I completed several different, individualized detox programs. The results proved that I had in-fact released the toxic heavy metals and my body could now heal. I noticed my brain worked better and yours can, too.

The one thing that all of these environmental toxins cause is inflammation; and inflammation is part of every disease process!

These dangerous toxins and the inflammation they cause all harm the gut, which is the throne of your immune system. Gut damage further inhibits immune function as well as your ability to digest and absorb your food well. These foreign chemicals also kill the good bacteria in your gut so the bad bacteria, fungi, parasites take over. This leads to exhaustion and many mysterious symptoms!

These toxins all cause some form of immune dysfunction, hormone imbalances and neuro-inflammation (brain tissue inflammation)

If your immune, hormone, and neurological (brain) systems aren't balanced then you are in trouble and don't even know it yet.

There are several ways to test for these dangerous toxins. My favorite test is Cyrex Array # 11, Chemical immune reactivity screening. This test shows loss of tolerance to xenobiotics,



chemicals and heavy metals.

Loss of tolerance means your body is reacting to these chemicals inappropriately and some of them mimic your own human tissues.

This means your body begins attacking itself inappropriately, this is autoimmunity or full-blown autoimmune disease. Cyrex Array #11 tests for antigens, meaning that your body is making powerful antibodies against these harmful chemicals AND your own tissues. The results of this test can help guide in treatment and lifestyle support.

Another way to test for heavy metals and chemicals:

Some people do very well taking a “provocative agent” (this provokes the body to release toxins and heavy metals) followed by a 24 hour urine collection. We can test what chemicals and metals were released, as well as the quantity and thus guide appropriate treatment and support.

Even before we do these tests, I can tell if you have immune or hormone issues from a truly comprehensive functional lab panel and complete history and evaluation. It's better to know what is going on inside so you can be an informed consumer on the outside and in the rest of your life.

So, if you're exhausted and have weird symptoms that your doctor can't figure out, you may want to consider detoxing from a lifetime of harmful chemicals and environmental toxins. (It's



not as hard as you might think.)

SECRET #3 Identifying Energy Zappers is necessary to gain lasting vibrant health!

Yawn...Morning coffee, anyone?? Afternoon coffee, pots of green tea, yerba mate, energy drinks or bars of chocolate? After lunch soda or sugary treats?

Are you one of these people who are tired if you skip your coffee or chocolate? Is your afternoon productivity dependent on stimulants to keep you going?

This may be shocking, but I'm going to risk stunning you so that you have vital information that could shift your energy and health forever!

Stimulants like caffeine and sugar are huge energy zappers and they completely throw off your blood sugar balance.

If you're consuming things that zap your energy, you'll never gain optimal health. Many of my patients start off feeling very connected to their morning rituals or dependent on stimulants to get through the day. They were afraid of changing old habits, but they knew they weren't alone and found the commitment to their health and life to level-up and lead an even more fulfilling and healthy life.

Take the following information in, without judgment or



emotional attachment. It's education because I care. Breathe, here goes.....

Caffeine is a drug (so respect it)—a brain-altering stimulant that taxes your adrenal glands as it takes you on a ride that can include a racing heart, trembling hands, impaired balance, anxiety, hostility, dehydration, and fatigue.

Caffeine is converted to uric acid which lowers pH and damages the lining of your stomach, and further takes 48 hours to regenerate.

“There are over 1,000 chemicals reported in a cup of coffee. Only 26 have been tested in animal cancer tests and more than half are rodent carcinogens; there are still a thousand chemicals left to test. The amount of potentially carcinogenic pesticide residues consumed in a year is less than the amount known of rodent carcinogens in a cup of coffee.” (The Causes and Prevention of Cancer written by Dr. Bruce N. Ames Professor of Biochemistry & Molecular Biology, Director of the National Institute of Environmental Health Sciences Center, University of California at Berkeley, Berkeley, California 94720)

This means that one cup of coffee contains more cancer-causing chemicals than you get in an entire year of consuming 50% non-organic produce!

Dr. Agatha Thrash's article "Poison With a Capital C" explores the dangers of caffeine and coffee consumption. She states:

"It is frightening to contemplate that such a widespread



habit is most surely weakening the entire race and causing permanent loss of certain facilities of the mind, or resistance to disease through mutation damage of chromosomes!"

How about decaffeinated coffee? Coffee has at least 100 potentially harmful chemical components which are still present in decaffeinated coffee. The simple solution is avoiding all stimulants and to keep your blood sugar balanced. You'll get an email from me with some easy tips for balancing your blood sugar in the next few weeks.

And what about that chocolate you love so much? Don't worry. You can find a health alternative to regular, store-bought chocolate that is delicious. I've got many, many recipes for chocolate treats, so you never have to miss out. I recommend you skip the conventional store-bought chocolate and opt for health alternatives like organic, minimum of 85% cacao chocolate bar or raw cacao powder in smoothies.

Not only are stimulants like caffeine, causing you to feel more tired, but alcohol also impacts your energy levels. One way is by interrupting deep sleep. *"Deep sleep is when the body restores itself, and alcohol can interfere with this,"* explains Dr John Shneerson, head of the Sleep Centre at Papworth Hospital in Cambridge. ["As the alcohol starts to wear off,"](#) your body can come out of deep sleep and back into REM sleep, which is much easier to wake from. That's why you often wake up after just a



few hours of sleep when you've been drinking."

How does alcohol affect your nutrition? Your body needs nutrients and calories for basic functioning; including tissue repair, detoxification, healthy cell replication (if your DNA doesn't replicate properly you get cancer), immune function, energy production, hormone balance and brain chemical balance. Your body needs a certain number of calories to survive depending on your gender, age, ethnicity and size.

If you drink all your calories via alcohol, then you are more likely to have a higher caloric intake and weight gain. This increases your chance for diabetes, high cholesterol, high blood pressure and cardiovascular disease.

And if you drink alcohol before your meal, you will consume approximately 20% more calories at that meal. **It's important to spend your calories on foods that have a broad range of vitamin and mineral content without many calories.** Alcohol does the opposite of this. It doesn't provide vitamins or minerals but has high calories, similar to a whole meal.

Alcohol also interferes with how your body processes and stores nutrients. So, then the healthy food you are consuming doesn't have the opportunity to serve you and help you get energized, regenerate tissue, detoxify and heal. Alcohol isn't stored in the body like proteins and fats are so the body prioritizes its metabolism over nutrients. Alcohol is absorbed mostly (20%) in your stomach and quickly reaches your brain



and feels like a stimulant (that buzz feeling), the remaining alcohol goes to your intestines.

If you do choose to have occasional alcohol, here are a few tips to reduce your calories.

1. Have at least 8 oz. water in between each alcoholic drink.
2. Always have food in your stomach before you drink.
3. Sip your drink to make it last longer which allows your body to metabolize it more efficiently rather than accumulating in your blood.

Alcohol also interferes with your blood sugar levels. Alcohol is considered a poison by your body and your body wants to excrete it as quickly as possible. This means your body won't be able to maintain a healthy blood glucose level because its energy and attention is directed to excreting the alcohol. This fluctuation in blood sugar is a stress to your body and zaps your energy.

Acute consumption of alcohol increases insulin secretion, causing blood sugar levels to drop, and impairs the normal hormonal response that would balance your blood sugar.

Frequent and heavy drinkers seem to experience the greatest negative impact, but all alcohol consumption negatively impacts many of the body's systems. Even occasional consumption negatively impacts blood sugar levels each time it is used. Glycogen stores are quickly depleted with alcohol consumption,



and decreases insulin's effectiveness, altering blood sugar balance. This robs you of energy, your ability to absorb nutrients, balance your blood sugar, and regulate your hormones, your brain chemistry and immune function.

Avoiding stimulants and alcohol and balancing your blood sugar can help you get your energy back.

I give my patients a plan to get off coffee and other stimulants for good that isn't as difficult as you might think. Consider kicking the habit for good.

SECRET #4 A healthy immune system is important for lasting Vibrant Health.

Keeping your immune system balanced and healthy is essential for optimal wellness. Never getting sick is just as much a sign of imbalance as getting sick often.

Identify Immune Dysfunction, like Autoimmunity, ASAP

I know it isn't popular to tell you that you may have developed autoimmunity.

If you're exhausted with mysterious symptoms that come and go, but your doctor can't really identify the root cause, you may have immune dysfunction and even autoimmunity (a pre-disease state).



Signs of Possible Immune Dysfunction:

- Allergies (environmental and food)
- Weight gain
- Joint and muscle aches
- Numbness and tingling in extremities or face
- Headaches
- Gas and bloating
- Diarrhea
- Balance issues
- Poor memory
- Hair loss
- Dry skin
- Constipation
- Painful and erratic periods
- Depression
- Feeling inflamed or puffy
- Feeling out of sorts
- Never get sick, haven't had a fever for more than 3 years
- Get sick very often, multiple times a year

I was having these types of mysterious symptoms and felt miserable, but the doctors told me it was in my head. A rheumatologist diagnosed me with fibromyalgia, which was both a relief and a curse.

I was originally relieved because that diagnosis confirmed that I wasn't crazy and had a legitimate problem. The curse came next, peeling the label of that diagnosis off my forehead so I



could actually heal.

The Western docs say that you can't cure fibromyalgia (but they were wrong; I did it!). They told me that they could help decrease symptoms with antidepressants, muscle relaxants and pain pills. I tried everything and I got worse. I gained even more weight on the pharmaceutical medications.

It wasn't until I found a truly unique, holistic, comprehensive and integrative approach to healing that I began to uncover the root of my health challenges.

Even after most of my symptoms were gone, **I had a festering autoimmune disease that went undiagnosed for years.** (If I knew then what I know now, I could have saved myself from years of suffering, severe tissue damage, and aging!)

I was feeling better, but still had unpredictable energy crashes where I'd feel exhausted and unable to do much of anything. These would creep into my life at various times and really halted productivity, threw a wrench in my relationships, impacted my parenting, and ability to work and play. It was only after I found comprehensive Functional Blood Chemistry Analysis (FBCA) that I was diagnosed with an autoimmune disease, called Hashimoto's Thyroiditis. The doctors had made it worse with three different prescription thyroid medications at three different times. They kept telling me that the drugs would help relieve my hair loss, weight gain and exhaustion, but they didn't.



The medications did help in the beginning, but then I'd have symptoms again. This was because the natural thyroid drugs they were prescribing were actually making the autoimmune attack on my thyroid much, much worse. I was frustrated, desperate and often hopeless.

As a healthcare practitioner I knew I could heal this, I just lacked the proper information. I studied with some of the best doctors in this field and learned a lot, enough to heal myself. I confirmed that the best test on the planet is a FBCA (when it is then read by a well-trained professional). I have committed myself to being one of the most comprehensive practitioners in this field. Therefore, my patients get results!

My exhaustion was related to a true autoimmune disease. I'm committed to helping you prevent this kind of suffering in your life.

Knowledge is power.

I see many people with immune dysfunction and autoimmunity, the pre-diagnosable state of imbalanced immune function.

We will uncover any subclinical or pre-disease states through a truly comprehensive lab panel. Most doctors don't or can't order a truly comprehensive lab because insurance won't pay for it.



Most doctors, even naturopathic physicians, aren't taught what is on a comprehensive panel, nor are they taught how to read them appropriately. I don't want to get too technical, but simply put my reference ranges are different and therefore give me more in-depth information. Standard reference ranges are based on sick people, mine are based on healthy people. I know so much about FBCA, because it literally saved my life.

Autoimmunity is the state your body is in *before* you are diagnosed with a full-blown autoimmune disease. Autoimmune diseases are diagnosed only after significant amounts of tissue has been mistakenly destroyed by your own body.

Autoimmunity is when your body is mistakenly attacking tissue as if they were bad guys, but not enough damage has accumulated to merit a diagnosis, yet. But it's only a matter of time before it will.

I like to catch things early so we can halt damage and support tissue repair. **It takes the guess work out of your healthcare to understand what is happening on your inside.**

When your immune system is balanced, it stops mistakenly attacking your own tissues and turns its attention to any bad guys like viruses, bacteria, fungi or parasites. What a relief, this is what it should be doing!

**Guess what the secret to a healthy immune system is?
Gut repair!**



Yes, your gut is the seat of your immune system and healing it will help bring balance to your immune function.

Gut repair is complex and individualized. It's not as simple as taking a probiotic (and how would you know which one is potent, right for you and in the right combination?).

It's important to have a healthcare professional who is well versed in true gut repair. There are many fad diets and some that even promote gut repair (ex GAPS), but often they incorporate foods that encourage further damage and immune reactions such as eggs, whey, dairy, nuts and seeds.

This is why I authored the forthcoming book, ***'Holistic Keto for Gut Health, A Program for Resetting Your Metabolism'*** available January 2020 thru Simon & Schuster.

SECRET #5 Food is Medicine

I know the idea that your diet has an impact on your energy level isn't "news," but what I'm going to share about certain foods may surprise you.

Below you'll find lists of foods that can zap your energy and are best avoided, as well as enjoyable foods that will give you energy.

I am an athlete so being exhausted wasn't fun. I was a former



competitive body builder and spent years studying nutrition and experimenting with various diets and nutritional plans. What I learned changed how I think about food. The food you eat may be zapping your energy! Conversely, you may be avoiding or ignoring foods that can give you lasting energy.

To a large degree, your diet/nutritional plan dictates your energy level.

There are some simple food facts to which you should be aware.

Here is one: Are you aware that 'low fat' is actually harmful?

The many 'low-fat' food options out there can actually STEAL your energy.

Many low-fat things are high in processed, partially hydrogenated oils and high fructose corn syrup (highly processed sugar). These highly processed ingredients leave you feeling tired and unmotivated.

Here is another: Sugar is highly addictive. The energizing feeling of sugar only lasts about 10 minutes and then your insulin has spiked and begins to drop, leaving you more tired than you started.

Not only does sugar alter your brain chemistry and make you crave more and more but processed foods are also addictive.



They shift our brains to crave more and more sugary, processed foods and higher carbohydrate foods like grains, rather than healthier and energizing alternatives like healthy fats. This leads to a nutritional addictive nightmare that can feel draining and hopeless.

Not to worry, there is hope. **I make it much simpler with delicious, simple, delectable substitutes so you never feel deprived while your brain and body are balancing, becoming sharp and strong.**

Certain foods are thieves, they literally rob you of your energy.

Here is a list of Energy Zapping Foods to Avoid:

- Breads (sandwiches), Bagels, and Muffins- These are refined carbohydrates. They cause blood sugar and insulin to surge and plummet, encourage insulin resistance and are never a healthy choice.
- Gluten (contained in all breads, bagels and muffins, unless “gluten-free” is on the label, is “goo food.” It inhibits digestion, causes inflammation (especially in your brain), slows metabolisms, causes weight gain and really zaps your energy.

Some consider Submarine and other sandwiches to be a healthier alternative, but they aren't. Next to the energy draining bread, they contain processed meats with chemicals



like MSG that alter your brain, stimulate addictive centers in your brain, and contain high fructose corn syrup, artificial flavorings and preservatives.

- Cereals- Contain high fructose corn syrup, genetically modified corn and is another unhealthy refined carbohydrate which spikes insulin and then it sinks even lower.
- Soda (diet and regular)-Both contain dangerous, addictive and energy zapping sweeteners. Whether it's high fructose corn syrup or synthetic neuro-inflammatory (causes brain inflammation and destruction) aspartame (splenda, sweet n low, equal, etc.), both are bad.

Soda also contains Phosphoric Acid, which disrupts calcium metabolism and can lead to osteoporosis. Artificial Colors such as caramel has been shown to be carcinogenic.

Artificial Flavors such as Sodium Benzoate are known to cause DNA damage leading to many potential diseases like Cancer, Parkinson, accelerated aging and liver disease.

Benzene is a

known carcinogen and unfortunately often found in soda. The federal limit in our drinking water is 5 parts per million (ppm) but researchers have found as much as 79ppm in some sodas. Yikes!



- Fruit Juices like orange and apple juice, and Fruit Smoothies- Many commercial brands contain high fructose corn syrup, artificial sweeteners, flavors and colors.

Even if you juice fruits yourself, they are extremely high in fructose. When you juice you separate the fiber that helps slow down the absorption of the fructose. And your liver has to deal with the breaking down of that fructose, which it doesn't love to do. In fact, it is a metabolic process creates unhealthy byproducts and inflammation in the body.

Approximately 8 ounces of fresh juice contains about 8 teaspoons of fructose which causes another spike in blood sugar and insulin production followed by an energy draining crash. Fruit smoothies are touted as healthy but again they quickly jack-up blood sugar and insulin levels, leading to the inevitable nose-dive and energy crash. I will say that they are a better alternative to a processed candy bar, so choose wisely.

- Potato Chips- These are an unhealthy refined carbohydrate cooked with unhealthy fats and too much processed salt which leads to more belly fat, higher risk for Type 2 diabetes, cardiovascular disease and even cancer. When carbohydrates like potatoes are cooked at high temperatures (which is what happens to those crunchy chips), a tasteless chemical byproduct is formed called acrylamide. Some animal studies have shown this to be a carcinogen.



- Specialty Coffee Drinks- These contain loads of sugars, syrups, caffeine, carcinogenic chemicals, artificial flavors and colors-all known energy zappers.
- Sugar in all its glory. Processed or natural cane sugar are energy zappers. High fructose corn syrup is a chemically synthesized sweetener that not only robs you of vital energy, it throws your immune system off, causes weight gain, and inflammation.

How does your body make healthy energy?

The human body utilizes two sources for energy; sugar (glucose) and fat (ketones). Our Paleolithic ancestors utilized healthy fat for lasting energy. They never had an afternoon slump after lunch. Agriculture is a historically-recent development and the human digestive system has not had enough time to evolve into a trouble-free digester of grains. It is simply best to avoid them.

Healthy fat is a more efficient and energizing form of fuel for your body, while sugar (glucose), is a short acting, inefficient fuel form. You can store many more kilocalories of fat for fuel than carbohydrates.

Most of North Americans use sugar in the form of carbohydrates for energy and therefore have blood sugar/energy crashes, weight-gain, less brain productivity, high



incidence of Type II Diabetes, and decreased immune function.

When your body is quickly trained to burn fat for energy rather than carbohydrates then you boost your energy and fat burning capabilities.

How would you like to lose belly fat, cut out unhealthy and annoying cravings, experience lasting energy when your coworkers and dragging, and balance your hormones and moods? Sound appealing? Then keep reading....

The Carbohydrate Myth Busted:

When I talk about carbs, I mean the starches and grains not vegetables. These are proven to cause weight gain, wonky blood sugar, diminished cognitive function, and zap your energy because they break down into sugar in your body.

When you cut out these unhealthy carbs then you must increase energizing vegetables. If you're not a big veggie eater, aren't sure what vegetables to eat, or you think you don't like them-then you're in luck! I make this process simple and fun. I'm going to get you started by giving you a list of energizing foods below.

Some people complain of feeling hungry when they begin to decrease their carbohydrate intake. Fat is very satiating, so increasing healthy fats will leave you feeling full and cut those



annoying cravings. I'm listing some important ones below.

Replacing your carbohydrates with healthy fats will give you access to lasting energy throughout your day as well as boost your fat burning capabilities. This decreases blood sugar and insulin spikes and crashes, thus improving insulin sensitivity and saving you from future suffering as a diabetic. I know it's counter-intuitive, but this means less dietary fat is stored as adipose tissue, you lose weight and decrease your chances of cardiovascular disease, high blood pressure, depression, hormone imbalances, headaches, bloating and gas, dry hair, nails and skin, and dementia.

Energizing Foods To Enjoy:

- Avocados
- Coconut oil- the best oil for cooking. Unrefined or Virgin coconut oil is idea. If you dislike the coconut flavor you can purchase refined coconut oil. Check out Tropical Traditions coconut oil company.
- Olives and Olive Oil (uncooked and used on already cooked foods like stir-frys or raw salads
- Wild Alaskan Salmon, Sardines and Anchovies- Very high in healthy Omega 3 Essential Fatty Acids
- Ghee- Clarified butter with the lactose and casein



removed. This is also a healthy fat with which to cook

- Pasture raised meats-healthy fats, no hormones or antibiotics
- Fermented Veggies such as sauerkraut or kimchee- aid in digestion and supports healthy gut flora (the good guys in your gut), better digestions means increased ability to utilize nutrients and make lasting energy!
- Fermented coconut keifer drinks (non-dairy)- these are also happy belly drinks, that aid in healthy gut flora and immune function.
- Leafy green veggies like Kale, Collard, Chard, Spinach-full of thousands of energizing phytonutrient (plant nutrients) that supercharge you with vitamins and minerals that your cells need for energy production
- Grasses- raw and powdered, must be labeled as Gluten-free, such as wheat, barley, oat and alfalfa. I even hide them in raw chocolate so eating dessert is actually good for you!
- Green Super foods such as Spirulina and Chlorella in powders or capsules or tablets. These stimulating greens refresh and restore your energy levels at a cellular level. They nourish your blood, reduce unhealthy levels of



cholesterol, balance hormones, increase brain function and support your immune function. (tip- they can be one of several food remedies that help you heal certain forms of anemia).

I recommend you start incorporating more of these foods into your diet. You'll eliminate some of the key culprits of belly fat and exhaustion.

These 5 Secrets to Vibrant Health are just the tip of the iceberg. There are many other factors to explore.

I'll be sending you a few emails in the next couple weeks **with five other secrets** so you can enjoy optimal health. Keep your eyes on your inbox.

If you're ready to level-up your health OR you're fatigued, have brain fog, digestive issues and mysterious symptoms please consider getting a [Comprehensive Functional Blood Chemistry Analysis Today](#).

I believe knowledge is power and understanding what is happening inside your body gives you the information you deserve to make informed health choices.

Level-up your health and life now!



For a Limited Time, I'm offering a **\$800 off** Functional Blood Chemistry Analysis Signature Labs and VIP Labs! Just mention this email when you fill out an Optimal Wellness Consultation on my website!

[CLICK HERE NOW TO LEARN MORE](#)