



# SEVEN STEPS TO SUPERCHARGE YOUR ENERGY!

*START FIGHTING FATIGUE TODAY*

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THIS INFORMATION IS FOR EDUCATIONAL PURPOSES ONLY AND IS NOT MEDICAL ADVICE. CONSULT WITH YOUR DOCTOR BEFORE MAKING ANY CHANGES.

Fill in the blanks for your current situation:

I am so tired that I can't even \_\_\_\_\_.

This is causing my \_\_\_\_\_ to suffer.

I'm afraid that if this continues, I'm going to \_\_\_\_\_.

There are many things that a woman could fill into those blanks above.

However, the bottom line is that fatigue is taking a toll, and you are missing out on precious opportunities to live life to the fullest.



# What is feeding your fatigue cycle?

## **1. THE FUNDAMENTALS OF HEALTH ARE SOMEHOW BEING VIOLATED.**

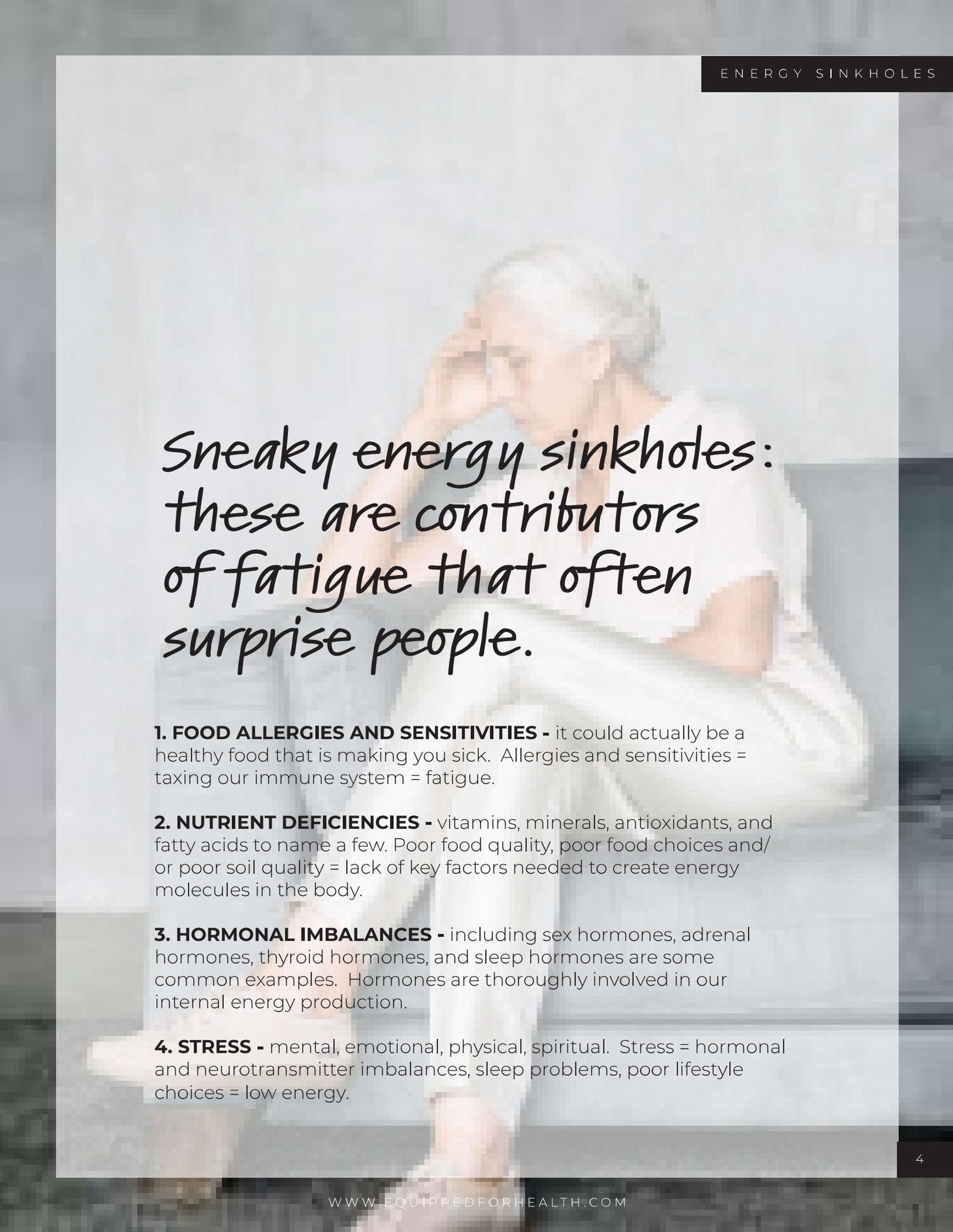
Whether it's poor quality or quantity of sleep, suboptimal diet and nutrition, sedentary lifestyle, overworking, or some other fundamental of health, overlooking the basics can take a toll on energy.

## **2. INTERNAL IMBALANCES IN OUR ORGAN SYSTEMS AND BODY CHEMISTRY ARE NOT BEING ADDRESSED.**

Hormone or neurotransmitter production, immune or inflammation regulation, detoxification pathways, digestive disorders, mitochondrial dysfunction, and a myriad of other internal processes could be underactive, overactive, or acting in the wrong capacity. These struggles tax the body's ability to make energy.

## **3. TOXIC ENVIRONMENTS, EXPOSURES, AND EVEN TOXIC RELATIONSHIPS ARE BURDENING THE BODY.**

When the body has to process excess toxins, this diverts precious energy that the body would otherwise be using for normal functions including your ability to work and play. Toxic relationships actually cause secretion of substances that lead to depleted energy levels also.



*Sneaky energy sinkholes:  
these are contributors  
of fatigue that often  
surprise people.*

- 1. FOOD ALLERGIES AND SENSITIVITIES** - it could actually be a healthy food that is making you sick. Allergies and sensitivities = taxing our immune system = fatigue.
- 2. NUTRIENT DEFICIENCIES** - vitamins, minerals, antioxidants, and fatty acids to name a few. Poor food quality, poor food choices and/or poor soil quality = lack of key factors needed to create energy molecules in the body.
- 3. HORMONAL IMBALANCES** - including sex hormones, adrenal hormones, thyroid hormones, and sleep hormones are some common examples. Hormones are thoroughly involved in our internal energy production.
- 4. STRESS** - mental, emotional, physical, spiritual. Stress = hormonal and neurotransmitter imbalances, sleep problems, poor lifestyle choices = low energy.

# Steps for the busy woman:

## YOU CAN MAKE THESE SIMPLE CHANGES STARTING TODAY

### 1. SLEEP

Get at least 7-9 hours of uninterrupted, quality sleep each night on a regular schedule. If you don't wake feeling rested, investigate further with a professional why this is occurring.

### 2. MOVEMENT

If you are not exercising, but have been cleared by your doctor to do so, add in 10-15 minutes of brisk walking, jump roping or cycling 4 times a week. Those suffering with severe chronic fatigue syndrome typically should not start with this step, but it can become a longer-term goal.

### 3. DIGESTION

Eat regularly scheduled meals in a calm environment, eating and chewing slowly to promote good digestion. Stop all eating and drinking (besides water) at least 3 hours prior to bed to allow body to repair properly overnight.

### 4. CLEANSE

Swap out 1 daily-use beauty product (skin, make-up, or hair) containing a list of mostly unpronounceable ingredients for one in which you can pronounce and recognize the ingredients.

### 5. LIGHTEN

Stick to food and drinks containing 10g (10 grams) or less of sugar per serving.



## 6. HYDRATE

Drink at least 64 oz of water daily.

## 7. UNBURDEN

Lighten the load of toxic relationships through remediation of the bond or removal of them from your life. For those relationships in which you can't do either, seek counseling for how to deal with them in a manner that lifts you instead of depleting you.



WELCOME!

ABOUT ME

# Hi there!

My name is Alesha Maury, and I have been walking with and equipping my clients in their health journeys since 2011.

I work hard to help you get to the root of the suffering in your health (that has plagued you for too long), because I have suffered so much myself for years. Problems with fatigue, severe chronic pain, infections, and more made it impossible for me to plan for the future or enjoy the present moment.

**I want better for you.** There is a lot of information out there, but when you work with me, you are working with someone who **not only has the knowledge and skills to help, but has the compassion and understanding** to do so as well. Learn more [here](#).

