



SLEEP

Cortisol vs Melatonin:

(Note: melatonin is a hormone! Staying away from hormone therapy is advised in that taking hormones can cause the body to not make its own natural hormones.)

Adaptogens - Ashwagandha, Rhodiola supplements (in some teas, in some jams, but not herbs generally used in cooking).

Waking up at night can be due to irregular or fallen blood sugar issues (which can wake up your brain ... *brains!*). Eat some nuts, a banana, yogurt, cheese or slice of meat, peanut butter, hummus. OR have a snack before you go to sleep, i.e. a protein snack.

STRESS

Adaptogens can help regulate stress hormones. Blood sugar helps keep stress levels lower, while eating more sugar and processed foods can cause blood sugar imbalance. I.e., protein is important to keep blood sugar in balance – eat small protein snacks consistently throughout the

day. A smart phone timer/reminder app can help to remind you to be consistent.

Drinking coffee while having breakfast is good, also coffee is fine – when snacking through the day. But coffee by itself in the morning is not good! Caffeine does cause blood sugar to fall. AND exercise is one of the more important things to keep blood sugar in balance. “B Vitamins” help too.

ENERGY

Balanced blood sugar is crucial. Thus adaptogens again play a role. “B Vitamins” are pivotal in keeping energy balanced through the day: they’re in meats and yeasts. “B complex vitamins” too.

Digestion, energy levels, and managing the 3:00 PM slump: Move to Italy! *Bella!* OR focus on digestion. Key to good digestion: slow down when eating. Don't "multi-task dine" (texting, eating, YouTubeing, gaming). Take apple-cider vinegar before meals (a teaspoon in a warm glass of water).

Our healthy gut bacteria is lower than throughout most of human history. Lower levels can adversely affect one’s immune system. Remember: exercise also helps digestion. Have apple cider vinegar with healthy bacteria. AND drink a proper amount of water.

Bacteria from fermented foods (beer, wine, kimchi, kefir, yogurt) – have a little bit at each meal, again consistency. “Probiotic” supplements are fine, but need to be from the refrigerated section of the store.