

Energy Reset -

“Goodbye Fatigue & Brain Fog,
Hello Energy & Focus!”

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“The greatest wealth is health”

~ unknown

Welcome!



"Knowledge is power"

~ unknown

- Ignorance Is NOT Bliss
- "Everything in moderation" – no longer stands.
- New "Main Stream" that puts Planet, People and Pets first.



Coming Up

- Why Are "We" So Sick?
- Navigate To Health
 - Meet Leonie
 - Fatigue -> Energy & Brain Fog -> Focus
 - A Plan For Leonie
- A Functional Practice
- How To Get More
- Q & A



Why Are “We” So Sick?

- Acute vs. Chronic
- Chronic Conditions
 - Type 2 Diabetes and Obesity
 - Digestive Diseases
 - Neurological (Autism and Alzheimer’s)
 - And many more...



Why Are “We” So Sick?

- Younger Ages
- Increasing Rates
- By 2030 estimated half of US Population diagnosed with chronic disease.
 - Canada similar diet and lifestyle
- The Common Link Is...



Why Are “We” So Sick?

- Inflammation
 - Acute: A good thing
 - Chronic, often silent: Not a good thing
- Inflammation is an immune response
 - Linked to most chronic illness from Type 2 Diabetes to Heart Disease to Alzheimer’s
 - Can lead to Autoimmunity



Why Are “We” So Sick?

- Post-WW-II-era drastic change in:
 - Environment
 - Chemicals infiltrates “everything”.



Why Are “We” So Sick?

- Post-WW-II-era drastic change in:
 - Diet
 - Processed food
 - Low nutrient content, chemical additives
 - Pesticides residue
 - Ex. Glyphosate (herbicide that also kills microorganisms)
 - Misinformation about dangers of Saturated Fat
 - Ancel Keys flawed research takes hold (early 1960's)
 - High Fructose Corn Syrup (HFCS)
 - Cheaper and more harmful than sugar



Why Are “We” So Sick?

- Post-WWII-era drastic change in:
 - Lifestyle
 - More time at work, less time for leisure (1980's)
 - 24/7/365 – Go Go Go
 - Convenience
 - Lost Cooking Skill
 - Sedentary Indoor Lifestyle



Why Are “We” So Sick?



Navigate To Health

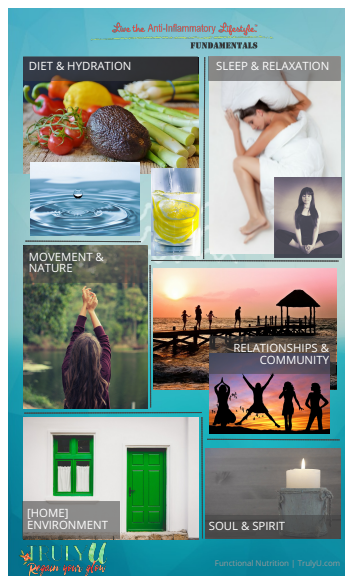


Navigate To Health

- The Human Body Is Very Complex



- Primary Goal: Always Health
- “One-Size-Does-Not-Fit-All”



Meet Leonie



- Woman, Age 42, office manager, married, 2 children age 9 and 11
- AM: Difficulty getting out of bed, poor morning appetite, needs coffee
- PM: Tired, sugar cravings and difficulty staying on task after lunch



Meet Leonie

- DINNER: 1-2 glasses of wine while making dinner to relax
- EVENING: "Second wind" around 10 pm
 - In bed around midnight with raising mind
 - Difficulty falling and staying asleep



Meet Leonie

OTHER:

- Weight gain around waist last couple of years
- Sluggish bowels
- Feels behind and stressed most of the time
- Not feeling much joy in her life

How Can We Help Leonie Feel Better?



Fatigue & Brain Fog

- Continuum
 - Energy ----- Fatigue
 - Focus ----- Brain Fog
- Where Are You On These Continuums?



What Is Fatigue?

- Physical Fatigue vs. Mental Fatigue
- Tired At Certain Time Of Day
- Tired All the Time (dragging)
- Deep Fatigue – (need to lie down)
- After Exercise or Exertion
- Recovery Rate



What Is Brain Fog

- Cloudy and Spacey Feeling
- Difficulty with Focus
- Forgetful
- Lack of Motivation
- Mood Issues
- Communication Difficulties



Navigate To Health

“What is good for energy,
is good for focus.”



Diet & Hydration

- Essential Nutrients
 - MACRO: Protein, Fat, Carbs
 - MICRO: Vitamins, Minerals, Phytonutrients
 - Hydration
 - Let water be your main fluid
- Avoid Inflammatory Foods (see chart)



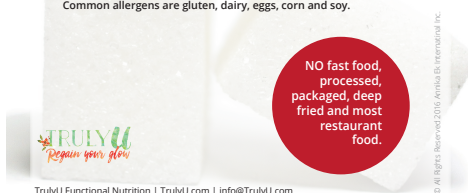
Diet & Hydration

- Blood Sugar Balance
 - Meal Composition (Protein, Fat, Fiber)
 - Meal Timing
 - How Do You Feel After Eating?



NO - Inflammatory Foods

1. Sugar - White Sugar, Brown Sugar, Agave Syrup, Pancake Syrup, High Fructose Corn Syrup (HFCS) etc.
2. Artificial Sweeteners - Aspartame, Splenda etc.
3. Vegetable Oil - Canola, Sunflower, Cottonseed, Olive Oil in Clear Bottles
4. Trans Fats- Margarine, Hydrogenated or Partially Hydrogenated Fats, Deep Fried Foods
5. Dairy - Cheese, Ice-Cream, Yoghurt, Milk, Cream etc.
6. Eggs - From Conventionally Raised Caged Chickens
7. Salmon, Farmed
8. Conventionally/Feedlot Raised Beef and Chicken
9. Processed Meats - Deli Meats, Sausages etc.
10. Alcohol - Wine, Cocktails, Beer, Cider, Hard Liquor
11. Refined Grains
12. Gluten Containing Grains - Wheat, Barley, Rye
13. Food Additives - MSG, Preservatives, Food Colouring/Flavourings etc.
14. Foods you are or may be allergic or sensitive to.
Common allergens are gluten, dairy, eggs, corn and soy.



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Relaxation

- Parasympathetic State
 - Rest & Digest
- Sympathetic State
 - Fight, Flight or Freeze
 - Blood away from:
 - Conscious brain
 - Digestion
 - Detoxification organs
 - Adrenal Response
 - "Muscle To Fat"
 - "Brain Shrinking"

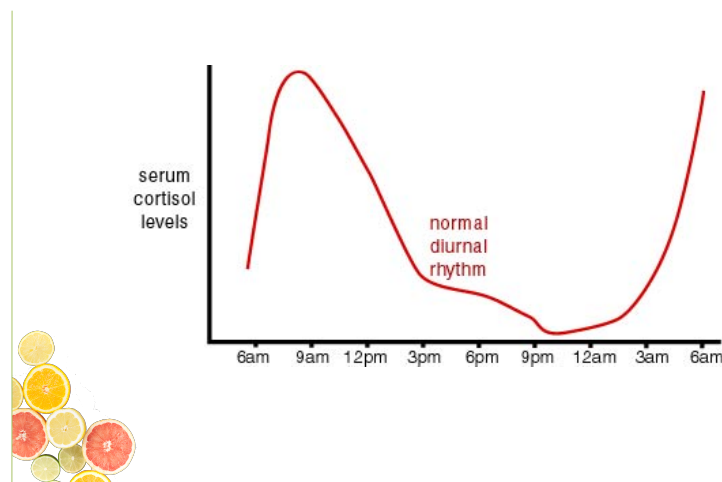


Sleep

- Wind Down Time
 - No Food 2 Hrs Before Bedtime
 - Low Lights, Limit Tech & TV
- Bedtime
 - Aim for 10 pm
 - Dark, Cool Room
 - No Coffee After 12 PM
 - Beat the “Second Wind”



Cortisol – “Beat the Curve”



Movement & Nature

- Movement
 - Circulation
 - Oxygen and Nutrients to Cells
 - Positive Impact On Brain Chemistry
- Nature
 - Sunlight
 - Expose Pineal Gland -> Serotonin-> Melatonin
 - Before Noon



A Plan For Leonie

- Diet & Hydration
 - Increase Appetite with ACV in water 30 min before breakfast
 - Balance Blood Sugar
 - Start day off with sufficient protein and healthy fats.
 - Carbs in the form of vegetables.
 - Rethink Breakfast – dinner leftovers



A Plan For Leonie

- Diet & Hydration
 - Reduce or wean off stimulants like Coffee
 - Interferes with sleep
 - Make water main fluid (avg. 2 L per day)
 - Herbal or Green Tea in moderation
 - Diuretic (dehydrating)
 - Up Anti-Inflammatory Foods
 - Cut Inflammatory Foods



A Plan For Leonie

- Relaxation
 - Induce a Parasympathetic state before getting out of bed, before eating and when she catches herself being stressed
 - Tool: 5/8 breath
 - Tool: “Safe Bubble”



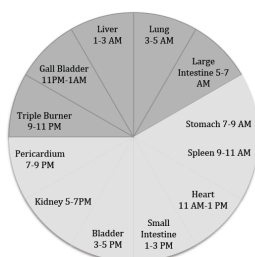
A Plan For Leonie

- Sleep
 - Wind Down Time at 8 pm
 - No Tech, Low Lights
 - No Food
 - 10 pm bedtime (move bedtime 15 min/day)
 - Get to bed before “second wind”
 - Tools: Orange glasses, f.lux



A Plan For Leonie

- SLEEP
 - Keep bedroom dark and cool
 - If wakes early hours, eat small protein/fat snack
½ hour before bedtime (blood sugar).



Obstacles To Healing



Obstacles To Healing

- Lack of Knowledge, Tools & Skills
- Lack of Support
- Lack of Planning
- Lack of Strong WHY
- Need To Find Root Cause



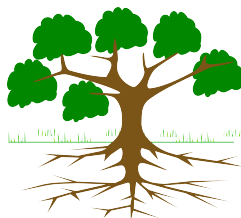
What Can Leonie Expect

- Better Energy, Focus, Sleep, BM, Enjoyment within 30 days.
- Better But... After 30 Days
 - Need to dig deeper - work with a Functional health professional who can look for root causes and support impacted organ systems and healing of the digestive tract, find allergies/ sensitivities, genetic mutations etc.



A Functional Practice

- Institute of Functional Medicine (IFM)
- Founded by Dr. Jeffery Bland
 - “Father of Functional Medicine” in 1991
 - Get to Root Cause Chronic Conditions



A Functional Practice

- Functional Matrix at the core
- Address the whole person; history, environment and bio-individuality
- Active role in own healing + partnership with practitioner



Live the Anti-Inflammatory Lifestyle.™

FUNDAMENTALS

- Greater Energy and Focus
- Stable Mood
- Restful Sleep
- Freedom from Cravings (beyond willpower)
- Slimmer Waist (if that is what you want)
- Healthier Future and more...



Live the Anti-Inflammatory Lifestyle.™

FUNDAMENTALS

- 6 Live Classes, each 90 minutes
 - Lecture + time for Q&A
 - Knowledge
 - Tools & Tips
 - Skills
 - Support
- Recipes (system for cooking healthy)
- Handouts, Charts, Annika's Shopping Guide
- Accountability Partner (if you would like)
- Private FB Group

Live the Anti-Inflammatory Lifestyle.™

FUNDAMENTALS

REGISTER TONIGHT FOR THESE SAVINGS & BONUSES!

1. LAIL-F Reg. \$199 **Now \$149** (save \$50) Valid until Oct 2, 2016
2. Family Member **Now \$99.50** (save 50%) LAIL-F - valid until October 2, 2016
3. 3 - part FNMA Reg. \$249 **NOW \$187** (25% saving) Valid Sept 27, 2016
4. Take **LAIL-F** for **FREE** when it launches online during 2017 (value \$199) Valid Sept 27, 2016
5. **Chat Access** with Annika for duration of program (priceless @) Valid Sept 27, 2016

Plus applicable sales tax

What We Covered

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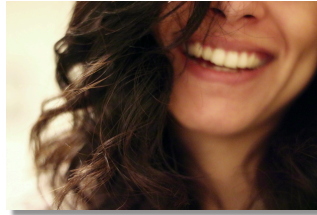
Q&A



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Thank you for coming!



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