



FUEL UP

Adrenal Fatigue

STEPS TO A HEALTHIER YOU, EVEN WHEN
YOU FEEL LIKE YOU HAVE NO TIME

with Lisa Ciotto, Daily Lifestyle Coach

SPRING MINI DETOX



Hi,

Welcome to Daily Lifestyle Coaching, I am Lisa Ciotto,
Immune & Detox Specialist & doTERRA Essential oils Consultant

Because of my own journey, I am inspired to help you learn simple solutions that will shift your thinking that healthy is not to be had by all. Let me share something with you. This is a secret I used to keep to myself. I was not always the healthy person I am now. You may not believe it, but there was a time when I would feel blah around 4 pm and regularly hit the Red Bull or multiple cups of coffee for my afternoon energy boost. I was one of the biggest junk food eaters on the planet.

As a teen I was a sugar addict, not because I wanted to be, of course, but because my body was starved for energy and was looking for a quick fix. My sleep was erratic and I was eating sweets, including a bunch of protein bars and drinking coffee to feed my body when really what it needed was healthy fuel. I realized I had been suffering with an undiagnosed issue of inflammation.

Finally, I had an aha moment and I realized the underlying issue was adrenal fatigue and that I was not alone. There was no need for crazy blood tests or the fancy medications the doctor was suggesting. I just needed to change some things in my own life to get my mojo back. The good news for you is that you do not have to go through everything I went through to get the answers, because I am about to share my secrets with you. You are about to find out how to have rocket-fuel energy all day long. You may not have adrenal fatigue stage 1, 2, or 3, but who in this world does not have some level of stress in their lives that leave us feeling fatigue?

If you are feeling the crash and burn around 3 or 4 pm, then this guide is for you, so buckle your seat belt and enjoy the ride because it is going to change your life.

Say goodbye to low energy, sugar cravings, poor sleep, and belly bloat; and say hello to glowing skin and a renewed you. Are you ready?

As an Immune & Detox Specialist focusing on weight loss, digestive health, essential oils and stress management, I am here to help you get off the sugar and caffeine roller coaster and into the vibrant zone.

XOXO

Lisa Ciotto

SPRING MINI DETOX

Let me break it down for you really simply. Here are the steps I took to improve my life and go from feeling blah to blazing.

First, let me tell you what was depleting me - STRESS. "Stress" is a generic term that we hear every day, but what is it really, and what does it mean for the body?

STRESS

Stress is hard to quantify because it is different for everyone.

It can be described as an on-going state of internal imbalance when "either the stimulating or tranquilizing chemical forces in the body dominates the other without relief."

They are neither good nor bad, but simply a physiological response. Prolonged exposure to stress, however, can lead to "burnout" and adrenal fatigue.

ADRENAL FATIGUE

Adrenal fatigue is one of the most under-diagnosed health issues in the US today and one of the main by-products of prolonged stress. It is a combination of symptoms that may not immediately appear as a concern but leave you with a general feeling of malaise and "not feeling right". The issues associated with adrenal fatigue can eventually lead to diabetes, heart disease, and cancer if left untreated for too long.

SOME SIGNS AND SYMPTOMS OF ADRENAL FATIGUE INCLUDE:

- Waking up tired in the morning after a full night's sleep
- Frequent infections
- Hypoglycemia
- Hard-to-explain weight gain
- Decreased sex drive
- Hormonal issues
- Cravings for sweet or salty foods
- Lowered immune system
- Long recovery time from illnesses
- Recurrent yeast infections

During my studies at the Institute for Integrative Nutrition, I was able to study over 100 dietary theories and had the opportunity to work with respected teachers and leaders in the field including Andrew Weil, Mark Hyman, Geneen Roth, and Deepak Chopra.

I learned so much at the institute for integrative nutrition that helped explain some of the ways I was eating and challenged even me to explore different dietary theories. I changed around the way that I was eating for 15 or more years and discovered new ways to eat and detox through whole foods versus harsh detoxes that I found at the local health food store. This has been transformational in how I feel and how I think about the foods I put into my body.

Copyright ©2019 Daily Lifestyle Coaching

www.Lisaciotto.com | Lisa@DailyLifestyleCoaching.com

These statements have not been evaluated by the Food and Drug Administration.

This is not intended to diagnose, treat, cure, or prevent any disease.

STEP #1 EAT YOUR WAY OUT OF BURNOUT INTO PURE ENERGY

EATING AT THE RIGHT TIMES CAN MEAN
THE DIFFERENCE BETWEEN DRAGGING
AND BOUNCING!

I RECOMMEND EATING AT THE FOLLOWING TIMES:

BREAKFAST before 8 am

SNACK 10–10:30 am

LUNCH 1–3 pm. Eating between 1–3 pm combats the bodys dip in cortisol between 3–4 pm.

DINNER 5–6 pm

SNACK BEFORE BED A few bites of a nutrient-dense snack, such as Protein Balls, (see recipes below) or a few nuts or seeds will do the trick!

SPRING MINI DETOX

These foods are the best foods to renew and recharge. This means fighting off the sugar cravings and that tired feeling in the afternoon.

FOODS FOR MEAT EATERS: Enjoy a variety of lean proteins and fish, preferably organic. If you are buying meats, look for grass-fed, hormone-free, and nitrate-free. Easy-to-digest proteins such as eggs, goat milk kefir, and goat cheese are simple and easy ways to get those vital amino acids.

Bone broth soups (see recipes) are amazingly nourishing and provide easy-to-assimilate nutrients.

FOODS FOR VEGETARIANS: Miso, eggs, sea veggies, yogurt and kefir, beans, sprouts, super foods, nuts, avocado, and seeds are all great choices.

BEST VEGGIES TO EAT: Any dark green vegetables are good. Excellent vitamin-packed veggies include Swiss chard, celery, beets, spinach, sprouts, kelp, dulse, red peppers, and zucchini.

GOOD FATS: Cooking – Coconut Oil
Non-Cooking Oils – Avocado, Flax, and Olive

ENJOY YOUR NUTS AND SEEDS: Always eat your nuts and seeds raw and store them in the freezer to avoid spoilage.

Try adding sunflower seeds or pumpkin seeds to salads. Add walnuts in your morning oatmeal (they are fabulous for thyroid and adrenal health).

SPRING MINI DETOX

A NOTE ABOUT FOOD ALLERGIES: Undiagnosed food allergies can raise cortisol levels and histamine levels in the body, thereby taxing the adrenals. Be a detective and make sure you are aware of your allergies and intolerances.

AVOID	INCLUDE
Refined flour	Whole grains such as millet, quinoa, buckwheat and brown rice
Refined sugar	Coconut palm sugar, agave, stevia, honey
Caffeine	Green drinks, more sleep, maca
Prepackaged “convenience” foods	Warming, nutritious, home-cooked meals
Bananas, raisins, dates, figs, oranges, grapefruit	Papaya, mango, pears, plums, kiwi, cherries, apples, mango

SPRING MINI DETOX

FABULOUS ADRENAL-BOOSTING RECIPES FOR BUSY PEOPLE

CRUNCHY ALMOND ENERGY BALLS

(Makes 26 balls)

2 stevia packs, or 4 drops of liquid stevia
2 scoops hemp protein powder
¼ cup hemp seeds or ¼ cup flax meal
⅓ cup coconut oil, melted

¼ cup coconut flakes, unsweetened
¼ cup chopped almonds
1 teaspoon vanilla extract

MIX ALL INGREDIENTS in a food processor or by hand.

FORM INTO 1" BALLS, and refrigerate for at least 30 minutes.



Copyright ©2019 Daily Lifestyle Coaching

www.Lisaciotto.com | Lisa@DailyLifestyleCoaching.com

These statements have not been evaluated by the Food and Drug Administration.

This is not intended to diagnose, treat, cure, or prevent any disease.

MINERAL-RICH BONE BROTH

(BEEF/CHICKEN & GARLIC)

Recipe By Sally Fallon
(Makes 26 balls)

4 quarts of filtered water	1 whole bulb of fresh garlic, cloves
1.5- 2 pounds of beef knuckle bones	peeled & smashed
(or any other kinds of bones/meaty	2 tablespoons of raw apple cider vinegar
bones/marrow bones - chicken necks	(organic and unfiltered, such as Braggs)
are inexpensive and work great)	1 teaspoon unrefined sea salt

PLACE all ingredients in a 6-quart pot and set the heat to HIGH.

BRING the stock to a boil, and then reduce the heat setting to LOW.

ALLOW the stock to cook for a minimum of 16 hours and up to 24 hours.
The longer it cooks the better!

TURN OFF the heat and allow the stock to cool.

STRAIN the stock through a fine mesh metal strainer and throw away what you skim off.

PLACE the cooled stock into glass jars for storage in the fridge (for up to four days) or freeze for later use.

You can drink this stock before a meal or at any time of the day, or use it as a base for soups, stews or in any recipe that calls for it. This can be made in a crockpot as well.

VARIATIONS:

Use any other kind of animal bones you like; chicken especially will take less time due to smaller pieces.

Add your favorite chopped veggies like carrots, celery, kale and onions for more flavor or variety.

EASY TRADITIONAL MISO SOUP

From The Body Ecology Diet by Donna Gates

5-inch strip wakame (sea vegetable)
1 large onion (about 1 cup)
4 cups filtered water
2 tablespoons miso (ideally fermented for

6 months – 2 years)
Garnish – chopped parsley, green
onions, ginger or watercress

SOAK the wakame in water for 10 minutes and slice it into 1.5 inch pieces.

THINLY slice onions.

PUT water, onions and wakame in a saucepan and bring to a boil.

REDUCE the heat to simmer for 10 – 20 minutes, until tender.

REMOVE 1.5 cups of broth from the saucepan, place in a bowl.

ALLOW water in the bowl to cool a bit and add the miso, mixing it into the water (the water should not be boiling, because it can kill the live beneficial micro flora and enzymes in miso. In general, the micro flora in koji, the starter used to make miso, die at 105° F).

TURN OFF heat; allow the water to cool a bit.

ADD the miso broth to the soup in the saucepan and add chopped parsley, green onions, ginger or watercress for garnish.

STEP #3 EXERCISE FOR ADRENAL HEALTH

Exercise is important to keep the blood and lymph flowing. However, it is also important to honor your body when it wants rest and not push yourself. Sometimes less is more.

You can choose to do high intensity training such as running, swimming (racing), interval training, boxing, kick boxing, or cycling. Or you can do low intensity training such as tai chi, walking, water aerobics, yoga, or swimming.

Conscious awareness is listening to your body and what it is relaying to you through signs of fatigue, pain, unhealthy inflammation, joint discomfort and more.

Before going to bed each night apply CPTG essential oils to the bottoms of your feet and diffuse them in the air for restful and peaceful nights sleep. CPTG's Lavender or Calming blend also have amazing benefits to them.

Lastly, what makes any and all of this work is working them slowly into your daily lifestyle regimen and with consistency. Be accountable to yourself, make your commitment today and change your HEALTH.

STEP #4 LIFESTYLE CHOICES FOR HEALTH AND WELLNESS

Stress is essentially created in the mind. What stresses one person to the point of distraction does not give someone else a reason to pause; hence it is all the way we look at things.

Some tips for dealing with stress:

Get clear about what is draining your energy in life.

Make a list of people and situations that leave you feeling de-energized and depleted.

If you know a situation depletes you, then set clear boundaries for dealing with that specific situation.

Consider this a time in your life where your health needs to come before those people or things that are not serving you. Journal those in your life that deplete your energy, then list the pros and cons of distancing yourself from them. Most times, visually seeing things with your eyes, that your written down from your immediate thoughts can have a bigger impact than you think, take the time to do the exercise.

STEP #5 SELF-LOVE

Do something for yourself at least once a day. A lot of us are so busy taking care of work, our loved ones, or other life commitments that we forget that we need love, too.

Relax and breathe – take time to breathe deeply for a few minutes each morning and each evening to clear your mind. This will reset the sympathetic nervous system and tell your body that the fire is out and that it can stop the production of adrenaline and cortisol.

Smiling and laughing let your body know that life is not an emergency, so smile and laugh often.

Take the time to write in a journal for 5 minutes or even just a thought you might have that resonates with you for that moment. I used to write small notes to “me” and tuck them in my wallet.

Send yourself a message, give kudos to yourself through the recording on your phone and listen whenever you are feeling stressed or overwhelmed.

Commit to no NEGATIVE THOUGHTS for a 24-hour period or commit to saying something nice to someone 10 times in one day…these things will make you feel good and give you some self-love for possibly making someones day.

STEP #6

SLEEP IS ESSENTIAL IN RECOVERY!

Get to sleep by 10pm – in bed, lights out.

Cortisol is released at about 11pm and leads to a second wind that can keep us up for hours.

Do your best to wake up between 7:00 and 9:00am.

Put magnesium oil on your feet before bed with a few drops of lavender.

Enjoy a cup of chamomile tea with one tablespoon raw honey to relax your body.

Did you know this cool fact about honey and sleep?

“ONE EFFICIENT FORM OF BRAIN ENERGY COMES FROM SUGAR STORED IN YOUR LIVER, CALLED LIVER GLYCOGEN. YOUR BRAIN TAPS YOUR LIVER GLYCOGEN BEFORE HITTING YOUR MUSCLE GLYCOGEN (STORED SUGAR IN YOUR MUSCLES), SO HAVING A LITTLE EXTRA SUGAR BEFORE BED CAN HELP YOUR BRAIN FUNCTION BETTER AT NIGHT. “

- The Bulletproof Executive, Dave Asprey

STEP #7

AVOID FOODS THAT STRESS THE GUT

Too often, we eat foods that irritate the gut. Despite taking good care of ourselves, hitting the gym, and drinking green juices, we may find ourselves feeling tired because we eat foods that irritate our intestinal lining and deplete our adrenals.

MY BEST ADVICE IS TO DO THIS:

Take a good quality probiotic to ensure you have enough good bacteria to combat unwanted pathogens and toxins that find their way into the body. This will reduce the rise of cortisol if you do eat a food that irritates your gut lining.

Avoid foods that have additives, preservatives, nitrates, and sugar that deplete your natural energy sources.

Consume foods that heal the gut such as miso, bone broth, dairy or non-dairy kefir, fermented vegetables, ghee, yogurt (dairy or non-dairy) at least once a day.

STEP #8

AWAKEN TO THE POWER WITHIN

I have found that centering myself throughout the day is essential for my success. I know you are busy and most of my clients are busy, too, so I suggest writing down an intention every morning. Make sure you get clear every day on what inspires you, so when you begin to feel drained you can tap into that place. Great books for inspiration include works by Tony Robbins, Louise Hay, and Deepak Chopra.

I set my iPhone to go off every 3 hours with inspirational reminders, which help me to relax, take a deep breath, and de-stress. Remember, stress leads to lots of different health issues and you are too fabulous to have any of those. Instead you want to harness rocket-fuel energy to achieve your life goals, whether they are running a half marathon, hiking up a mountain, playing with your kids outside, or fulfilling any dream or desire you may have.

LET' S MAKE IT HAPPEN!

I signed up for the program because I'd been dieting for years but nothing was making the weight come off. Well, after the detox program, I found that I'd actually lost 7 pounds! I can't believe it! I never felt like I was dieting or depriving myself AND I lost weight!

WORK WITH ME



Lisa Ciotto,
Daily Lifestyle Coach
Immune & Detox Specialist
doTERRA Essential Oils Consultant

Website: www.Lisaciotto.com

doTERRA Website: www.mydoterra.com/lisaciotto/

Email: Lisa@DailyLifestyleCoaching.com

Facebook: <https://www.facebook.com/Lisaciottolifestylecoach/>