

From Fatigued to Fabulous with Jesus Christ

Feast, Enhance, and Thrive

Feast: Let Your Food Be Your Medicine

- **Keto Diet:** Learn your optimal keto macros. Google “ketogenic macro calculator” and you will find a lot of resources. A healthy keto diet will lower inflammation and balance your blood sugar - 2 important steps for increased energy!
- **Blood Type Diet:** If you don’t know your blood type it’s time to find out so you can incorporate the Blood Type Diet into your Keto lifestyle. I have personally been following the Blood Type Diet for over 15 years and I have recommended it to thousands of clients with great clinical success! Once you know your blood type make sure to include your “highly beneficial” and “neutral” blood type foods. Make sure to include plenty of fresh produce of various colors in your diet everyday. Spinach, broccoli, and asparagus are excellent choices!
- **Fasting:** If you are not practicing Intermittent or Extended Fasting I invite you to consider it. It’s been my “secret” weapon for weight loss.
- **Avoid Bad Fats:** Avoid fried foods, trans fats, and hydrogenated oils. Read labels for the word “hydrogenated” and avoid foods with this ingredient like the plague! They lead to an inflammatory response which can significantly contribute to fatigue, weight gain, hormonal imbalance, and digestive difficulties. Additionally, an elevated inflammatory response taxes your immune system, making you more vulnerable to illness and immune dysregulation.
- **Avoid Bad Carbs:** Avoid white sugar, white flour, and processed grains. These “foods” lead to an increase in your blood sugar levels, which in turn contributes to weight gain, decreased energy, and a long list of “modern day” diseases. Tip: the healthy fats in your keto diet will help curb those bothersome sugar and carbohydrate cravings!
- **Celtic Sea Salt:** Use Celtic Sea Salt on your food instead of traditional “table salt” to help nourish your adrenal glands and increase your energy levels.

Enhance: Optimal Remedies

First and foremost, incorporating natural remedies in your wellness plan at any point is an excellent decision! However, achieving optimal energy is a process. The longer you take the steps necessary to support the glands of your endocrine and digestive systems with the best remedies and lifestyle habits the better your outcome will be. On average, optimal endocrine health takes 4-6 months to create. Since the cells of your digestive system turn over more quickly than other cells in your body optimal digestive health can be realized in as little as a month. Patience and perseverance are virtues that pay off in huge health dividends to those ready to run the good race!

Below are remedies from both Standard Process and Physica - my two favorite remedy companies. Please note that these are general dosage recommendations. Please seek the guidance of a qualified natural health care professional for specific recommendations.

Phase I: 2 Weeks

Establish A Healthy Foundation

- SP Complete or Veg-E Complete Smoothie: 1 daily.
- ProSynbiotic: 2 upon waking and 2 before bed.
- GI Stability: 1 upon waking and 1 before bed.
- Catalyn: 6 daily.
- Solray D: 4 sprays daily.
- Vitamin B Coenzyme Complex: 2 droppers.

Phase II: On-Going

Establish & Maintain a Fabulous You!

- SP Complete or Veg-E Complete Smoothie: 1 daily.
- ProSynbiotic: 1 daily.
- GI Stability: 1 daily.
- Catalyn: 4 daily.
- Symplex F or Symplex M (female or male): 4 daily.
- Solray D: 2 sprays daily.
- Vitamin B Coenzyme Complex: 1 dropper.
- Cod Liver Oil: 2 daily.

Adrenal Support

Additional adrenal support remedies.

- Drenamin: 2 daily.
- Adrenal Complex: 2 daily.

Thyroid Support

Additional thyroid support remedies.

- Thyrtrophin PMG: 2 daily.
- Prolamine Iodine: 1 daily.



www.CarolynBerghuis.com

Note: This information is not intended to be a substitute for taking proper medical advice and should not be relied upon in this way. Always consult a qualified doctor or health practitioner, especially if you are taking prescription medications or are diagnosed with a medical condition. The author cannot accept responsibility for illness arising out of the failure to seek medical advice from a doctor.

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Thrive: Key Lifestyle Tips

- **Salt n Soda Bath:** Therapeutic bathing is an excellent tool to support optimal well-being. Try 2 cups baking soda and 2 cups epsom salts in a very warm bath weekly or twice monthly. Add essential oils if desired.
 - **Sleep by 10 PM:** Optimal sleep is required for your body to heal itself and function at its best. It's also very important for weight loss and anti-aging! Do your best to be sound asleep between 10pm - 2am. These are true beauty hours!
 - **Sauna Therapy:** Consider investing in your health by purchasing a far infrared sauna for your home. The health benefits are extensive. I personally have a Health Mate sauna at home and I use it often.
 - **Exercise:** Of course we know that exercise is important for optimal health! I invite you to learn about optimal exercise for your blood type and incorporate it into your life by reading "Eat Right For Your Type" by Dr. D'Adamo, ND. Make sure you obtain the "Revised and Updated" 2016 version.
 - **Emotional and Spiritual Well-Being:** In my opinion, tending to your emotional and spiritual well-being is the single most important step you can take on your quest towards optimal health. Seek God through Jesus Christ in the Holy Spirit and you will find all the peace and well-being your heart desires. In my book *Understanding The Jesus Code* I offer solutions to what I call *The Nine Faces of Struggle* - places where we often get "stuck", unable to move forward into optimal health and happiness. I invite you to consider obtaining a copy. It is available on Amazon in paperback, Kindle, and Audible.
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YOUR NEXT STEP

I recommend utilizing the guidance of a qualified natural health care professional when seeking optimal health and lifestyle changes - there can be a lot of moving pieces! Not only do these practitioners have valuable clinical and educational wisdom, they have access to targeted remedies not available to the general public. Here are a few thoughts regarding your next step:

- **Scheduling With Me:** If you would like to work with me - great! I invite you to visit my On-Line Scheduler, it is available on my website listed below. Depending on my current client load please be aware that I may or may not be able to accept new clients. My On-Line Scheduler will note this. I offer phone, FaceTime, and Zoom appointments in addition to appointments in my office.
 - **Finding a Referral:** If I am unavailable to accept new clients, or if you prefer to work with a practitioner near you, I invite you to reach out to either Standard Process or Physica directly for a referral. There are many great practitioners they can direct you too. Here are their websites:
Standard Process: www.standardprocess.com
Physica: physicaenergetics.com
 - **Trinity Tuesday:** Want to stay on top of the latest information in health, happiness, and wholeness? If yes, then I invite you to subscribe to my on-line newsletter - Trinity Tuesday! You can do this on my website as well.
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Helping you to LIVE Healthy, Happy, and Wholly!

Blessings,

Carolyn Berghuis, MA, CTN, ND, MS

Best Selling Author, Inspirational Catholic Speaker, Traditional Naturopath

"And I have given them the glory you gave me, so that they may be one, as we are one, I in them and you in me, that they may be brought to perfection as one, that the world may know that you sent me, and that you loved them even as you loved me." - John 17:22-23



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