



BURNOUT RECOVERY

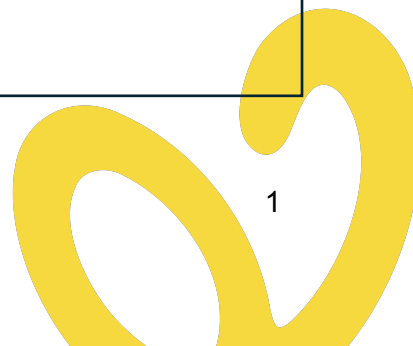
Welcome to the program

SUMMARY

- Chronic burnout symptoms often arise from ignoring early stress signals, overwhelming lifestyles, and not prioritizing rest, play, and nervous system regulation.
- Functional diagnostic nutrition focuses on identifying and addressing root causes like gut health, hormones, toxins, genetic predispositions, and stress response dysfunction.
- Stress can be mental, emotional, physical, or chemical, and chronic unresolved stress leads to metabolic chaos, impacting energy, mood, gut health, sleep, cognitive function, and immune strength.
- Recovery and long-term wellness depend on nervous system regulation, personalized self-care, mind-set shifts, and consistently supporting the body through targeted lifestyle practices.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:





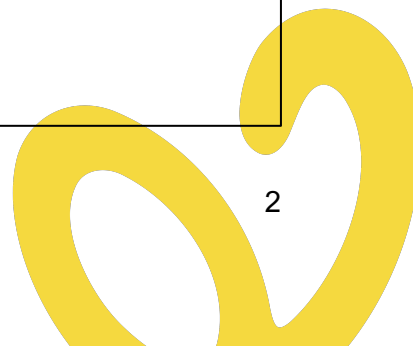
BURNOUT RECOVERY

CALL TO ACTION:

1. How will you show up for yourself during this program? Write it down in one sentence.

2. What 3 words describe the version of you who achieves your goals?

3. Reflect on what is your “why” for starting this journey?





BURNOUT RECOVERY

4. How can you commit to spending 20 minutes a day for reflection and action?

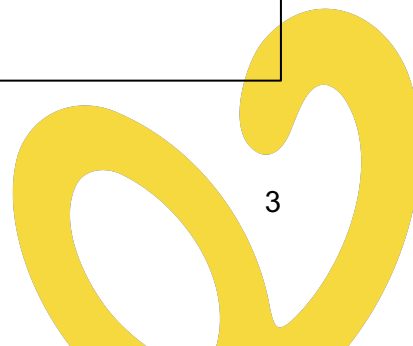
5. Reflect on your current stressors in your life:

- a. Mental, Emotional, or Spiritual Stressors

(e.g., fear, worry, anxiety, relationship struggles, unresolved trauma, grief)

- b. Physical or Biomechanical Stressors

(e.g., injuries, muscle strain, poor posture, intense or prolonged exercise)

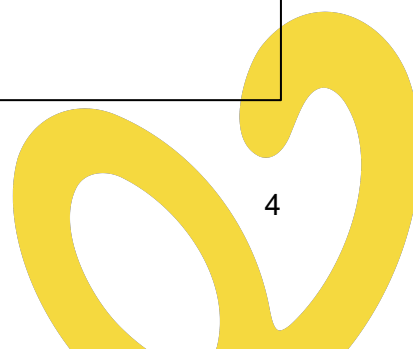




BURNOUT RECOVERY

- c. Chemical or Biochemical Stressors
(e.g., processed foods, medications, environmental toxins, sleep deprivation, allergies)

6. How can you commit to spending 20 minutes a day for reflection and action?





BURNOUT RECOVERY

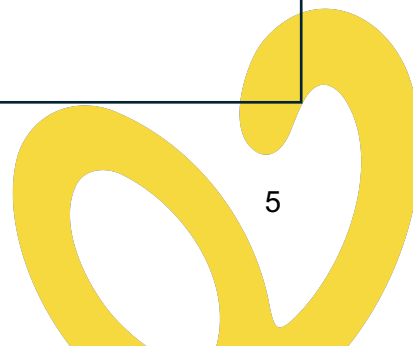
Lesson 1: Adrenal Function and Nervous System Balance Burnout

SUMMARY

- Chronic stress impacts the autonomic nervous system and the HPA axis, leading to imbalances like adrenal dysfunction, inflammation, hormone disruption, and impaired digestion.
- The sympathetic nervous system drives the fight, flight, or freeze response, while the parasympathetic nervous system promotes rest, digestion, and healing through pathways like the vagus nerve.
- Long-term stress can cause issues like cortisol dysregulation, poor sleep, gut problems, hormonal imbalance, and emotional challenges, often keeping the body stuck in a survival mode.
- Daily practices like supporting the vagus nerve, balancing blood sugar, grounding, breathing techniques, and intentional rest are key to shifting the body into relaxation mode and restoring health.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



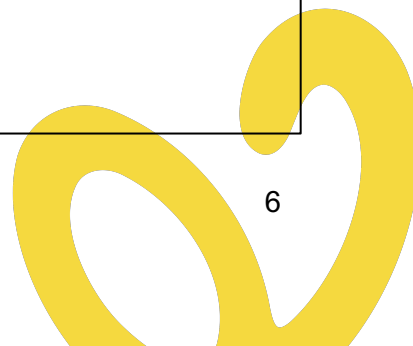


BURNOUT RECOVERY

CALL TO ACTION:

1. What symptoms are you currently feeling on a daily basis? List them down.

2. What specific triggers seem to worsen these symptoms throughout your day?





BURNOUT RECOVERY

3. How do you plan to live more intentionally starting today?

4. What does your 2-month action plan look like to support your nervous system and energy recovery? [\(Refer to appendix for 60 days Action Plan worksheet\)](#)





BURNOUT RECOVERY

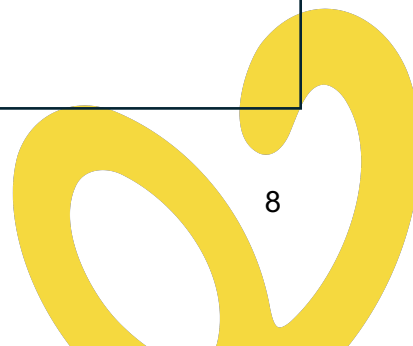
Lesson 2: Myth of Self Care

SUMMARY

- Rest and play are essential for well-being, helping to empty the stress bucket, strengthen the nervous system, and build resilience during life's demands.
- Common myths around self-care include beliefs like it must be earned, it's selfish, it needs to follow a strict regimen, or that it will happen on its own, which often prevent people from prioritizing it.
- Self-care activities can be simple daily habits like short walks, breathing exercises, gratitude practices, humming, white space moments, or connecting with loved ones to support a relaxed, thriving state.
- Creating a self-care "buffet" based on low, medium, and high energy tasks ensures flexibility, allowing self-care to fit naturally into daily routines without becoming another source of pressure

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



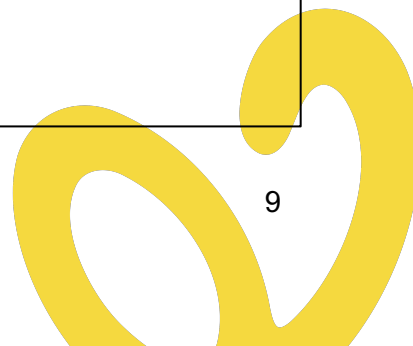


BURNOUT RECOVERY

CALL TO ACTION:

1. What are the biggest roadblocks that usually prevent you from practicing self-care?

2. Are there any limiting beliefs or myths about self-care that you recognize in yourself?

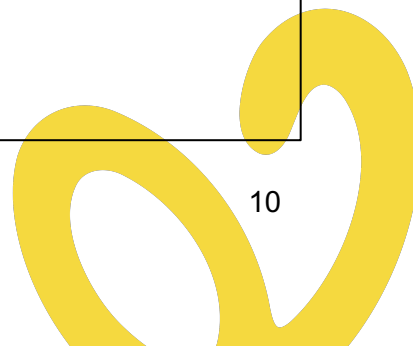




BURNOUT RECOVERY

3. What daily self-care activities would you love to weave into your routine?

4. How can you intentionally block time in your calendar to make self-care a non-negotiable part of your day?





BURNOUT RECOVERY

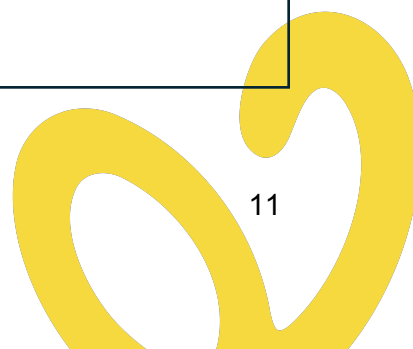
Lesson 3: Movement for the Nervous System

SUMMARY

- Movement supports cardiovascular health, improves blood pressure and cholesterol, enhances musculoskeletal strength and balance, promotes detoxification through the lymphatic system, and positively impacts digestion and gut microbiome diversity.
- Regular activity stimulates endorphins, dopamine, and serotonin, helping regulate mood, lower cortisol, support brain focus and memory, stabilize sleep rhythms, and balance critical hormones like insulin and cortisol for better overall vitality.
- Choosing movement that supports energy rather than drains it is essential, as overly intense exercise can worsen adrenal burnout; joyful activities like walking, yoga, dancing, or hiking foster emotional resilience, nervous system balance, and consistent motivation.
- Movement practices like strength training, cardiovascular exercises, and mindful flexibility work together to improve metabolic health, reduce inflammation, prevent chronic disease, support longevity, and encourage a sustainable, nourishing relationship with physical activity.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



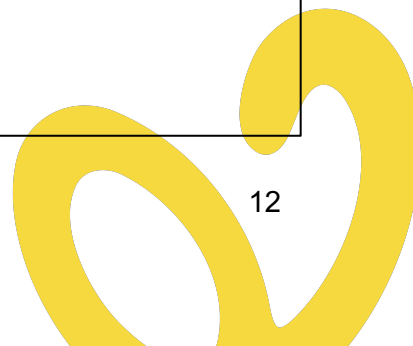


BURNOUT RECOVERY

CALL TO ACTION:

1. Practice three movement sessions (like walking, stretching, or strength training) this week and share your schedule?

2. Which type of movement feels most enjoyable to you, and how can you repeat it at least three times to start building a habit?

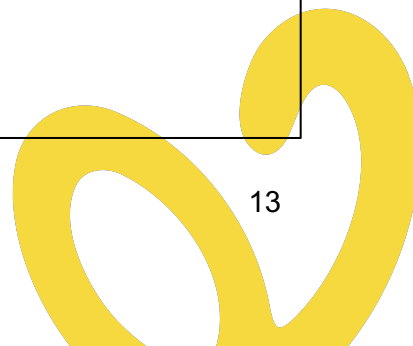




BURNOUT RECOVERY

3. What joyful activity (like dance, hiking, or yoga) can you add to your calendar to make movement fun?

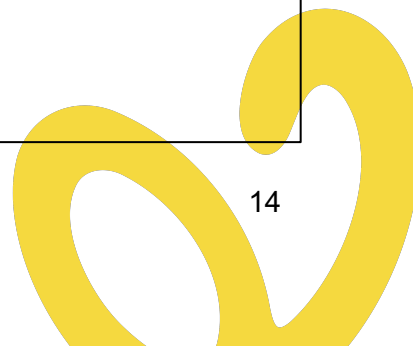
4. After each session, how did your body and mood feel? What small shifts did you notice?





BURNOUT RECOVERY

5. How can you design a weekly movement plan that feels realistic and sustainable for your current lifestyle?





BURNOUT RECOVERY

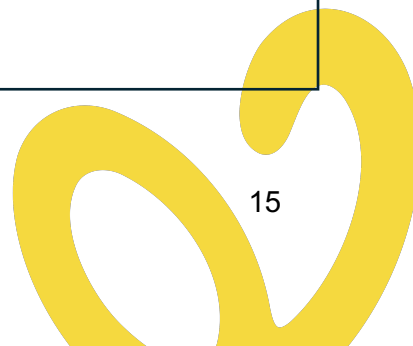
Lesson 4: Digestive Health, Wellness & Leaky Gut

SUMMARY

- Gut health plays a crucial role in supporting immune system strength, hormone balance, blood sugar regulation, nutrient absorption, detoxification, and mental health connections.
- Digestive imbalances like bloating, gas, brain fog, cravings, and fatigue can arise from poor food breakdown, chronic stress, inflammatory foods, or weakened gut lining leading to leaky gut.
- Leaky gut allows toxins, pathogens, and undigested food particles to pass into the bloodstream, triggering systemic inflammation, food sensitivities, autoimmune reactions, nutrient deficiencies, and contributing to symptoms like joint pain, skin issues, anxiety, and hormonal imbalances.
- Addressing gut health involves removing stressors like gluten, sugar, dairy, healing with foods like bone broth and fermented foods, managing stress, supporting the vagus nerve, and restoring gut barrier integrity through probiotics, prebiotics, and lifestyle improvements.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



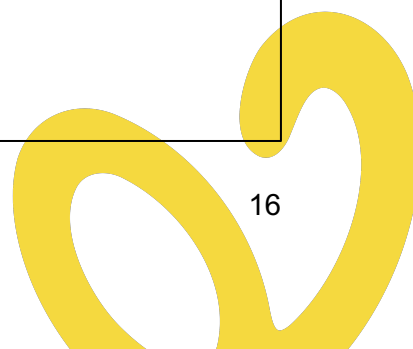


BURNOUT RECOVERY

CALL TO ACTION:

1. What symptoms like bloating, fatigue, or cravings do you notice after meals?

2. How can you plan to cut gluten, dairy, sugar, and processed foods for the next 7 days?

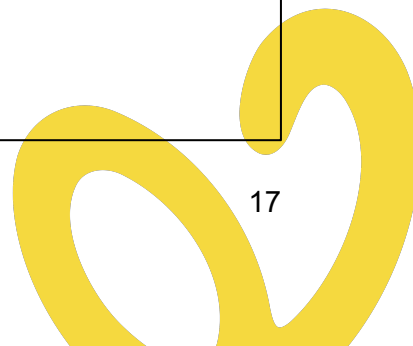




BURNOUT RECOVERY

3. Which one healing food (like bone broth or fermented foods) would you like to start adding daily?

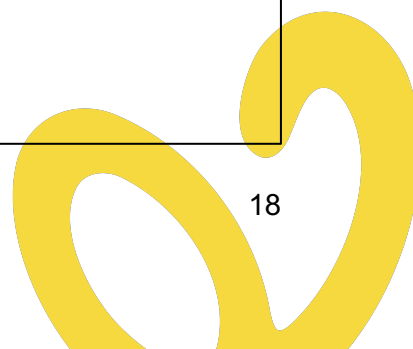
4. What is one key stressor you've identified that impacts your digestion?





BURNOUT RECOVERY

5. How can you create a simple plan to minimize each of these stressors weekly or bi-weekly?





BURNOUT RECOVERY

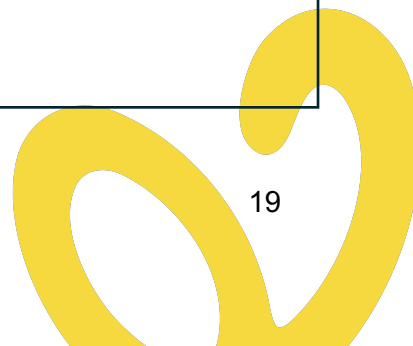
Lesson 5: Sleep Optimization

SUMMARY

- The body follows an internal clock aligned with sun cycles; sleeping from 10 p.m. to 6 a.m. supports growth hormone release, detoxification, and hormonal repair.
- Morning sunlight exposure, reduced caffeine after 1 p.m., and avoiding blue light at night help regulate the sleep-wake cycle and support melatonin production.
- Poor sleep can be influenced by blood sugar drops, inflammation, toxins, gut dysfunction, or liver congestion, which may show up as waking up at certain hours or trouble falling asleep.
- Nutrient deficiencies, low-carb diets, and high histamine foods may interfere with melatonin and serotonin pathways, impacting both sleep quality and mood stability.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



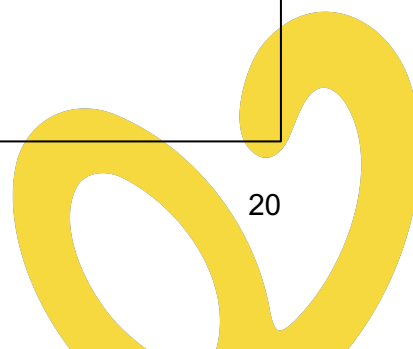


BURNOUT RECOVERY

CALL TO ACTION:

1. What small changes can you make to start sleeping between 10 p.m. and 6 a.m. more consistently?

2. How can you schedule 15 minutes of morning sunlight within 30 minutes of waking to support your body's clock?

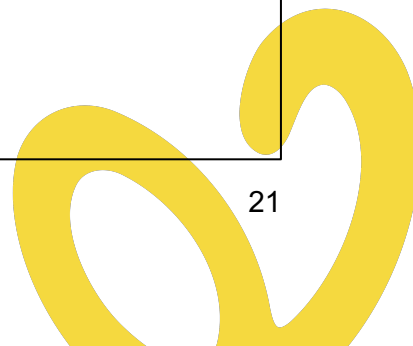




BURNOUT RECOVERY

3. What's your current daily caffeine intake, and can you set a cut-off time no later than 1 p.m. to avoid sleep disruption?

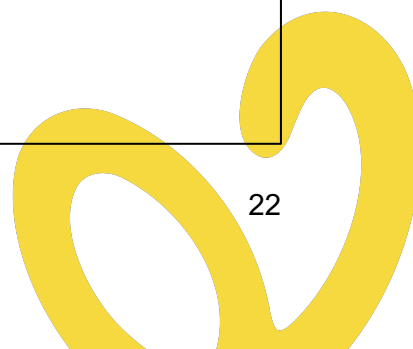
4. Which 2–3 calming activities (like tea, stretching, journaling) can become part of your nightly wind-down routine?





BURNOUT RECOVERY

5. What support tools or remedies—like supplements, castor oil packs, or magnesium—might be helpful for improving your sleep environment?





BURNOUT RECOVERY

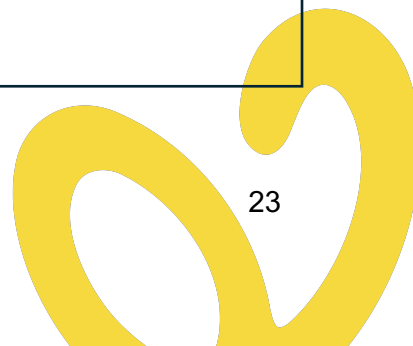
Lesson 6: Balancing Blood Sugar

SUMMARY

- Blood sugar regulation supports energy, hormone health, gut function, and mental clarity, with insulin managing the movement of sugar into cells and preventing fat accumulation.
- Symptoms of blood sugar imbalance like fatigue, cravings, anxiety, poor sleep, and weight gain can result from dehydration, sleep deprivation, chronic stress, nutrient-poor meals, and inactivity.
- Chronic high blood sugar can lead to insulin resistance, inflammation, hormone disruption, gut dysfunction, and a cycle of adrenal stress, impacting overall health resilience.
- Meal structuring strategies such as prioritizing protein, healthy fats, and fiber, eating lighter dinners, and balancing carb intake help stabilize blood sugar and reduce insulin spikes.
- Daily practices like walking after meals, using apple cider vinegar before dinner, mindful meal timing, and incorporating supportive supplements strengthen blood sugar regulation and overall well-being.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



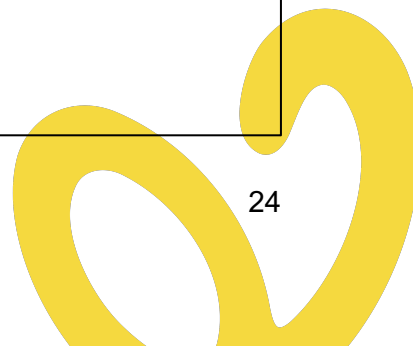


BURNOUT RECOVERY

CALL TO ACTION

1. How can you structure your meals to prioritize protein first and healthy fats?

2. What adjustments can you make to have your biggest meal at breakfast and smallest at dinner?

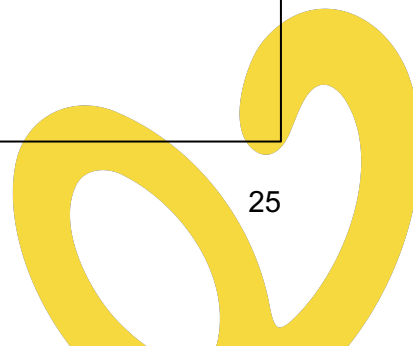




BURNOUT RECOVERY

3. How will you commit to taking a 20–30 minute walk after lunch and dinner?

4. What is one simple way you can start including apple cider vinegar before dinner to support your blood sugar balance?





BURNOUT RECOVERY

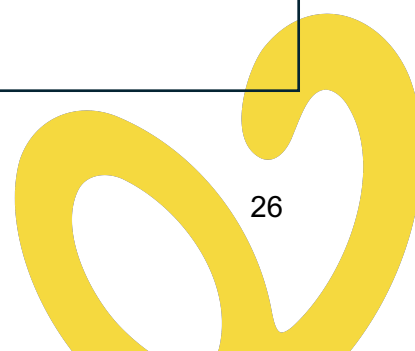
Lesson 7: Going Gluten Free

SUMMARY

- Gluten is a group of proteins found mainly in wheat, barley, and rye, and it can trigger intestinal permeability even in people without obvious sensitivity, contributing to issues like leaky gut, inflammation, and brain dysfunction.
- Symptoms of gluten-related issues can be both gut-related like bloating, constipation, and diarrhea, and non-gut-related like fatigue, brain fog, skin issues, hormone imbalance, and adrenal dysfunction, with gluten sensitivity existing on a spectrum from celiac disease to non-celiac gluten sensitivity.
- Cross-contamination is a major concern, with hidden gluten sources including foods like soups, gravies, soy sauce, instant coffee, pre-marinated meats, as well as personal care products like shampoos, toothpastes, and even pet foods.
- A strong gluten-free approach focuses on naturally gluten-free foods like meat, poultry, fish, eggs, vegetables, fruits, nuts, and seeds, while gluten-free packaged foods should still be consumed mindfully to avoid processed ingredients that trigger inflammation.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



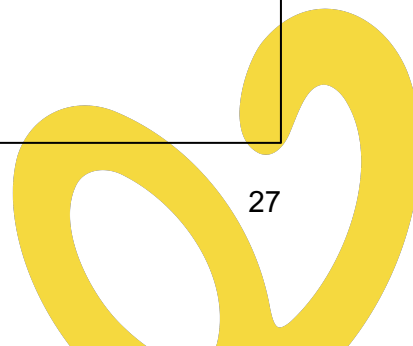


BURNOUT RECOVERY

CALL TO ACTION

1. What gluten-containing foods are currently part of your diet?

2. Which foods would you like to start avoiding to support a gluten-free lifestyle?

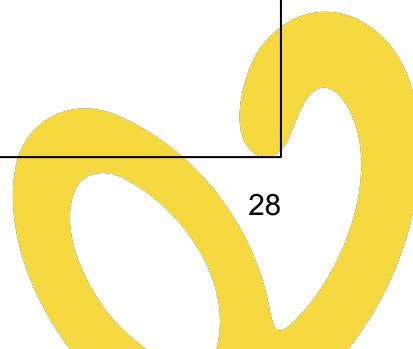




BURNOUT RECOVERY

3. What gluten-rich items can you identify in your pantry that need to be replaced?

4. How would you build a simple and sustainable gluten-free meal plan for yourself?





BURNOUT RECOVERY

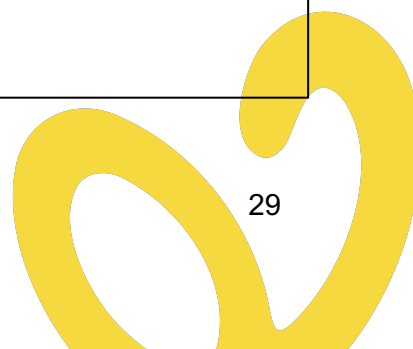
Lesson 8: General Nutrition for Adrenal Support

SUMMARY

- Adrenal health relies on an anti-inflammatory diet rich in clean proteins, healthy fats, and whole foods that regulate cortisol, support hormone production, and sustain energy throughout the day.
- Essential nutrients like vitamin C, B vitamins, magnesium, sodium, potassium, antioxidants, and cholesterol from quality fats are key for stress resilience and hormone synthesis.
- Foods like grass-fed beef, fatty fish, leafy greens, root vegetables, nuts^{and} seeds, berries, citrus fruits, avocados, sea vegetables, and eggs play important roles in blood sugar stability, electrolyte balance, brain function, and adrenal recovery.
- Supportive drinks such as celery juice and the adrenal cocktail help replenish minerals like sodium and potassium and can be used strategically during energy dips or sleep disturbances.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:

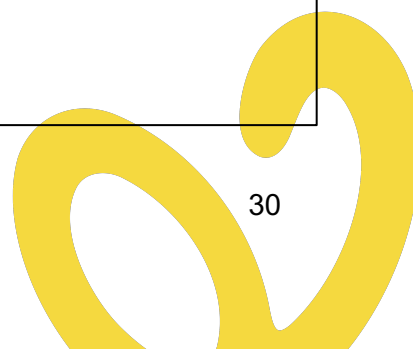




BURNOUT RECOVERY

CALL TO ACTION:

1. Create a meal plan using:
 - a. Clean protein
 - b. Healthy fats
 - c. Leafy greens
 - d. Root veggies
 - e. Fruits, citrus
 - f. Adrenal-supporting drinks.





BURNOUT RECOVERY

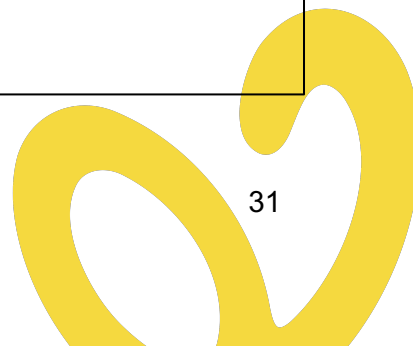
Lesson 9: Reducing Inflammation

SUMMARY

- Chronic inflammation stems from immune overactivation due to factors like food sensitivities, infections, toxins, and environmental chemicals, leading to symptoms such as fatigue, pain, brain fog, and weakened immunity.
- The most common inflammatory triggers include gluten, dairy, refined sugar, trans fats, pesticides, and heavy metals, many of which disrupt gut health and overload detox organs like the liver.
- Certain foods and oils—especially vegetable oils, hydrogenated fats, and artificial sweeteners—can increase oxidative stress, while clean alternatives like olive oil, avocado, nuts, and a colorful, plant-rich diet help reduce inflammation.
- Natural anti-inflammatory supports include antioxidants, curcumin, boswellia, Baikal skullcap, and proteolytic enzymes, which assist in tissue repair, reduce swelling, and support healthy detox and immune function.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:

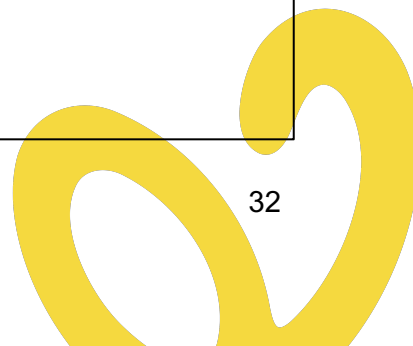




BURNOUT RECOVERY

CALL TO ACTION:

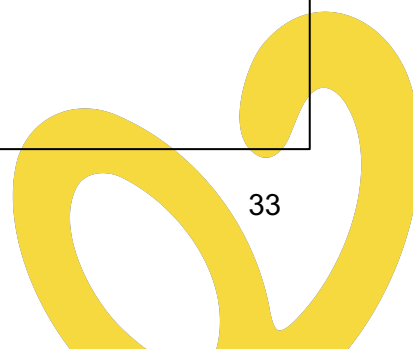
1. Create an anti-inflammatory lifestyle plan —what food, habit, or trigger are you ready to shift?





BURNOUT RECOVERY

2. How would you structure your meals throughout the day—what choices make sense for morning, daytime, and night to support lower inflammation?





BURNOUT RECOVERY

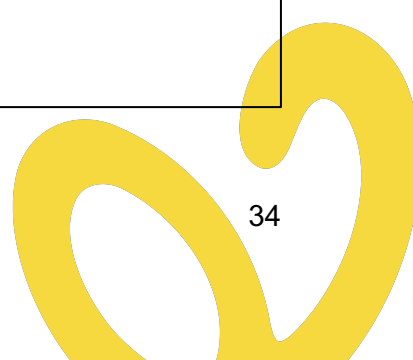
Lesson 10: Meal Planning Like a Pro

SUMMARY

- Meal planning becomes more sustainable with systems like weekly templates, ingredient searches, and apps such as Paprika that help organize meals, track groceries, and reuse past successful plans.
- Simple, clean recipes are widely available online, and even desserts can be made anti-inflammatory using smart substitutions found on blogs like Chocolate Covered Katie or Minimalist Baker.
- Equipping your kitchen with tools like an instant pot, sheet pans, mandolin, blender, and glass containers not only saves time but also supports long-term healthy eating by reducing toxic exposure and meal prep stress.
- Batch prepping proteins, veggies, and snacks, freezing meals, pre-washing produce, and keeping on-the-go snacks ready help minimize weekday overwhelm and make healthy eating feel practical, not rigid.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:

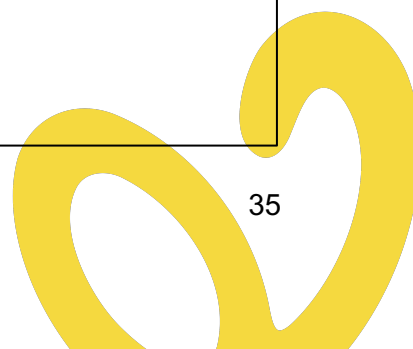




BURNOUT RECOVERY

CALL TO ACTION:

1. Which 5–7 clean recipes would you love to try this week—and what ingredients will you need to make them?

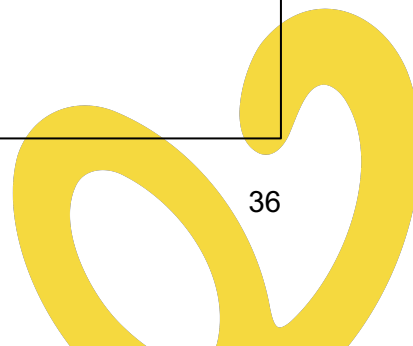




BURNOUT RECOVERY

2. How do you plan to organize your week to make space for batch prepping proteins, veggies, and snacks?

3. What cooking tools do you currently have—and which ones could help make your prep easier or faster?

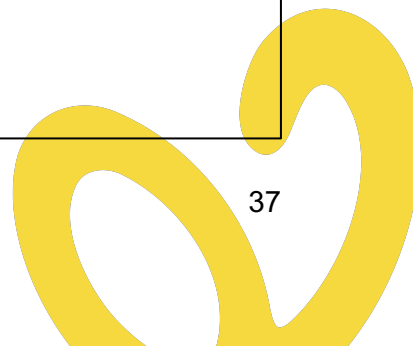




BURNOUT RECOVERY

4. Are you ready to start swapping out plastic containers for glass ones to reduce toxin exposure?

5. How can you simplify your week by pre-washing produce (fruits and veggies) and repeating meals that you actually enjoy?





BURNOUT RECOVERY

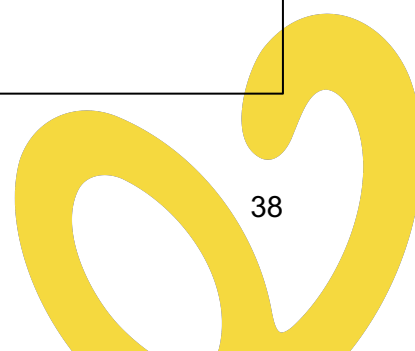
Lesson 11: Opening Up Detox Pathways

SUMMARY:

- Detox refers to eliminating stored toxins from tissues and cells, while drainage supports natural waste-removal pathways like the colon, liver, kidneys, skin, lungs, and lymphatic system, ensuring toxins can actually leave the body.
- The drainage funnel must flow from the bottom up, starting with regular bowel movements, then liver and bile duct flow, followed by proper lymph movement and brain detox, to avoid toxins backing up and being reabsorbed.
- If drainage pathways are blocked, detox efforts can backfire—leading to brain fog, rashes, fatigue, memory issues, or even increased toxic load in organs like the skin, kidneys, and lungs.
- Proper hydration with mineral-rich water, gentle practices like dry brushing, castor oil packs, and liver-supporting herbs help the body open up its drainage before deeper detox begins.
- The mitochondria act as the energy engines powering this entire system; without supporting them, the drainage and detox process may stall.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



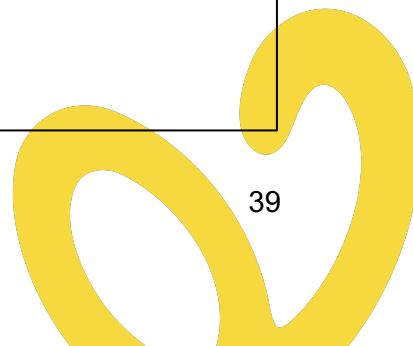


BURNOUT RECOVERY

CALL TO ACTION:

1. What's the easiest way for you to start taking magnesium regularly, knowing it helps support regular bowel movements and keeps detox pathways flowing?

2. Which days in your week feel realistic to apply castor oil packs over your liver—especially knowing they support deep liver drainage and reduce sluggishness?

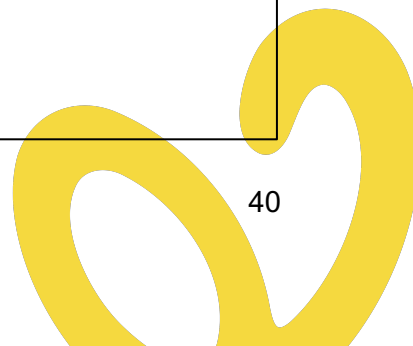




BURNOUT RECOVERY

3. How can you turn dry brushing before your shower into a short, energizing ritual that wakes up your lymphatic system and clears internal stagnation?

4. Are you open to trying liver-supporting herbs like milk thistle or dandelion—and what form (tea, capsule, tincture) would feel easiest to add to your routine?





BURNOUT RECOVERY

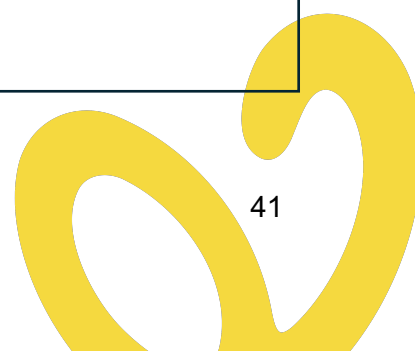
Lesson 12: Pathogens and the Toxins They Create

SUMMARY

- Gut pathogens like bacteria, parasites, fungi, and viruses disrupt the microbiome, weaken the gut lining, trigger chronic inflammation, and contribute to issues like leaky gut, hormonal imbalance, and mood disturbances.
- Parasites such as protozoa and helminths can cause malnutrition, anemia, tissue damage, and immune suppression, while their toxic byproducts contribute to systemic inflammation and neurological symptoms.
- Opportunistic bacteria and their endotoxins like lipopolysaccharides (LPS) promote insulin resistance, brain fog, mood imbalances, liver congestion, and chronic pain, impacting the gut-brain connection and stress management.
- H. pylori, Candida, and mold exposure worsen gut permeability, deplete nutrient absorption, drive toxin production inside the body, and lead to cognitive impairment, adrenal fatigue, and inflammatory overload.
- Chronic infections like Clostridia produce highly toxic substances that damage gut lining, overwhelm detox pathways, deplete antioxidants, and contribute to severe neurotoxicity, gut dysfunction, and widespread inflammation.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



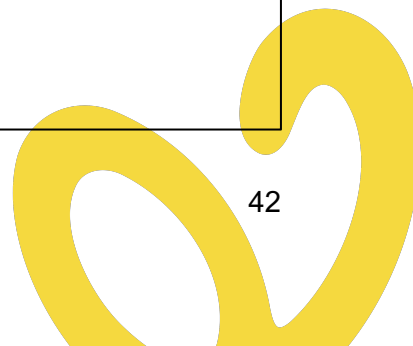


BURNOUT RECOVERY

CALL TO ACTION

1. Have you considered doing a GI Map test to check for infections and starting parasite treatment if needed?

2. How can you check for mold exposure in your environment or explore mycotoxin testing if necessary?

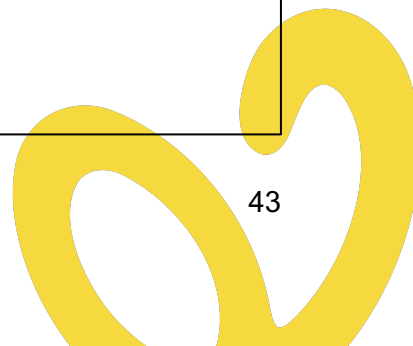




BURNOUT RECOVERY

3. What sugars, processed foods, and saturated fats are currently part of your diet that you could list down for awareness?

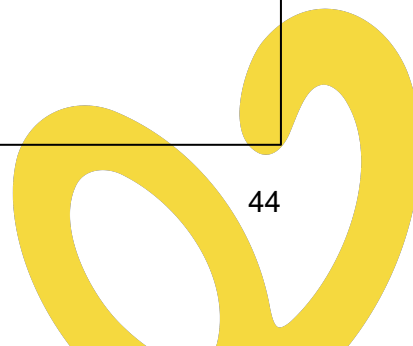
4. How can you begin incorporating gentle binders like charcoal or bentonite clay to help flush out mold and toxins?





BURNOUT RECOVERY

5. How can you begin incorporating gentle binders like charcoal or bentonite clay to help flush out mold and toxins?





BURNOUT RECOVERY

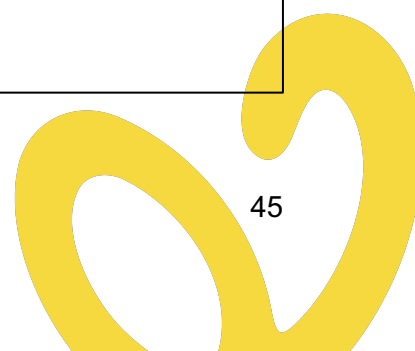
Lesson 13: Personal Care Products

SUMMARY

- Personal care products often contain endocrine-disrupting chemicals (EDCs) like parabens, phthalates, and formaldehyde-releasing preservatives, which can disrupt hormone balance, impact fertility, immune function, and contribute to chronic health issues.
- EDCs can mimic, block, or alter hormone production and sensitivity, leading to risks like early puberty, metabolic dysfunction, neurological issues, and even cancer, while also damaging the mucosal barrier and contributing to leaky gut.
- Toxins from products can accumulate in human tissues, such as phthalates in urine, parabens in breast tissue, and fragrance compounds in fat, increasing the body's toxic burden and making detoxification and adrenal recovery more difficult.
- Safer product choices involve avoiding top ingredients like parabens, phthalates, DEA, propylene glycol, and fragrance, and gradually switching to cleaner brands to reduce daily exposure without overwhelming financial burden.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



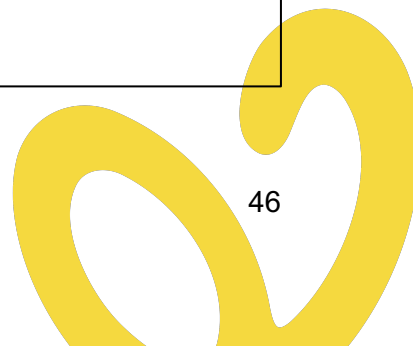


BURNOUT RECOVERY

CALL TO ACTION

1. What are the 10 personal care products you currently use each day?

2. After checking on ewg.org, skin-deep or the Think Dirty app, which ingredients in your products might be harmful or toxic?

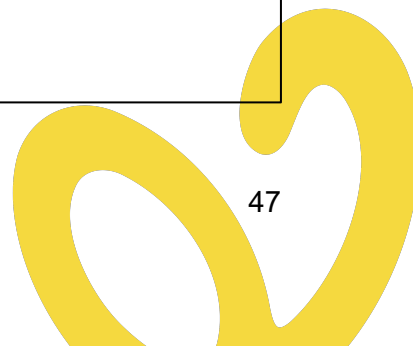




BURNOUT RECOVERY

3. What are some clean, toxin-free alternatives you could consider swapping in for those products?

4. How do you plan to replace these products over time in a way that feels manageable for you?





BURNOUT RECOVERY

5. Are you using glass or BPA-free containers for any homemade or self-care items—and if not, how soon can you make that shift?



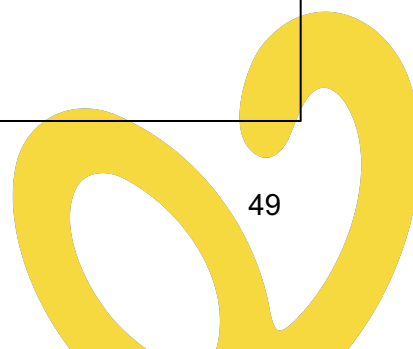
BURNOUT RECOVERY

Summary

- Nervous system regulation and recovering from burnout are lifelong practices that focus on returning to balance, not achieving perfection.
- Every small positive change—whether in food, movement, rest, or stress management—creates a ripple effect in overall health and resilience.
- Building a sustainable, balanced approach to health takes courage, consistency, and self-compassion, and every effort contributes to long-term well-being.
- Health is a journey, not a destination, and celebrating both small and big wins strengthens commitment to personal growth and vitality.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:





BURNOUT RECOVERY

Appendix

- 60-Day Nervous System & Adrenal Reset Plan:

<https://docs.google.com/spreadsheets/d/1opVUcymQYjaDDWfsHuge0fBWBaLEWBt8wWVgRyIC5k/edit?gid=1162813943&gid=1162813943>

