



# Simple Steps to Better Health



[FDNthrive.com](https://FDNthrive.com)

Get Well. Stay Well. Naturally

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### Finally, The Answers You've Been Looking For!

Not feeling well is bad enough. Not getting the answers to **why** you don't feel well is even worse. You're frustrated by discouraging conversations with specialists who insist you're normal,



when you know you're not. And you're exhausted from the worrying—maybe you're even losing sleep. You want to feel better, start living fully, and enjoy your life, but you don't know how or where to start.

Achieving a healthy lifestyle means you may have to change your current lifestyle. But that doesn't mean it's difficult. In fact, healing naturally is easier than so many people in the health industry make it seem. The reason why it is seems so confusing is, on one end of the spectrum is traditional medicine, where symptoms are treated and diseases are managed. On the other is holistic healers, who tell you to eat better, exercise more, and buy their specially-formulated lotions, potions, powders, and pills. Each may have their place

at times, but there's often more to it.

The truth is, your health problems might have more than one cause. The problems may be connected and related to the symptoms you're having, but then again, maybe not. You can heal your body by looking at what may be going on under the surface. Carefully looking at each of the underlying causes of what is happening with you, and addressing those causes allows your body to do some pretty incredible work, instead of masking symptoms with medications.

The most important thing to know about symptoms is this...

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*The symptom is the last thing to show up when your body is in distress.*

This is where we come in, with a totally unique approach.

At FDNthrive, we use our proven step-by-step system to discover the imbalances in your body. Our **D.R.E.S.S For Health Success™** program pinpoints the changes your body needs in these five areas—*Diet, Rest, Exercise, Stress Reduction, and Supplementation*—to restore your vibrant energy and overall health.

## Test, Don't Guess!

FDNthrive combines information you provide us about your thorough history and the results of the functional lab tests we run, to learn what's going on inside your body. That way, we can connect all the dots that tell us why you're feeling the way you are.

## And then the healing begins.

Once we have this clear picture of what's happening with your body, we design a custom natural protocol, as individual as you are, to improve how your body functions.

Since we don't control every aspect of outcome—much of it depends on you and how consistently you follow the protocol—we can't make blanket guarantees. But, if you follow and continue following this protocol, you can expect your body to heal, your symptoms to disappear, and your health, energy, and vitality to be restored. In fact, in many cases, even previously diagnosed conditions have simply vanished over time. Let's take a closer look at how the process works.

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## D.R.E.S.S. for Health Success® Program

The acronym “D.R.E.S.S.” stands for the five most critical health habits: Diet, Rest, Exercise, Stress Reduction, and Supplements. **This is THE foundation for EVERY BODY** to get well and stay well, naturally.

Disease happens when your natural defense systems are overwhelmed, and it can be a relentless process.

Once you’ve learned what’s causing the overwhelm, you can work to unravel the chaos happening in your body, repair the damage, and restore a normal operating system.

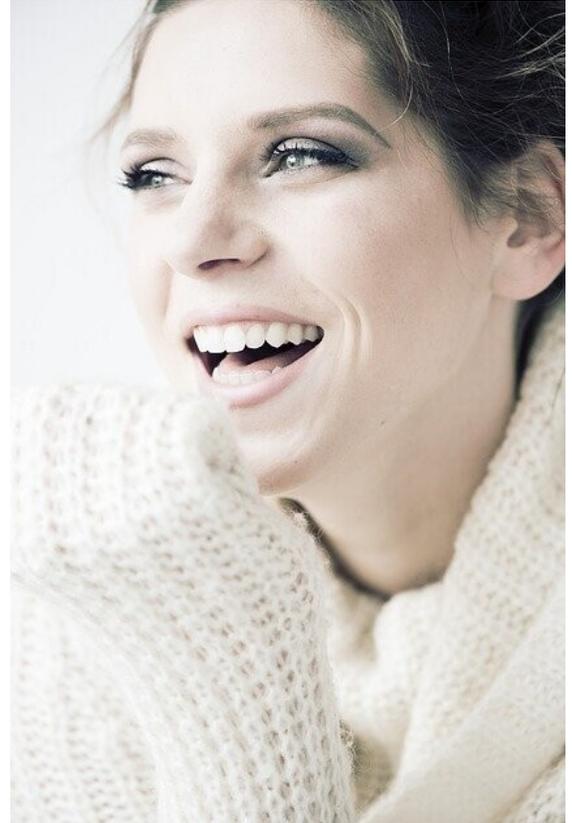
When you consistently use FDNthrive’s lab-guided program, the results can be so powerful that even serious and previously diagnosed conditions have been completely reversed.



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But before we go into FDNthrive's natural protocol, let's take a look at the cluttered landscape we all live in:

- ***Research shows that around 70% of Americans are on at least one prescription medication. Many are on several drugs that only address the symptoms and carry serious side effects.***
- ***Antibiotics, antidepressants, and painkillers are the most common drugs prescribed today. These often just mask symptoms, without addressing the underlying cause.***
- ***23.5 million Americans suffer from an autoimmune condition, wherein the body is attacking itself!***
- ***An estimated 1 in 10 adults report being depressed.***
- ***70 - 80% of all doctor visits are for stress related conditions, for which doctors have little or no training, and nothing to offer other than temporary relief care.***
- ***90% of Diseases come from stress***



Achieving the best possible state of physical well-being can feel impossible. But our program works, plain and simple.

## DIET

Eating the wrong foods for your genetic makeup and your body is a major contributor to the breakdown of your metabolism. On the other hand, eating according to your genetic requirements helps to increase your body's ability to metabolize what you eat.

### These 3 simple diet changes will change your life:

- 1) eat real, whole foods;
- 2) eat right for your individual metabolism requirements; and
- 3) eliminate foods that cause stress to your body.

### *Real, Whole Foods*

Processed foods are widely available, cheap, are often high in calories, low in nutritional value, and made with fillers and artificial ingredients. They're formulated to inspire cravings for the texture, flavor, and salt. *Think McDonalds French Fries!* They don't have the nutrients or fiber found in real foods like a potato. Processed foods satisfy your appetite, but deprive you of the nourishment you need to stay well.

**High quality food in its whole form is extremely powerful, especially when you are eating for your body's requirements.**

Whole Food	vs	Processed Food
Nutrient Dense		Lack Nutirent Value
Lower Calorie		Higher Calorie
Chemical Free		Unknown Ingredients
Your Body Knows What You're Eating		Your Body Doesn't Know How To Process
More Satisfying		Leaves You Wanting More

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This distinct way of processing, or *metabolizing*, food is called Metabolic Typing®. This practice tells you things like at what point carbohydrates will be **turned into needed energy, instead of turning into fat**. You'll also know how much protein and fat needs to be added to your diet to create the highest-quality food for your body.

## **Food Sensitivities and Stress-Inducing Diets**

Food sensitivity testing detects whether your body's immune system responds negatively to particular foods and products. We conduct these tests to discover what foods, if any, cause this reaction in you. Clients of ours have been able to quickly recover lost function and health simply by eliminating foods we discovered they were sensitive to.

Your FDN health practitioner can help you understand your food sensitivity test results and guide you through the process of creating a diet optimized for your genetic type—one that includes whole foods instead of processed foods, and that eliminates the specific foods that irritate your body.

## **A Few Quick Shopping Tips For A Healthier Diet**

### **1. When shopping for food, read labels.**

If you can't pronounce the ingredients and can't find it at the farmers market this is a major red flag.



## **2. Keep the ingredients to a short list.**

The longer the list of ingredients, the higher the chances your body doesn't know how to process it or what to do with it. We call this the "5 ingredients or fewer" system.

## **3. Buy and consume whole foods as much as possible.**

That means avoiding food from bags, boxes, and cans, and foods that contain added sugar, preservatives, trans-fats, and artificial ingredients.

## **4. Avoid most diet meal plans.**

Many commercial "diet meal plans," often endorsed by celebrities, are just not healthy. Again, look at the labels and read the ingredients!

## **5. Cook your own food.**

Learn to prepare healthy, delicious meals at home, so you can be sure of every ingredient you're eating. Sometimes this requires adjusting your schedule to make time, but there are lots of online tutorials that walk you through efficient and time-saving techniques, like making a week of menus in one afternoon. We can help with this!

## **6. Eat what's right for you.**

To do its best job, food must be in its purest form, in the right amount, and tailored to your body's needs (these will be identified in your Food Sensitivity & Metabolic Typing™ Tests). This is one reason most trendy diets today don't work for everybody. Pay attention to your body and eat what makes you feel the best. If a food makes you bloated and tired, don't eat it!

## 7. Maintain good blood sugar control.

Fluctuating blood sugar—often caused by sugary food—causes stress on your body.

Sometimes this shows up as sore joints, acne, stomach aches, and headaches, or it can be hidden and cause indirect symptoms. The secret to steady blood sugar levels is fine-tuning the correct ratio of protein, fat, and complex carbs at each meal. When you get it right, you'll know it!



## REST

Sleep scientists are constantly revealing new data, and the information is remarkable. It's been shown many times over that poor health can directly correlate with poor sleep quality. The good news is that with a little investigation into the causes, disrupted sleep patterns can be improved by making simple lifestyle adjustments.

### How to Improve Your Sleep:



Even doing just one or two of the suggestions below can lead to a better night's sleep, and improvements in your overall health:

#### **Eat a snack around bedtime.**

If the snack is "right for your type," it not only stabilizes blood sugar levels, it will help balance your sleep and repair hormone levels, as well as important neurotransmitters—brain-to-body communications that help your body runs like a well-oiled machine.

Starchy, carb-heavy snacks or meals during the late hours of the day, though, can increase the likelihood of a poor night's sleep. High carb snacks raise blood sugar, which triggers an insulin response. That late-night ice cream can result in your sugar levels spiking, then dropping, while you sleep, which will wake you up and make it harder to fall back asleep.

## **Keep your sleeping space dark.**

When light hits the eyes, it disrupts your natural sleep cycle and reduces the quality of your sleep. If you get up in the middle of the night, there also should be as little light in the bathroom as possible. Alarm clocks should be dim, and nightlights should not be used.

## **Stop the Scroll Before Bedtime.**

Electronic devices like phones, computers, TVs, and tablets are stimulating to the brain, and make it take longer to fall asleep. They're also disruptive to your sleep cycle, for the same reason mentioned above.

## **Read the right stuff.**

Reading something calming will help you relax. Stimulating content, like mystery novels, may have the opposite effect. Also, if you're really enjoying a suspenseful book, you may wind up unintentionally reading for hours, instead of going to sleep. It's easy to get lost in a good read!

## **Alarm clocks, sometimes necessary, can be destructive.**

Waking to the sound of a loud alarm clock can be very stressful on the body. Try picking a tone that will wake you gently. A light alarm clock that gradually wakes you by mimicking sunrise is preferred, but if you want to use a basic alarm clock, make sure you buy one that isn't too loud or obnoxious. The body shouldn't be shocked into waking every day.



## **Get to bed as early as possible.**

Yes, we know this is a tough one. Your body does all of its important work while you're sleeping. Your body detoxes, your brain restores, and your key organ systems use this time to repair. Before the widespread use of electricity, people would go to bed shortly after sundown, as most animals do, in a natural cycle that nature intended. In fact, it's recommended that you go to bed and wake up at the same time every day—yes, even weekends! This is another reason to keep lights low once the sun starts to go down.

## **Check your bedroom for electromagnetic fields (EMFs).**

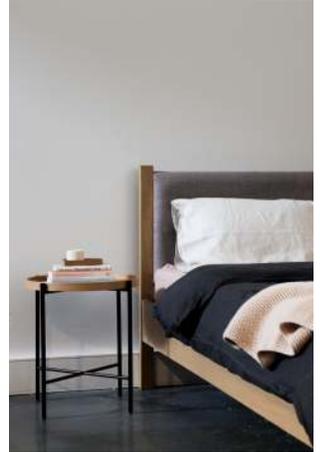
EMFs are fields of electricity that surround all electrical devices, including your electrical outlets, any device plugged into the outlets, your WIFI router, phones, and security systems. EMFs emitted by electrical devices can disrupt your natural sleep cycle. Some health professionals even recommend that people pull their circuit breaker before bed, to kill all power in the house.

## **Keep the temperature in the bedroom below 70 degrees Fahrenheit / 21 degrees Celsius.**

Many people keep their homes, and especially, their bedrooms, too hot. The hotter it is, the harder it may be to fall and stay asleep. (But you don't want your sleeping space to be too cold, either.) Overall body temperature plays a HUGE role in sleep quality.

## **Ask your doctor if your meds could be disrupting your sleep.**

Many medications, both prescription and over-the-counter, may have negative effects on sleep. There's no such thing as a drug deficiency. Most drugs are used to treat symptoms and do little to restore normal sleep function. But don't stop taking prescription meds without discussing it with your doctor first.



## Exercise



We all know that exercise is a vital part of a healthy lifestyle. Yet many people today live their lives without much movement at all. You sit at work, you sit in the car, and you sit in front of the television at home. Your body is not designed for so much sitting—you're meant to move!

Just like diet, there are many beliefs about which type of exercise is most beneficial, especially how and when it should be done. Latest research suggests that shorter, more intense exercise sessions can build fitness and burn calories more effectively than a long routine. The good news is that much of what you need to maintain a healthy body doesn't require expensive machines or gym memberships.

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In fact, incorporating just one or two of the ideas below into your daily routine can make you feel much better very quickly.

## **Don't sit too long at work.**

If your job requires you to sit for extended periods of time, make it a priority to get up every 30 minutes to move your body. Or, try standing desks, treadmill desks, or cycle desks, which have been shown to not only boost productivity, but significantly help prevent negative impacts on health.

## **Start a daily exercise routine.**

Try yoga, walking, interval training or playing a sport that's fun, effective, and not overly time-consuming. Doing something active that's also enjoyable is a huge part of getting and staying fit.

- **Incorporate a few of these habits to keep you active throughout the day.**
- ***Walk to work or school***
- ***Park far away from the entrance***
- ***Take the stairs instead of the elevator/escalator***
- ***Do some pushups if you can—even two or three make a difference!***
- ***Take a walk around the block—breathe in the fresh air***
- ***Dance! Play your favorite music while you're cooking dinner, cleaning house, or folding laundry, and dust off those funky moves!***

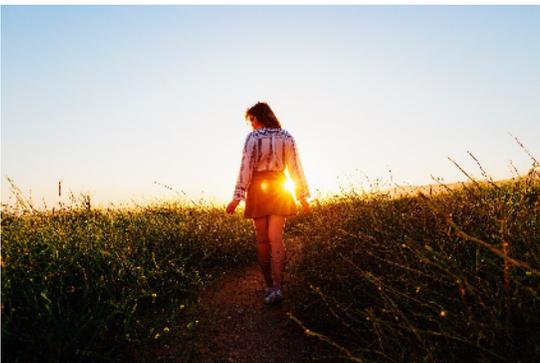
Remember, there's no "one size fits all" approach. If your body is stressed, exhausted, or dealing with some form of disease, there are many exercises you SHOULDNT be doing! An FDNt hive practitioner will help find the approach that's right for you.

## Stress Reduction

Stress is a part of life, but that doesn't mean you have to live with undue amounts of it. Not all stress is bad, either; stress that comes naturally from good things, like the excitement around the birth of a new baby, is invigorating and stimulating.

But stress that comes from negative relationships, poor food choices, or even toxins that you may be unwittingly putting in and on your body can ruin your mental, emotional, and physical health, cause you to age quickly, and make you feel lousy.

### *Internal (HIDDEN) Stressors*



We often think of stress as being purely *external*—things like traffic jams, physical injury, financial worries, and arguments at home or work. But we also experience something known as *internal* stress or HIDDEN stressors. You will feel the outcome of these hidden stressors, you may not see them but you will definitely feel them.

#### **HIDDEN STRESSORS (stress related to...)**

- (H)ormone
- (I)mmune
- (D)igestion
- (D)etoxification
- (E)nergy production
- (N)ervous systems

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**These stressors are at the root of most common health problems today, and yet commonly overlooked.**

## **Examples of *external* stress:**

- Encountering a bear in the woods
- Being yelled at by your boss
- Arguing with your significant other
- Getting cut off in traffic
- Having your house damaged by flood or fire

## **Examples of *internal* stress:**

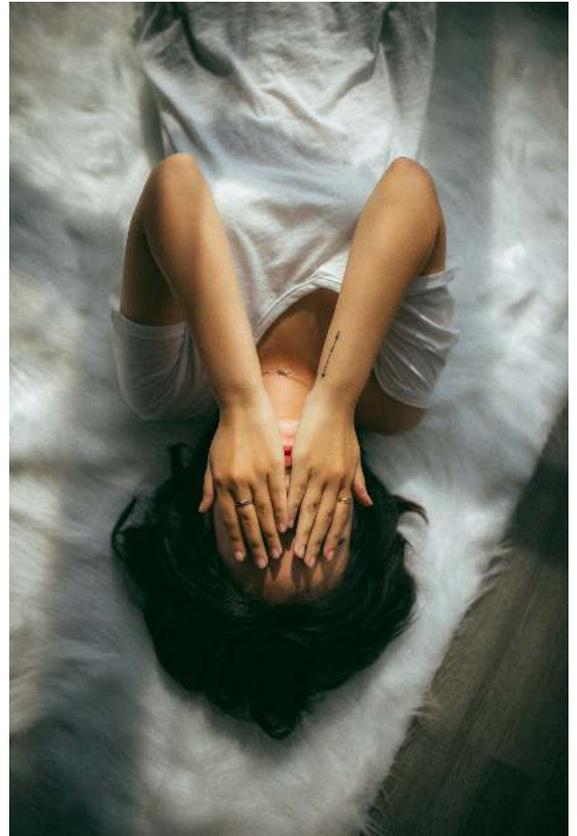
- Parasitic infections
- Poor dietary choices
- Heavy metal toxicity
- Yeast overgrowth
- Hormonal imbalances

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When stress of any kind is not soon resolved, the “stress domino effect” can begin: the body starts to break down, and symptoms eventually appear. But those stress-related symptoms are usually the last thing to appear, which makes the underlying cause harder to diagnose.

Also, two people can have the exact same symptoms (for instance, joint pain or headaches) but a different cause or HIDDEN stressor.

Negative stress from any source, left unresolved, can lead to what’s known as a *chronic stress response* and serious health problems. If health is to be restored, these chronic stressors must be identified and reduced or eliminated until functionality is returned to normal. Simply by doing this, it’s entirely possible to achieve vibrant health.

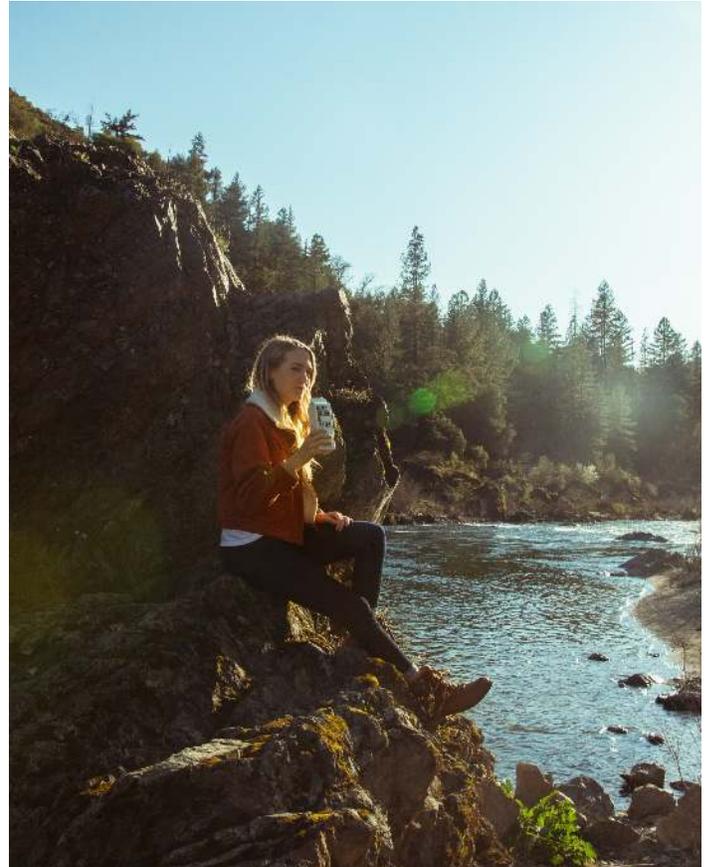


## ***How to Reduce Stress***

Just doing one or two of the suggestions below to reduce stress can dramatically improve your overall health.

### **De-stress at home.**

Take some time every day to let go. Turn off the phone, tell the family you won't be available for a set period of time, and do something that calms your mind and body—like yoga, tai chi, meditation, walking, or even just sitting in nature.



### **Pay attention to your body.**

Spend time taking care of you. Give yourself a foot and hand massage, stretch, read something inspirational, listen to soothing music, turn down the lights, and don't work or think about work. As you pay more attention, you may get insights as to what makes you healthier.

### **Get help.**

Practitioners who specialize in relaxation practices can help you regain balance. Treat yourself to sessions with a massage therapist, chiropractor, counselor, reflexologist, or acupuncturist, for example. Experiment with the modalities and find the one that works best for you.

## Try Emotional Freedom Technique.



Emotional Freedom Technique (EFT) is a simple system of tapping on a series of acupressure points in order to reduce the intense emotional responses that impact the mind and body. EFT has the potential to significantly reduce physical and psychological ailments, as it releases the body from the stress response.

## Supplementation

All aspects of health should be tailored to each individual. This is especially true of supplements.

### *How To Use Supplements*

Unfortunately, many supplement companies make claims that are not supported by research.



When you understand how to choose natural, potent, and proven supplements based on your individual needs, when they're targeted to stimulate healing and balance, they support improvements that need to be made, and you can achieve their full benefit. That's a lot better than wasting money on what will become a graveyard of half-used supplements in your medicine cabinet.

## Summary & Next Steps

Here's a recap of everything you've just read, and a plan of action for you:

1. **Test, Don't Guess.** After functional lab testing provides a clear picture of what's happening with your body, your FDNthrive practitioner will design a custom natural protocol as individual as you are, to improve how your body functions. This is how the healing begins.
2. **The Importance of Diet.** Eating the wrong foods for your body is a major contributor to the breakdown of your metabolism. Remember to eat whole foods, and follow the 5 ingredient limit.
3. **Rest is Key.** Poor health can directly correlate with poor sleep quality. You need a cool dark room, = all devices turned off, and late-night snacks thoughtfully chosen.
4. **Move, Move, Move!** Your body is meant to move all day long! It doesn't have to be a gym workout, either. Small movements throughout the day can make a huge change.
5. **Choose Supplements Wisely.** Supplementation should be based on your specific needs and not on the price. You get what you pay for!

## Where do you go from here?

What if you could have a functional healthcare provider that would guide you through all of your health concerns, and help you get back to feeling good again?

If you are dealing with any kind of chronic pain or illness, then it's likely that the medical community hasn't been able to provide much relief. You may have been prescribed medications, but they can often come with side effects. And even if these drugs do work well for treating symptoms, they aren't addressing the underlying cause of your discomfort.

FDNthrive, is different from traditional medicine because we focus on getting to the root cause of what's making you sick in order to restore your body's natural ability to heal itself. We don't treat symptoms; instead we use a functional approach that combines nutrition, exercise and lifestyle changes. By combining these with functional lab tests & your complete health history, we can target and correct imbalances at their source, and help you wholly restore your body in order to get well and stay well naturally.

Our practitioners have helped thousands of people get well and stay well naturally over the last 20 years. If you're ready to finally take control of your health once and for all, – apply to work with an FDNthrive practitioner today! And start living your best life right now! You'll be glad you did!

Please know that hiring an FDN practitioner is not a substitute for medical care; it should be done in addition to talking to your doctor. You should not make any changes in your diet, supplement intake, or exercise routines without first consulting your doctor.

**[APPLY TODAY TO WORK WITH FDNTHRIVE.](#)**

Be Well,

FDNthrive Team

# There is a better way to achieve vibrant health.



It doesn't require expensive drugs or invasive procedures. It starts with a commitment to adjust your current lifestyle for the better - and it can be easier than you think!

