Quick-Start guide

If the webinar left you both inspired and a little overwhelmed, this one-pager is your next best step. These 4 actions are the most powerful place to begin.”

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1 Balance Blood Sugar First

- ✓ EAT WITHIN 60 MINUTES OF WAKING (30G PROTEIN)
- ✓ PAIR MEALS WITH PROTEIN, FIBER, AND HEALTHY FATS

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2 Calm Your Cortisol

- ✓ SWAP COFFEE FOR FOOD FIRST
- ✓ ADD MAGNESIUM & A 10-MINUTE DAILY WIND-DOWN

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3 Build Muscle, Don’t Burn Out

- ✓ STRENGTH TRAIN 2–3X/WEEK (COMPOUND MOVES)
- ✓ DITCH DAILY HIIT—WALK, LIFT, RECOVER

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4 Clear the Inflammation

- ✓ REDUCE ULTRA-PROCESSED FOODS
- ✓ SUPPORT DETOX: CRUCIFEROUS VEGGIES + HYDRATION + FIBER

Audre
BY KELSEY ALE NTP