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# 7 HEALTH SECRETS TO TRANSFORM BURNOUT TO BALANCE - ENERGIZE YOUR LIFE

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**DISCOVER SIMPLE HEALTH HABITS  
THAT CAN HAVE A MASSIVE IMPACT  
OVER TIME**



*Your Health Gives You The Power To Reach  
Your Potential  
~Dr Jenny*

## **AN EPIDEMIC OF FATIGUE**

### *Understand The Root Cause*

First, Let's make sure we're on the same page because I don't want to waste anyones time. This guide is for you if.....

- You're a busy & ambitious woman juggling multiple roles & responsibilities
- You want to feel better, improve mental clarity, & improve energy to accomplish the life of your dreams
- You want a natural approach that addresses the ROOT cause of fatigue, brain fog, poor sleep, headaches, digestion issues, hormonal imbalances, or more
- You are tired of a health system that just masks symptoms
- You are looking to ELEVATE & TRANSFORM your health, from the inside out, with long lasting results

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*Elevate Your Health  
From the Inside Out*

**Disclaimer:**

This guidebook is for informational purposes and not a substitute for professional or medical advice. Nothing in this document is intended to prevent, diagnose, or treat any disease. There are no guaranteed results. See complete disclaimer at [drabercrombie.com](http://drabercrombie.com)

# Eat Breakfast

# 01

*for energy*

Most people skip breakfast or focus on carbohydrates & sugary options, not realizing that breakfast is the foundation of nutrients, vitamins, & support for your body during the day.

## Balance Protein + Fiber + Fat

Avoid sugar crashes and mid-morning cravings



Breakfast should be the most important meal in the day, & it should start with a blend of protein, good fat, fiber.

Need Ideas on where to start?

**KICK OUT:** the cereals, sugars, pastries, doughnuts

### **FOCUS:**

Protein sources: eggs, fish, healthy sausage, beans, legumes, collagen

Fiber sources: spinach, legumes, any veggie blend

Complex Carbohydrate: Squash, Zucchini, chia seed pudding

Good Fat: Avocado, nuts, seeds, chia seeds, ground flax seeds

# Quick Tip

*for success*



## Eat Within 1 Hour of Waking

Don't let your body believe it is starving

What we eat for breakfast, sets the foundation for the day and is the fuel that our body will run on. When we push breakfast out too late in the day, it can trigger afternoon blood sugar crashes and tends to push our main food consumption towards the evening.

There is ample research illustrating that if your largest meals are towards the evening, that it impedes your sleep, cellular regeneration (think aging), resetting of your insulin & sugars (metabolic reset), antioxidant replenishment, and more. Sleep is your body's circadian cycle to reset your systems from your cells to systems. One of the best ways to reset it is by eating your food earlier in the day



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# The Perfect Smoothie

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- 1 cup of berries
- 25-30 grams protein powder (bone broth / collagen / etc)
- Good fat: scoop of nut butter / coconut oil / coconut butter
- raw cacao for the coco lovers
- handful of spinach
- non-dairy liquid: nut milk, water, coconut milk

02

## Cut The Caffeine

*for better moods*



### **CAFFEINE**

Caffeine is commonly used to improve moods, energy, and brain fog. But continual use increases the dependency on caffeine, triggers nutrient depletions, and can burn out the adrenals.

While the immediate feel good spike from coffee is great, it is not a long term solution.

Caffeine will spike your adrenaline & stress hormones, trigger blood sugar instability, and put your body in a fight & flight mode. It is also one of our favorite transporters of sugar. Caffeine also dehydrates you, which is an issue when your body is roughly 70% water. Dehydration affects how your cells communicate, muscle function, brain function, metabolic function, and more. This dehydration effect creates fatigue, anxiety, & irritability.

# Quick Tip

*for success*



## Swap with Green Tea

For Mood stabilization & antioxidants,

Yes, green tea still has caffeine, but the amount of caffeine is markedly reduced and green tea comes with an even more beneficial punch. Green tea is rich in theanine, an amino acid that triggers relaxation, calm & peace in our brain. It is also protective for the pancreas, detoxifies mold, and rich in antioxidants. Green tea is fueled with ECGC (Epigallocatechin gallate) which acts as an anti-viral specifically against the herpes family of viruses (think herpes mouth sores & HPV).

My favorite way to drink green tea: add a little raw honey to sweeten plus you get the benefits of the propolis and other beneficial immune constituents from the honey itself.



# Move Every Day

03

*to stay young*



Walk | Weights | Stretch



Telomere length correlates to the length of your ligaments!

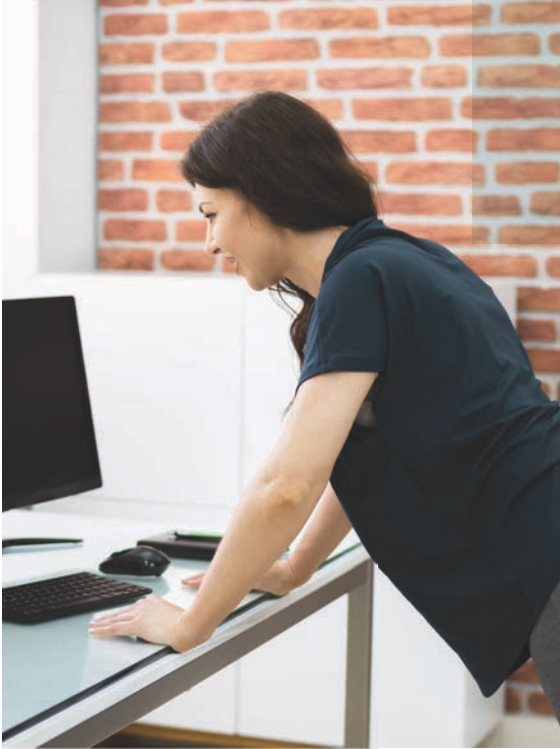
Moving is one of the best ways that we can reverse aging and stay feeling and looking young.

Specifically, let's dive into Telomeres. Telomeres are the caps, or ends, of a chromosome in our DNA. Telomeres are made of repetitive sequences of non-coding DNA that protect the chromosome from damage. Each time a cell divides, the telomeres become shorter. Eventually, the telomeres become so short that the cell can no longer divide & cellular healing can no longer occur = aging and eventually cellular death.

We know through research studies that your telomere length correlates to the length of your ligaments. Fortunately, that means that you can improve your cellular aging and telomere length by stretching & exercise.

# Quick Tip

*for success*



## 3-5 Minute Exercises

Fit It In Anytime & Anywhere!

We are busy women, period.

Finding the time to exercise, stretch, & move can be challenging. So just start with 3-5 minutes on a daily basis.

You can do it at work, between zoom calls, or at the end of the day.

Then once you have formed the habit, you can build on the time. but focus on forming the habit first.

Here are some quick tips that can dramatically change your health:

- Switch to a standing desk vs a sitting desk
- Take a 5 min walking break between meetings
- Take the first 5 min of your day once you wake up to move, stretch, or break a sweat. There are so many fun apps out there that are a resource for home workouts!

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04

Breathe

*to reset*



Breathing is a foundation to our body.

It is how we re-set our nervous system but also a major route of detoxification.

You may be thinking, I already breathe! done.  
But most people do shallow breathing that is short.

To calm the nervous system, improve mental clarity, improve patience, lower anxiety, you need slow deep breathing.

Stress is something that is part of our lives. The key is about how we handle the stressors. You can train your body & brain to process stress into something that builds resiliency.

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## *Renew - Restore - Rebalance Your Health*

Hi there, I'm Dr Jenny Abercrombie.

I see so many women in my naturopathic practice who push themselves to the point that their bodies can no longer take it. The success they achieve in their careers or in raising their families costs them their health.

I believe that hard work is not the only road to success. You owe it to yourself to give yourself permission for self-care & elevated health. I know this from my own personal experience and from working with hundreds of women in my practice.

In this guidebook of 7 health secrets, you'll learn simple but powerful habits you can begin implementing now. They work because tiny changes add up to a massive impact over time.

When you start to take your health as seriously as all of the other responsibilities in your life, you'll see the magic kick in. Your health truly gives you the power to reach your potential and to live a more fulfilling and abundant life.

Let's dive in!

# Quick Tip

*for success*



## 3- Minute Breathing Break

- Reset the vagal nerve
- 5 seconds in
- 5 seconds out

All of those beneficial effects of deep breath work, only takes 3 minutes and is very doable.

Follow along with me ...

Take 5 seconds to slowly inhale, expanding your lungs in all directions  
....

Then 5 seconds or longer to exhale.....

Feel any tension release as you release your breathe, feel your body relax & melt into the breathe ...

Bonus: try to make your exhale longer than your inhale. Do this at work, between meetings, at the end of the day, before picking up kids, or at bedtime to improve moods, sleep, and energy



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# Practice Gratitude

05

*for mindfulness*



Gratitude is a practice that can change the flexibility and pliability of our brain, change the trajectory of our day, and set our intention and moods in the morning.

Gratitude practices help shape how we interact with ourselves, our community, our family and friends, and how we approach our life with intention.

Mindfulness practices help us reduce anxiety, improve depression, and most importantly learn how to be present with ourselves and those around us

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## Gratitude shifts you away from toxic emotions

People who write gratitude journals have express fewer negative emotions and have better mental health

## Gratitude helps even if you don't share it

You'll enjoy the benefits of writing a gratitude letter—whether or not you send it

## Gratitude has lasting effects on the brain

Even 3 months after a study involving gratitude writing, participants demonstrated different patterns on functional MRI

Based on a randomized controlled trial with nearly 300 participants. Reference: Wong YJ, Owen J, Gabana NT et al. Does gratitude writing improve the mental health of psychotherapy clients? Evidence from a randomized controlled trial. Psychother Res. 2018; 28: 192-202.

## Quick Tip

*for success*



There are many ways to practice mindfulness.

One of my favorites ways is to just simply jot down on your calendar or journal with what you are grateful for today.

You can also....

- Send a card to a friend or loved one expressing your gratitude towards them
- Hug your puppy or pet at home and tell them what you are grateful for
- Make a point to speak about your gratitude to your coworkers & family.
- Create a family routine of talking about what each person is grateful for at the dinner table

Gratitude has lasting effects on the brain - just 3 months of gratitude writing improves brain patterns on functional MRIs!

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06

## Sleep Soundly

*to reset & rejuvenate*



Constantly feeling exhausted can be an indication that you need more quality sleep. Sleep is disrupted by stress, heightened cortisol response, disrupted circadian cycle, blood sugar crashes, & noise among others.

Sleep is foundational to re-aligning the body's patterns & rhythms. Sleep is where our antioxidant stores replenish, we reset the metabolic cycle, rest the adrenal/thyroid axis. You cannot lose weight, improve energy, resolve brain fog without looking at your sleep.



# Calming Down

Relaxing Teas

Magnesium

Melatonin

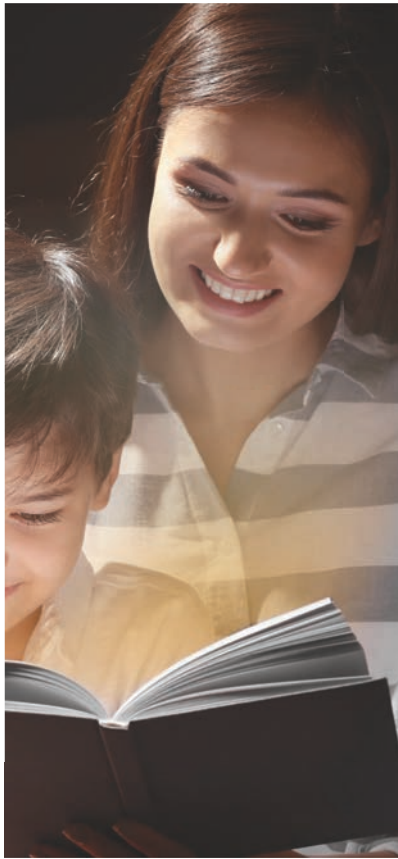
## Sleep is a restorative activity

You cannot expect your body & brain to go from 100 mph to 0 mph instantly.

Calm down your nervous system with some easy hacks:

- relaxing teas: yogi bedtime, traditional medicinals are some of my favorite companies for quality
- Magnesium calms the neurological system & improves the conversion to melatonin
- Melatonin improves how quickly you fall into sleep & is one of the largest antioxidants in the body - restorative & reparative. If you are running high stress in the day you have a bigger wall to mount before your brain can release melatonin. The goal is to get your brain to naturally release the melatonin, but if you need to trick to fall into sleep quicker, melatonin can work well.





## Quick Tip

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*for success*

### Evening Routine

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Blue light glasses | Technology pass

What you do throughout the day, but also specifically right before bed will affect the quality of your sleep.

#### **TIPS: Quick ways to improve your sleep?**

- Cut the alcohol & sugar in the evening
- Go to bed at a consistent bedtime - retrain your internal clock
- Cut out technology an hour before bedtime. So put down the tablet, computer, TV. & instead play games, read, puzzle, or color.
- Wear blue light blocking glasses, especially if you are doing computer work or on zoom even earlier in the day. Blue light exposure will disrupt your sleep pattern, especially if you are exposed to it constantly in the day.

# Adaptogenic Herbs

*to balance your body*

07



Adaptogens, are herbs that help your body adjust & create resilience to physical, chemical, or biological stress. In essence, they help to bring your body back to a balanced state of homeostasis & hormonal flexibility.

Each herb has a different profile & personality for use. But overall you can think of the adaptogenic herbs moderating the physiological responses to stressors in the adrenal - thyroid - ovarian - hypothalamic pituitary adrenal axes. Adaptogenic herbs even go beyond the hormonal axis, and can moderate your immune system.

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# Adaptogenic Herbs

Rhodiola

Ashwaganda

Holy Basil

There are many adaptogenic herbs that have fantastic properties for rebalancing the systems. Here are three of my favorite adaptogenic herbs:

**Rhodiola:** Rhodiola is a robust adaptogen that can balance the stress response, improve your stamina (a great herb with athletes), improve stress resiliency, and improve cognition & mood balance.

**Ashwagandha:** Ashwagandha is known to best suit the person who is exhausted while under stress or agitation. Part of the calming response of Ashwagandha come from the herbs ability to increase GABA, It also improves thyroid hormonal conversion from T4 to T3, and supports the adrenal pathway. Note: Ashwagandha is a nightshade so caution if you have sensitivities to the night shade family.

**Holy basil:** Holy Basil is one of my favorite herbs for the modern women who is stressed, run down, and exhausted. The perfect picture is when you feel 'tired & wired'. It is considered a stimulatory adaptogenic herb, so you will find it in a lot of energizing & sleep supportive formulas.

## **Disclaimer:**

Please talk to your doctor before starting any herbal supplement. This information does not substitute for professional or medical advice. Nothing in this document is intended to prevent, diagnose, or treat any disease. There are no guaranteed results. See complete disclaimer at [drabercrombie.com](http://drabercrombie.com)

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# Recaps



## EAT BREAKFAST

for energy



## MOVE EVERY DAY

to stay young



## BREATHE

to reset



## PRACTICE GRATITUDE

for mindfulness



## SLEEP SOUNDLY

to dissolve stress



## SUPPLEMENT

for adrenal balance

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# The choice is yours!

The stakes are real when it comes to your health. It is time to break the stuck cycle of stress-overwhelm-fatigue. As modern women, too often we are pushing ourselves to the point that our health suffers. The indirect cost of feeling suboptimal ends up costing more time, money, frustration, & affects how we show up for ourselves, our family, our careers, and overall fulfillment in life.

Health is invaluable as it gives you the balance, energy, & strength to design a life of fulfillment.

Being able to have fulfilling relationships & life choices starts with the relationship with yourself. Putting yourself first to prioritize our own self care is the first key to unlocking elevated health.

You are truly an incredible, smart, and resourceful woman. I am so glad you've taken the time to explore these 7 health secrets to transform burnout to balance & create an abundant life.

You can dive deeper and discover how root-cause medicine can elevate your health at → [Drabercrombie.com](https://Drabercrombie.com)

## YOU'RE AMAZING!



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*"Health is invaluable as it gives you the balance, energy, & strength to design a life of fulfillment" - Dr Jenny*



## WAYS I CAN HELP ...

### 01. Naturopathic Care

Become a member of my 1:1 naturopathic program 'Thrive Tribe'

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