

STEPS TO BECOME

the master of your health



Hello There!

I'm Doctor Jannine Krause - with over 18 years of experience as a naturopathic doctor and acupuncturist having seen thousands of patients I have discovered the foundations of health are often overlooked for fancy protocols.

While these 5 expert tips may seem simple, the reality is they have the potential to make a huge difference in your energy levels, workout recovery and overall feelings of well-being in general!

Consider them the stepping stones for what is to come if you choose to work with me.

Enjoy!

Dr. Jannine Krause - "Dr. J"



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- 1 Define your health, fitness & adventure goals so you can determine what to track to assess progress.
- 2 Determine what you're going to test to ensure you're making progress
- 3 Evaluate your beliefs & prevent self sabotage when it comes to your health & longevity
- 4 Set up routines to boost your circulation and enhance your mitochondrial function for all day energy.
- 5 Create time to focus on enhancing your digestive health to ensure nutrients are absorbed for optimal metabolism.
- 6 Get to know your heart rate and Heart Rate Variability (HRV) to prevent heart disease & keep energy levels up
- 7 Assess your habits, routines and behaviors as lifestyle is the greatest predictor of health & longevity



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Define your health, fitness & adventure goals so you can determine what to track to assess progress.

- Clearly outline your short term and long term goals
- What basic health rituals are you not great at doing right now when it comes to the preparation to achieve your goals? ex: hydration, sleep, wind down routine
- What could you track to assess your health concern and your progress with your interventions?
- Hormones - Temperature = tempdrop if still cycling; cycle charting
- Metabolism - Lumen or Levels
- Heart rate or HRV - Whoop, Morpheus, Garmin, Fitbit

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Define your health, fitness & adventure goals so you can determine what to track to assess progress.

- Carry out a physical conditioning test every 4 weeks
- See how far you can go in 11 minutes with a walk, bike, jog, or row
- Then perform the max amount of push ups you can do
- Then go right into a front plank hold as long as you can - if you get to 3 minutes move to the next exercise
- Then a side plank
- Then the opposite side plank
- Note all your results and repeat every 4 weeks to see if you're continuing to improve

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Tests to determine your health status

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- CBC – complete blood count
- CMP – comprehensive metabolic panel
- Cholesterol panel
- B12, folate, vitamin D
- Thyroid: TSH, free T3/4, reverse T3, T3 uptake
- Estradiol, estrogens, progesterone, testosterone free & total, DHEA-sulfate
- Hemoglobin a1c, insulin
- C-reactive protein, ferritin, uric acid – inflammation markers

Advanced testing:

- Organic Acids Testing (OAT) – Metabolomix by Genova – assess the mitochondria
- Hormone testing – urine hormone metabolites – DUTCH test or saliva hormones
- Epigenetic testing for aging – TruDiagnostic

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Beliefs = thoughts you think over and over again.

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- Write down your beliefs and how they are benefitting and not benefitting you
- Work to change your beliefs for the ones that are not benefitting you

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Set up routines to boost your circulation and enhance your mitochondrial function for all day energy.

- Test out which of the following circulation boosters suit you
- contrast hydrotherapy - 3 minutes heat and 30 seconds cold - 3 rounds and end on cold - this is for certain locations and is great for pain
- Sauna - regular or infrared light
- Joint mobility drills - from head to toes move all joints for 10-15 seconds each morning to "grease the joints"
- Increase antioxidant intake - try SOS Nutrients
- Consider liposomal vitamins and antioxidants to enhance absorption.
- GoodOnYa Electrolytes + Minerals
- Upgraded Formulas - electrolytes
- Grounding mats, get out on the grass
- Human Garage - Fascial work

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Create time to focus on enhancing your digestive health to ensure nutrients are absorbed for optimal metabolism.

- Parotid gland massage to increase saliva
- Bile flow supplements like artichoke, vitamin D and A or ox bile
- Sit down for 60 seconds then eat
- Chew 20-25 times per bite
- Sip on water or avoid liquids during meals
- Stop food when 80% full
- Focus on eating without any distractions
- Rest your gut by having at least 12 hours between dinner and breakfast and 4-5 hours between meals
- Take at least 60 seconds to relax after your meals
- [HCL Challenge from the Healthy Gut Company.](#)

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Get to know your heart rate and Heart Rate Variability (HRV) to prevent heart disease & keep energy levels up.

- Learn how to take your own pulse to track your heart rate or invest in a heart rate tracking device
- ensure your device also tracks HRV
- wear the device enough to get your daily reading
- Consider more cardio and harder workouts after the period and leading up to ovulation
- After ovulation focus on yoga, bar, walking and more gentle workouts
- Track your strength over time
- Track your conditioning training progress every 4 weeks
- Test out your balance and agility with one legged lifts ex: one leg Romanian dead lift – at least quarterly with ideal being once a month
- Look into [The Oxygen Advantage](#) for guidelines on improving your breath with exertion

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Assess your habits, routines and behaviors as lifestyle is the greatest predictor of health & longevity

- Make notes of the ones that serve you well
- Identify the ones that are not serving you
- Pick one at a time and start to change that habit, routine or behavior to one that will suit you well.



Who's Dr. Jannine Krause?

Dr. Jannine Krause is a naturopathic doctor, acupuncturist and host of The Health Fix Podcast. Fed up with women not having quality information, support and resources to manage the impact of hormone shifts on aging, health, fitness and mindset Dr. Jannine Krause is on a mission to help active men & women over 40 defy aging to create their own versions of what getting older looks and feels like. She believes no sport, hobby or bucket list activity is out of the question at any age and is helping clients look beyond society's version of getting older and recreate their own. Dr. Krause is combining her podcast with group programs to help deliver insights into boosting energy, firing up the metabolism, restoring quality sleep, maintaining strength and fitness as well as what it takes to feel good in your body everyday. She believes every one deserves to understand their body, it's changes and how to optimize their health at any age. When she's not out on an adventure with her husband she can be found in her kitchen whipping up new recipes from something she grew in her garden.

