






# 5 STEPS TO OPTIMAL HEALTH



-  Boost circulation throughout the body
-  Improve gut function
-  Optimize your nervous system
-  Balance your hormones
-  Enhance your brain-body-soul connection

# 5 STEPS TO OPTIMAL HEALTH



## Boost circulation throughout the body

- Optimize toxin removal - eating organic/non-toxic foods that are closest to nature 90% of the time
- Filter your water with a carbon filtration system ex: Berkey or GBC X22 filter system
- Filter your air with an air filtration system ex: I recommend - Hypo-Air “healthfix” for 10% off
- Eat 35-40 grams of fiber rich foods a day to ensure bowels are moving well daily
- Drink 1/2 your body weight in ounces of filtered water
- After 30 days of fiber and clean water - add in a liver detox - (repeat at least 2x a year in spring and fall)
- Perform lymphatic drainage brushing - daily in the shower - start at hands and feet and “brush” with hands toward the heart - do this motion while cleaning your body with soap.
- Bounce or jump on a trampoline (rebounder) x 5-10 minutes a day.

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## Improve gut function

Carry out a protocol to reset your gut microbiome.

- Remove - non-beneficial microbes
- Replace - with beneficial bacteria
- Repair - restore balance to your gut lining
- Click [HERE](#) to see my “Reset the Gut” plan

Create healthy gut routines.

- Sit down to eat
- Chew your food
- Avoid eating while stressed or on the go
- Sip on room temp water avoid guzzling water with meals
- Focus on eating and not work with eating
- Plan your meals 3-4 hours apart & avoid grazing
- Ensure you're eating 35-40 grams of fiber in the form of fruits and veggies daily
- Avoid negative comments about your choice of food

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## 3 Optimize your nervous system

### Create a sleep & wake routine

- Get first morning light exposure - even if you use a “happy light”
- Before getting out of bed take time for breathwork or at least 5 long exhales
- Visualize your day & your emotional reactions to the day going well - set the tone for how you want to show up
- Avoid screens for at least 1/2 hour after waking
- Set your bedtime before 11p and stick with it
- Off screens 1-2 hours before bed
- Stop eating 3 hours before bed

### Minimize stress & boost brain function

- Take breaks throughout the day
- Plan one thing that’s fun & do it daily
- Assess your thoughts & emotions - if they are negative - work to reframe them, learn more from [Brandy Gillmore](#)
- Use Holy Basil, L-theanine, Ashwagandha daily to help you adapt to life’s stress. Ex: My Daily Stress Management Plan - [HERE](#)
- Support your brain function daily with [Lion’s Mane](#) (Use code “healthfix20”), [Phosphatidylserine](#), or [Bacopa](#).

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## 4 Balance your hormones

Thyroid and sex hormones are often out of balance when the gut, detox mechanisms, circulation and nervous system are off. By working on those first and then coming to the hormones next you'll see it's easier to balance your hormones.

- Track your cycle monthly and note when symptoms show up. No cycle? Track your symptoms over the course of 2 months and note when things tend to show up.
- Eat 2 cups of cabbage family veggies, beets and carrots daily to help the liver with hormone detox
- Supplement with microalgae like EnergyBits (\$ off "Healthfix") or Iodine - like Accelerated Iodine - daily to support the thyroid and circulation.
- Seed cycling - Beeya Wellness - consume 2 tbsp of ground flax/chia/pumpkin seeds to support estrogen from day one of period to day 14 of the cycle then day 15 to start of the next period consume 2 tbsp of ground sesame or sunflower seeds to support progesterone. No cycle - consume 1 tbsp of each daily.
- Castor oil pack cycling - thyroid + liver castor oil + rag + heat x 1 hour (or overnight to both locations) - day 1-14 then day 15-start of next cycle apply castor oil to breasts & pelvis. I highly recommend this if you note your symptoms to show up in these areas at certain times of the month.

# 5 STEPS TO OPTIMAL HEALTH



## Enhance your brain-body-soul connection

Exercise, breath work, balance, agility, mindset and cardiovascular conditioning all support brain-body-soul communication.

- A daily movement practice where you can check into your body is crucial for this connection ex: yoga, tai chi, hula hooping
- Muscle mass is lost with age and is crucial to maintain to keep your mitochondria (factories that make energy) in your cells healthy. Consuming adequate protein and ensuring you're doing strength training to maintain or build muscle is key.
- Balance & agility decline with age as humans decrease play time. The nervous system will send "not safe" signals when balance & reaction time are off. Counter this effect by bouncing balls while walking and challenging your balance by standing on one foot often.
- Your heart reacts to physical & emotional stress - train it to adapt quickly by challenging it in fun environments - ex: speeding up and slowing down with dance, skipping, hopping or sprinting twice a week.
- Save time by pairing balance & agility drills with playful speeding up and slowing down - ex: hop up and down on one leg while bouncing a ball

# LABS TO ASSESS



## OPTIMAL HEALTH

### CURIOUS WHERE YOU STAND?

- GENERAL HEALTH - how are you doing when it comes to metabolizing fats, proteins, carbs and getting in your vitamins & minerals? What toxins are hanging out in your body? How healthy are your mitochondria - the factories that make energy in your cells? The NutrEval by Genova is a blood + urine combo test that will let you know what to target in these areas.
- GUT HEALTH - you've tried the detoxes and resets and something is still off - look into the GI Map testing to see what's happening in the gut & assess your microbiome. Suspect it's food sensitivities - check out Alcat Testing.
- THYROID HORMONE HEALTH - you can assess your thyroid health on a deeper level by looking at the following tests in blood: TSH, Free T3 & T4, T3 uptake, reverse T3, Thyroglobulin antibody, Anti-TPO.
- HORMONE HEALTH - there are three ways to test your sex hormones - 1) blood, 2) saliva - ZRT Lab, & 3) urine - DUTCH test. If you're curious about what's happening in real time go for the blood first then to see what hormones are being stored in your tissues (ex: liver, fat) saliva testing is ideal. Have a history of breast, uterine or ovarian cancer in the family or have a hard time tolerating hormones or birth control - you'll want to look at urine hormone testing.
- HOW OLD ARE YOU, REALLY? There's genetic testing that can identify your biological vs chronological age and show you where to focus your efforts to turn the clock back biologically. Check out TruDiagnostic.

# WHO'S

Dr. J aka Dr. Jannine  
Krause



## Naturopathic Doctor, Acupuncturist & Host of The Health Fix Podcast

Hello! I'm Dr. J but you can call me Jannine, the doctor title is quite formal!

I'm on a mission to help change how women access and approach healthcare.

Instead of waiting for something to show up I am to inspire women to be proactive when it comes to getting older.

You do not have to age like your mother, grandmother or society portrays!

Testing, insights and a plethora of tools are out there waiting for you to discover them.

I'm here to guide you in the direction that best suits you and your lifestyle.

From my annual testing and consult program to my 1:1 experiences and second opinion consults I'm happy to help you wherever you are on your health journey.

Taking the steps to take care of you can be fun - let me show you how!

Click [HERE](#) to book a call with me today!