

CASSIE'S Guide to Managing Your STRESS

Stress is a big deal. It increases inflammation, which means it can cause you to pack on pounds no matter how well you're eating or working out!

In this guide, you'll learn my best stress-management tips and supplements in hopes that they'll help you reduce your inflammation, feel at ease, and find peace and balance, even during the most hectic times.

1. Make PFC balanced eating a priority. While we know the importance of eating well, it's especially important to make PFC balanced eating a top priority during stressful times. When we're stressed out, it can be easy to put nutrition on the back burner and even give ourselves permission to eat processed, sugar-loaded snacks to "help" us through the stress. But then you will slip into the blood sugar roller coaster, and, as you know, that ride will only add more stress to your body. If you're feeling too stressed to plan your PFC balanced meals and snacks, then grab my [Redefined Recipe Book](#)—we take the burden of meal planning off your shoulders!

2. Limit caffeine intake. While it can be tempting to lean on caffeine during stressful times, caffeine can cause even more stress on an already stressed-out body. For energy support, I recommend ditching the caffeine and instead supplementing with 1-2 softgels of [CoQ10 Redefined](#) and 2-4 capsules of [Energy Redefined](#) daily. You can start with 1 softgel of CoQ10 Redefined and 2 capsules of Energy Redefined at breakfast, and if you need further energy support by lunchtime, take that same amount of each again!

3. Be sure you're eating enough. If you undereat, your brain will panic and release cortisol, which will compound your stress! We feel more balanced, stable and able to make better decisions in the midst of stressful times when we're fueling our bodies with PFC every 3-4 hours. Eating this way prevents your blood sugar from spiking and crashing on that dreaded blood sugar roller coaster.

4. Build in some "me" time. Even if it's only 5 minutes a day (although hopefully some days you are able to set aside more than that), five minutes every day is better than 35 minutes once a week. It's important to have time to think, process and meditate or pray—every day, and especially during stressful times. This will help you feel centered and offer perspective into the things that matter and the things that don't matter as much (after all, when we're stressed, even the littlest things can seem like the biggest deal).

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5. Say no. Learning to say no is a skill. Most of us have too much on our plates (so to speak), and that's the very reason why we're stressed. It's stressful being non-stop on the go, so determine what's really important to you, and what you can do to clear up your schedule. Saying "no" may seem like a simple solution, and I understand it isn't always as easy as it sounds, but it is a powerful, straightforward way to take control of your time and energy. Take out a journal and list your priorities and the things you need to do and the things that would be nice to do. Then, prioritize the things that would be nice to do, and as these opportunities arise, begin to cut out the ones that just might cause you stress.

6. Wind down. Give yourself 10-15 minutes of transition time between your workday and your busy evening to read a book or do some journaling, or just sit quietly (no technology please!). Too often, we rush from one thing to the next without giving ourselves time to process, focus, and prepare for the next task, and we can become worn down from this stressful, daily grind. Go for a walk outside. Lay on the floor. Snuggle with your dog. I don't care what you do so long as you chill out for a few minutes each day.

7. Talk about your stress. It's important to get things off your chest! Talk to a friend, a counselor or a coach, and let it all out! It feels so good. If you don't feel comfortable sharing with a friend or family member (especially if they are causing the stress!), then check out [A New Way to Weight Loss](#). Many of our group members have found comfort and community in like-minded individuals who are on a similar journey to a healthy lifestyle. This is where you'll find individualized, evidence-based recommendations on other ways to deal with stress. Our group members tell us they they know they can reveal their real selves and struggles without worrying about being judged or shamed. You can always count on us for support. After all, we know that overall health is about more than just what we eat!

8. Take stress support supplements. My last (but certainly not least!) tip is to use supplementation to combat stress. In fact, this is one of the supplement categories my team and I are most frequently asked about. It's smart to give extra support for your body through stressful times. Your body will work better for you when you help negate the effects of stress with the nutrients it needs to push through these times. I've found the times when I am stressed are truly when it's most beneficial for me to supplement. Stress sucks the nutrients out of your body. So, by giving your body added supplementation, you counteract those damaging effects.

CASSIE'S Top 5 STRESS Support Supplements

1. [Stress Redefined](#): This is a comprehensive formula featuring key herbal extracts that help support healthy adrenal gland function. Estimates suggest that over 65% of adults deal with some form of chronic stress, which may lead to feelings of fatigue and general weakness. This is where the nutrients in Stress Redefined can help by supporting healthy adrenal gland function and mood. A general recommendation is two capsules at each meal during stressful times.

2. [Glutacaps Redefined](#): This supplement is specifically geared toward reducing inflammation, which we need extra of when we are under stress! It is ideal for those under chronic stress because it can build resilience. My general recommendation is six capsules at each meal during stressful times, and two to three as a preventative measure when you're not as stressed.

3. [Magnesium Redefined](#): This mineral makes the body more resilient to stress, so our requirements for magnesium increase when we are stressed. Magnesium helps keep everything under control, and in addition to assisting with stress management, it's known for its ability to promote restful sleep and keep headaches, muscle pains and chocolate cravings away! A general recommendation is two to three tablets at each meal during stressful times.

4. [Detox Redefined](#): Detox Redefined supports your liver, so that it can naturally detox more quickly, which also shortens and lessens common detox symptoms like headaches, indigestion and skin problems. With the support of Detox Redefined, your liver will push toxins out faster, whether the toxins be from alcohol, sugar, carbs or stress! Your liver won't burn fat if you have those toxins in your system, so pop 2 of these if you're stressed (or after your glass of wine or that brownie to get back into fat-burning mode!)

5. [Fish Oil Redefined](#): Last and again, certainly not least, Fish Oil Redefined directly reduces inflammation caused by stress. My general recommendation is one softgel at each meal.

Remember, quality counts! Be sure you're not taking any of supplements as they can cause more harm than good if they aren't high quality (the opposite of what we're trying to achieve!).

