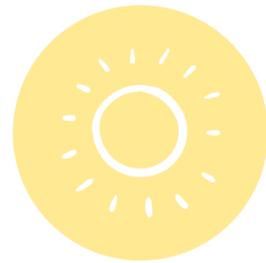


Better BELLY THERAPIES

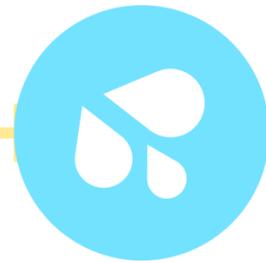
Better Belly, Better Body

WAKE UP 1 HR EARLIER



Waking up 1 hour earlier allows your nervous system the **time to relax** as you eat, shower, journal, and - poop!

SWEAT



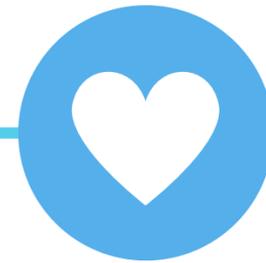
Sweating is one of the most efficient - and cheapest! - ways to **detox your body**. Get sweating through exercise or a sauna!

POSITIVE THINKING



Have a **gratitude journal**. Write positive **declarations** and speak them daily. Or listen to a **positive podcast** to keep your mind set on right things!

ASK FOR HELP



When you get stuck, don't forget to ask for help from a **friend, family, or professional**. Another person is a great way to get past your barriers!

CURATE YOUR TOP 5



Leadership gurus say we become like the top 5 people we spend time around. **Who are your top 5?** Intentionally spend more time with people you want to become like.

NIGHTTIME ROUTINE



Getting a **better night's sleep** can require just a few small changes. Turn off the TV. Cuddle with your kids, spouse, or a good book. Turn off screens, pause eating, and unwind.

Better BELLY THERAPIES

Better Belly, Better Body

STOP LIES



We subtly tell ourselves our bodies don't matter when we don't take care of it or push it aside. This is a lie. **Your body does matter.** You matter. Start living the truth.

STOP NEGATIVE THINKING



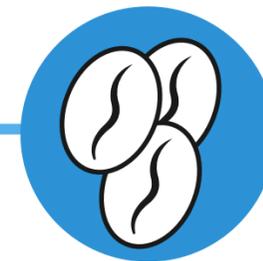
Are these thoughts familiar?
"I'm not strong enough."
"I'm not motivated enough."
"I'm not smart enough."
You ARE enough.
Go ahead and kick butt in your health!

STOP PROCESSED SUGAR



Stopping the intake of processed sugar can be as good or **BETTER for you than a probiotic.** Support your mood, energy, cravings, memory, and focus with reduced sugar intake.

STOP DRINKING CAFFEINE



Caffeine blocks nutrient uptake in the body and whips the adrenals into overdrive. Replace coffee with energy-supportive lifestyle, and address deeper health concerns to **boost your energy from the inside out!**