

GUIDE

THE FEEL-GOOD FORMULA:

A Simple Guide to Taking Control of Your Body & Energy

By Angel Smith

Disclaimer

Hey Sis, before we dive in, let's get this out of the way...

This guide is for educational purposes only and is not intended to diagnose, treat, or replace medical advice from a licensed healthcare professional. I am not a doctor, and **this is not medical advice.**

If you have any health concerns, medical conditions, or are experiencing persistent symptoms, please consult your doctor or a qualified healthcare provider before making any major changes to your diet, fitness, or wellness routine.

Copyright & Usage Notice

Sis, I put my heart into creating this guide for YOU. This content is original and protected-so please don't copy, redistribute, or sell it as your own. **Sharing it for free or for profit without my permission is a no-go.**

You're welcome to use this guide for personal use only- but if you'd like to reference anything from it, just credit me properly (@takecontrolwellness) and link back to my work.

By using this guide, you acknowledge that you are responsible for your own health decisions.. I'm here to support, educate, and empower you- but **always do what's best for YOU with guidance from a trusted medical professional.**

Now that we got that out of the way... let's get you feeling GOOD again!



WELCOME & ABOUT SECTION

Welcome to The Feel-Good Formula

Sis, I see you. You are doing everything right-trying to eat better, exercise, and take care of yourself-but something still feels off. I get it because I have been there.

Even before my hysterectomy, I was already experiencing hormonal changes, but after the surgery? Everything went up a notch. The doctors were not helpful-I was left with more questions than answers. No one explained what was happening to my body-how my hormones would change, what I could do to feel better, or even where to start. I had to figure it all out on my own. That frustration led me on a journey to take control of my health, which eventually spilled over into my entire life and well-being.

But Sis, this is **bigger than just my story**-this is a **movement.** A movement for women to **stop suffering in silence.** A movement where we educate, empower, and equip ourselves with the tools to advocate for our health. No woman should feel alone, unheard, or dismissed when it comes to her body. We deserve answers, we deserve support, and we deserve to feel good again.

I created Take Control Wellness because I know firsthand what it is like to feel stuck in your body, frustrated, and unheard. I do not claim to be an expert-I am still learning too. But what I can do is share what I have discovered along my journey, so you do not have to figure it all out alone. Think of me as your **guide,** here to help you navigate this path with knowledge, support, and encouragement. You are not alone, **Sis. Let's take control of our health together.**

I have spent over a decade in the fitness industry, helping women feel stronger and more confident in their bodies. I also completed a nine-month course on hormones and earned a certification in hormone imbalance. This deepened my knowledge so I could better help women understand what's happening inside their bodies.

In addition to my experience in fitness and wellness, I am also a **Certified Positive Development Life Coach.** I believe that true well-being is not just about what we eat or how we move-it is about how we think, how we show up for ourselves, and how we reclaim our power. Through this guide and my work, I aim to support women in not only taking control of their health but also their mindset and confidence.

This is **personal** for me. I want to make sure no woman has to experience what I did. But if you do, at least you will be **equipped** to handle the situation and be a better advocate for your health.



This guide is your first step toward **understanding your body, regaining your energy, and feeling like yourself again.** It is not about perfection-it is about **progress, empowerment, and making changes that work for YOU.** This is our time. This is our movement. And we are taking control-together. I am so glad you are here. Let's do this together.

With love,

Angel

Founder, **Take Control Wellness**



SIS, LET'S TALK. WHY DOES IT FEEL LIKE YOUR BODY IS BETRAYING YOU?

Sis, I see you. You have been doing everything right-eating well, working out, handling life's responsibilities-but your body is just not cooperating.

- You are exhausted no matter how much you rest.
- The scale keeps creeping up.
- Your mood swings are unpredictable.
- Your cravings feel uncontrollable.
- Nothing you try is working.

Here is the truth: It is not your fault. You are not lazy. You are not broken. Your hormones may be out of balance, and when they are, your energy, metabolism, and mood all take a hit.



The good news? You can reset them. And that is exactly what we are about to do.



BALANCE, YOU FEEL

What is a Hormonal Imbalance?

Think of your hormones as the command center of your body. They tell everything what to do, from how much energy you have to how your body stores fat.

When your hormones are balanced, you feel:

- *Energized*
- *Clear-headed*
- *In control of your weight*
- *Well-rested*
- *Emotionally steady*

When they are out of balance, you feel:

- Drained and sluggish
- Moody and irritable
- Always hungry or craving sugar
- Bloated and gaining weight for no reason
- Struggling with sleep

But do **not worry,** Sis. We are about to fix that.



Signs Your Hormones Might Be Out of Balance

- Do any of these sound like you?
- Feeling constantly tired even after sleeping?
- Gaining weight (especially in your belly) with no real explanation?
- Mood swings that come out of nowhere?
- Craving sugar and carbs all day long?
- Struggling with sleep either can't fall asleep or wake up exhausted?
- Feeling like you have lost your spark?

Sis, if you checked off multiple signs, your hormones are calling for help. Let's get you back in balance.



WHAT IS THROWING YOUR HORMONES OFF?

If you are wondering why your body feels so out of whack, here is what might be working against you:



Chronic Stress More stress equals more cortisol, leading to hormone chaos.

Poor Diet Too much sugar, processed food, or not enough nutrients can disrupt your hormones.





Lack of Sleep Hormones reset while you sleep. If you are not resting well, you will feel the effects.

Toxin Exposure
Chemicals found in beauty products, plastics, and food packaging can disrupt hormones.





Underlying Conditions
Issues like PCOS, thyroid problems, or fibroids can make things worse.

Now, let's talk solutions.



HOW TO GET YOUR BODY BACK ON TRACK

Small, consistent changes will transform your body and energy.
Here's where to start:

Eat Right

- Eat real food-lean proteins, healthy fats, fiber, and lots of vegetables.
- Cut back on sugar and processed junk as it disrupts hormone balance.
- Hydrate, Sis! Your body needs water to support every function.,
- Build balanced meals with protein, fiber, and healthy fats for stable blood sugar.

Get Moving

- Exercise isn't just for weight loss-it is for hormone regulation.
- Strength training supports metabolism and hormone balance.
- Find movement you enjoy, whether it is walking, dancing, or yoga.

Stress Less

- Too much stress leads to cortisol imbalances and weight gain.
- Use meditation, deep breathing, and journaling to manage stress.
- Find what relaxes you, whether it is music, baths, prayer, nature, or silence.

Sleep Like You Mean It

- Sleep is when your body repairs itself. Do not neglect it.
- Set a bedtime routine-reduce screen time, dim the lights, and unwind.
- Make quality sleep a priority to support hormone balance.

Watch Out for Hormone Disruptors

- Swap plastics for glass or stainless steel.
- Use cleaner beauty and personal care products.
- Choose organic foods when possible to limit chemical exposure.

Quick Check-In: How Are Your Hormones Holding Up?

LET'S DO A QUICK VIBE CHECK:

- Not feeling like yourself anymore?
- Feeling exhausted even after resting?
- Gaining weight despite no major changes in diet?
- Constantly craving sugar or carbs?
- Waking up groggy or struggling with sleep?
- Feeling bloated, puffy, or inflamed?

Sis, if you checked off multiple, your hormones are calling for help. Let's get you back in balance



Wrapping It Up - You Are in Control

Sis, listen. You are not broken. Your body just needs a reset. And the best part?
You do not have to do it alone.

Start small. Stay consistent. Give your body what it needs.

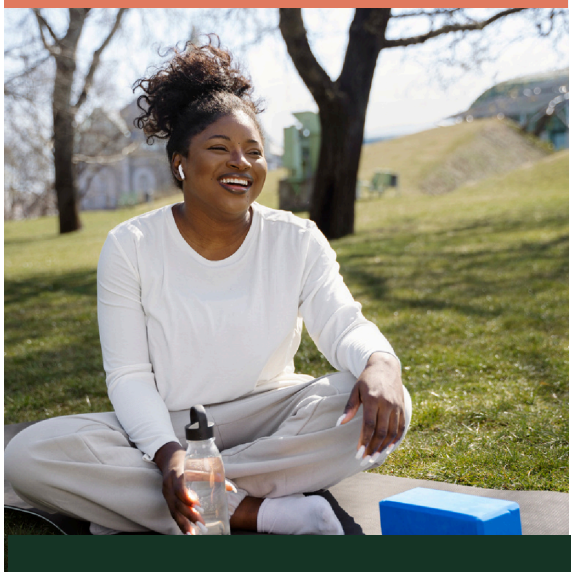
You got this, and I got you

Next Steps:

- Want ongoing support, motivation, and wellness tips? Join the Take Control Wellness Community for support, accountability, and exclusive resources.
- Tag me when you start using these tips. I love hearing from you!







The Take Control Collective Vow

Sis, this is more than just a guide-it is a movement. A commitment. A decision to step into the healthiest, strongest, and most empowered version of yourself.

Read this, take a deep breath, and declare it over yourself:

The Take Control Collective Vow I, (insert your name), declare today that I am taking full ownership of my health. I will no longer ignore my body's signals. I will no longer push myself to exhaustion. I will no longer shrink or settle when it comes to my well-being. I vow to listen to my body, nourish it, move it, and honor it. I release the frustration, guilt, and shame that have kept me stuck. I am stepping into a new chapter-one where I feel strong, balanced, and in control.
I am my own best advocate. I choose to put my health first-not just for today, but for every day moving forward.
This is my vow. This is my power.

Signed: _____

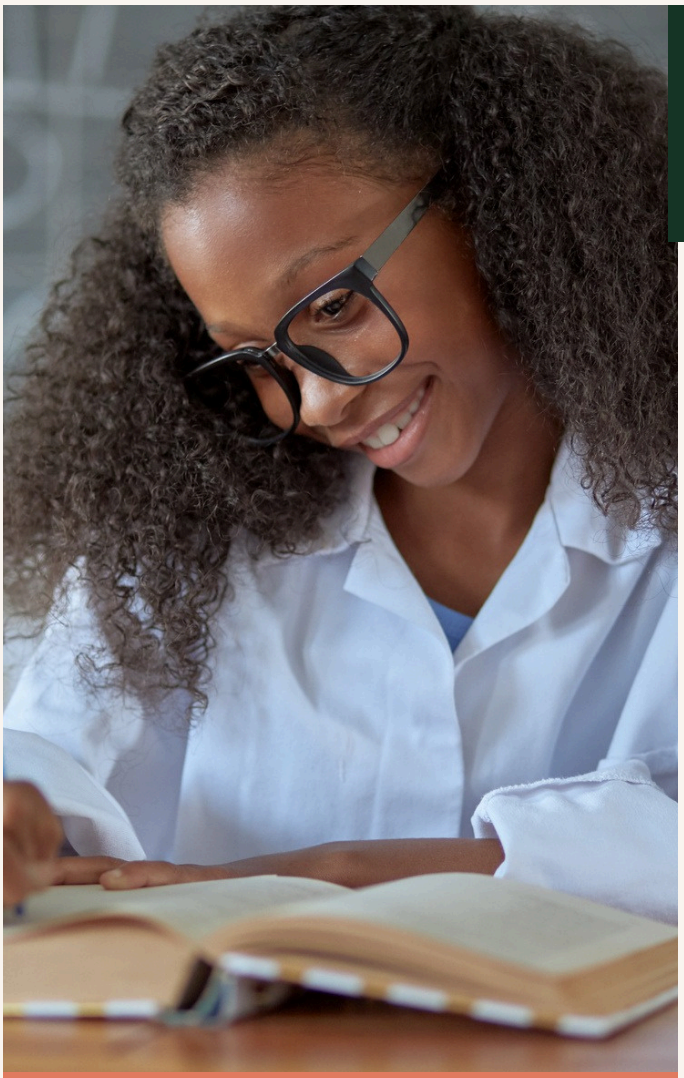
Date: _____

With Love Angel
Founder, Take Control Wellness

Speak Life Over Yourself

Affirmations for Taking Control of Your Health & Well-Being

Sis, your words have power. The way you speak to yourself shapes how you feel, how you move, and how you show up in this world.



THESE AFFIRMATIONS ARE HERE TO REMIND YOU THAT:

- You are worthy of feeling good.
- You are in control of your body and your well-being.
- You are strong, resilient, and full of life.



Daily Affirmations

Repeat these every day to shift your mindset and take control of your well-being:

- **I honor my body and trust what it needs.**
- **I am in control of my health, my choices, and my future.**
- **I give myself permission to rest, reset, and heal.**
- **I release what no longer serves me and welcome balance.**
- **I nourish my body with love, movement, and care.**
- **I am worthy of energy, joy, and confidence.**
- **Every day, I am getting stronger and feeling better.**
- **I advocate for myself because my health matters.**
- **I choose to show up for myself, today and always**

Speak these words over yourself, Sis. Feel them. Live them. Because you are worthy of feeling good.

With love,
Angel
Founder, Take Control Wellness

Take Control Wellness
EMPOWER YOUR HEALTH, EMBRACE YOUR LIFE



THANK YOU, SIS!

You made it through The Feel-Good Formula, but this is just the beginning.

Let's keep this journey going together. Follow me for daily wellness tips, motivation, and real talk about feeling good in your body.

***Need more support?* Stay tuned- tmy private community is coming soon with even more support on hormone balance, fitness, and mindset shifts.**

You're not alone in this Sis, Let's do this together.

@TakeControlWellness