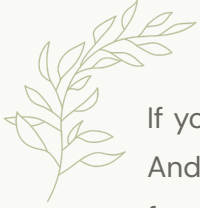


cheatsheet

THE FOUNDATIONS



Support Your System From the Inside Out — with Simple, Gentle Daily Shifts

If your hormones feel chaotic, your body isn't working against you — it's asking for support. And when energy, mood, sleep, cycles, or fertility feel "off," it's often because your foundation is overwhelmed by stress, dehydration, modern food patterns, or habits that work against your body instead of with it. These are simple, steadying shifts — no detoxes, no stacks of supplements, no extremes. Just support your body can actually *feel*.

1

SMART HYDRATION: Your hormones can't function well without hydration your cells can actually use. Most women aren't lacking water — they're lacking minerals.

- Aim for ~100 oz filtered water/day
 - Add a pinch of mineral-rich sea salt to your water
- Better hydration = steadier mood, more energy, clearer cycles

2

GENTLE LIVER SUPPORT: Your liver filters stress hormones, toxins, and used estrogen — it needs *support*, not detoxing trends.

Morning Ritual: Warm water + squeeze of lemon + tiny pinch of sea salt
Supports digestion, smoother hormone clearance, and a calmer start to your day
→ A supported liver = easier hormone balance

3

STABILIZE BLOOD SUGAR: Blood sugar swings → cortisol spikes → hormone chaos. Eat meals in this order: Fiber (veggies/berries/greens) → Protein → Carbs
→ Fewer crashes, calmer PMS, better mood + more energy

4

REDUCE DAILY DRAINS: Caffeine on an empty stomach spikes cortisol + blood sugar.

- Swap morning coffee for dandelion tea (or enjoy coffee after breakfast)
 - Eat before caffeine for steadier hormones
- Less anxiety, irritability, and fatigue

5

READY FOR THE NEXT STEP?: If you want to feel these shifts sooner — with nervous system + mineral support woven together gently — the Foundations Quickstart is your next step. A guided \$7 mini-program to help tired, stressed, TTC, or postpartum women feel: steadier energy, calmer cycles, more grounded moods, a sense of ease in their bodies again

→ Real foundations → Supportive habits → Noticeable ease

🔗 Get it here → willowbrook-acres.com/quickstart