

THE FOUNDATIONS

Quick Start

Simple daily habits to steady your hormones,
nourish your body, and feel rooted again.



Created by Amanda Josephine Rushlow
Board Certified Holistic Health Practitioner
HTMA Practitioner • Certified Herbalist





WELCOME

The Foundations QuickStart

You're here because something inside you whispered, "I want to feel like myself again."

Maybe you've been tired, puffy, overwhelmed, emotional, or feeling like your cycle runs your whole month instead of supporting it. I've lived that. I know what it's like to try so hard to "do everything right" and still feel off.

This QuickStart is your gentle reset — the simple shifts that helped me rebuild my own energy, mood, and hormonal rhythm when I didn't know where else to turn.

No detox kits. No supplement overload. No pressure to be perfect.

Just grounding habits rooted in nourishment, nervous-system support, and giving your body what it's actually been asking for. Because so much of hormone balance begins with nourishment, every habit inside this guide supports your nutrition, your minerals, your digestion, and the way your body actually uses what you feed it.

Take a breath. You're in the right place. Let's begin.

xx,
Amanda Jo



CHEATSHEET HABIT SUMMARY

smart hydration

Aim for around 100 oz of water daily, with a pinch of mineral-rich sea salt in some of your glasses.

→ Better hydration = smoother digestion, steadier energy, clearer thinking, and better hormone communication.

gentle liver support

Start your day with warm water + a squeeze of lemon + a tiny pinch of sea salt.

→ Your liver carries so much of your hormonal load. This gives it an easeful, supportive start instead of a jolt.

stabilized blood sugar

Whenever possible, eat in this order:

fiber → protein → carbs.

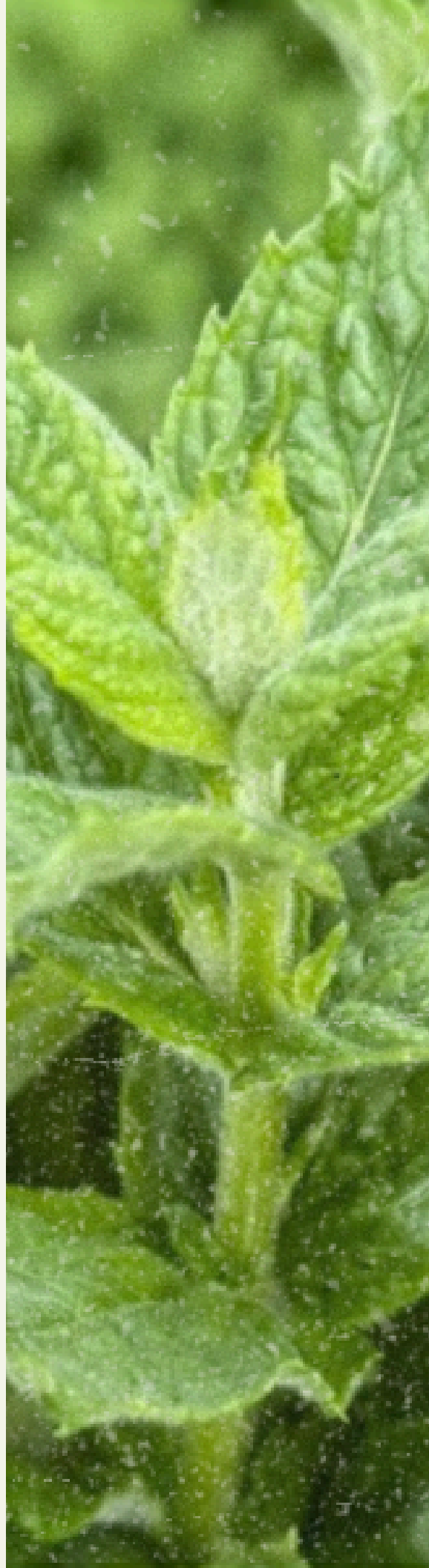
Think: veggies/fruit → eggs/meat/beans → starches/sweets.

→ This simple order helps reduce crashes, mood swings, cravings, and hormone chaos.

reduce daily drains

Avoid caffeine on an empty stomach. Either swap your first cup for dandelion tea or enjoy coffee after a nourishing breakfast.

→ This supports your adrenals and cortisol rhythm, which touches every hormone pathway.



new habits

QUICKSTART



00 DAILY RHYTHMS

These daily rhythms make some of the biggest differences in how your hormones feel — because they support blood sugar, minerals, digestion, adrenal health, and the way your body uses nourishment.

01 DEEP BREATHING

Choose a time (morning, midday, or evening) and practice slow, intentional breathing.

Inhale through the nose, pause, exhale slowly.

→ This regulates your nervous system, steadies cortisol, and helps hormones communicate clearly.

02 30 GRAMS OF PROTEIN PER MEAL

Aim for about 30+ grams of protein at each main meal. Think: eggs, red meat, poultry, fish, beans, kefir, Greek yogurt, cottage cheese, etc. → Protein supports blood sugar balance, thyroid function, fertility, muscle recovery, and steady energy throughout the day. Most women are unintentionally under-eating protein — this is a game-changer.

03 30 GRAMS OF FIBER PER DAY

Aim for about 30 grams of fiber each day. Focus on fruits, cruciferous vegetables, beans, and seeds throughout the day. → Fiber helps bind used estrogen, supports digestion, balances blood sugar, and can ease PMS, bloating, and mood swings.

04 POTASSIUM RICH FOODS DAILY

Include foods like dates, sweet potatoes, white potatoes, leafy greens, bananas, coconut water, or beans. → Potassium is essential for adrenal function, hydration, and energy regulation — and most women aren't getting enough.

05 10 MINUTE WALK AFTER MEALS

Take a gentle 10-minute walk after one or two meals each day. → Supports digestion, lowers blood sugar spikes, boosts insulin sensitivity, improves mood, and helps cortisol settle. This alone is one of the most powerful hormone-supportive habits.

06 TART CHERRY JUICE BEFORE BED

Enjoy a small glass (about 2–4 oz) of organic tart cherry juice in the evening. → Helps your body produce natural melatonin, supports deeper sleep, and encourages a healthier cortisol rhythm.

07 TOPICAL MAGNESIUM BEFORE BED

Apply magnesium oil, cream, or lotion to your feet before bed. → Calms the nervous system, may reduce cramps and restlessness, supports over 300 hormone-related processes, and helps your whole body exhale.

habit stacking

RHYTHM

Before your habits can feel easy, natural, or “second nature,” you need a simple way to build them into your existing rhythms. That’s where habit stacking comes in. Habit stacking means attaching a new habit to something you’re already doing — so it becomes effortless instead of overwhelming. It’s the gentle way to create consistency without relying on motivation, willpower, or perfection. Why it works: Your brain loves patterns. When a new habit piggybacks onto an existing one, it feels safe, familiar, and doable.

This is one of the most powerful tools you can use to balance your hormones because your hormones respond to: routine, rhythm, steadiness, & nervous system safety.

Habit stacking delivers all of that.

☆ MORNING RHYTHM EXAMPLE

Warm lemon water as soon as you wake (keep your water by your bed). 3 minutes of deep breathing while waiting for water to boil, or after brushing your teeth. Protein + fiber-rich breakfast before caffeine. 10-minute walk after breakfast - your most important movement of the day — supports digestion + blood sugar + hormones.

☆ EVENING RHYTHM EXAMPLE

Tart cherry juice right after dinner or during wind-down time. Magnesium on your feet after your shower or during skincare. Quiet moment (prayer, reading, journaling) before bed to cue your nervous system to soften

Start with one or two stacks at first. Let your body feel supported, not pressured. Once those feel natural, add another. You’ll be amazed at how quickly your body responds to small, steady rhythms.



supporting YOUR LIVER

Your liver is your built-in detox organ — the one God created to cleanse your body daily. You don't need harsh detoxes or trendy cleanses. You simply need to support the organ that already does the detoxing. Instead of trying to “detox your whole body,” we gently support the liver itself. Supporting your liver is one of the kindest things you can do for your hormones.

YOUR LIVER FILTERS

Hormones, Stress byproducts, Excess estrogen, Toxins and chemicals, Fragrance and environmental exposures, Caffeine and medications

AN OVERWHELMED LIVER

Shows up as: PMS and mood swings, Bloating and puffiness, Heavy or painful periods, Acne or skin issues, Afternoon crashes and fatigue

SIMPLE DAILY LIVER SUPPORT

Warm lemon water with a pinch of sea salt, Dandelion tea, Protein at each meal, Fiber throughout the day, Reducing daily drains (like early caffeine + excessive sugar + synthetic fragrances), Potassium-rich foods, Gentle movement (especially post-meal walks)



self-observation CHECKLIST

*Your body is always speaking. Self-observation is simply learning to listen.
This helps you see patterns — the quiet evidence that your body is responding.*

Sleep: *How did you sleep last night?*

- | | | |
|--|--|--|
| <input type="checkbox"/> Hard to fall asleep | <input type="checkbox"/> Slept through night | <input type="checkbox"/> Took a nap |
| <input type="checkbox"/> Waking often | <input type="checkbox"/> Needed a nap | <input type="checkbox"/> Tired all day |

Digestion: *How was your digestion?*

- | | | |
|-----------------------------------|--------------------------------|--------------------------------------|
| <input type="checkbox"/> Bloating | <input type="checkbox"/> Gassy | <input type="checkbox"/> Comfortable |
|-----------------------------------|--------------------------------|--------------------------------------|

Energy: *How was your energy?*

- | | | |
|----------------------------------|-------------------------------|--------------------------------|
| <input type="checkbox"/> Drained | <input type="checkbox"/> Good | <input type="checkbox"/> Great |
|----------------------------------|-------------------------------|--------------------------------|

Mood: *How did you feel today?*

- | | | |
|------------------------------|------------------------------------|---------------------------------|
| <input type="checkbox"/> Low | <input type="checkbox"/> Up & down | <input type="checkbox"/> Steady |
|------------------------------|------------------------------------|---------------------------------|



Notes: *What felt supportive today? What felt draining?*





WANT A LITTLE MORE GUIDANCE?

The Blueprint helps you connect the dots —
nutrition, minerals, rhythms, and reflection — without adding stress.
It's designed to deepen the foundations you've already started here,
at a pace that feels supportive, not overwhelming.

[UNLOCK
THE FOUNDATIONS BLUEPRINT](#)

