



DISCLAIMER OF LIABILITY

HD Holistic Wellness (Holly Stadnyk) is not a Physician or Psychologist, and the scope of her consultation services does not include treatment or diagnosis of specific illnesses or disorders. If you, the client, suspect you may have an ailment or illness that may require medical attention, then you are encouraged to consult with a licensed physician without delay. Only a licensed physician can prescribe drugs. Any mention of drugs in the course of consultation is only for the purpose of providing a complete history of drugs that the client is taking and not for HD Holistic Wellness (Holly Stadnyk) to judge the appropriateness of the medication. Any change in prescription or dosage is a decision the client makes with his or her physician.

Rather than dealing with treatment of disease, HD Holistic Wellness (Holly Stadnyk) focuses on wellness and prevention of illness through the use of non-toxic, natural nutritional therapies to achieve optimal health. As a Certified Holistic Nutritional Consultant™, Holly Stadnyk primarily educates and motivates clients to assume more personal responsibility for their health by adopting a healthy attitude, lifestyle, and diet.

While people generally experience greater health and wellness as a result of embracing a healthier attitude, lifestyle, and diet, HD Holistic Wellness (Holly Stadnyk) does not promise or guarantee protection from future illness.

By signing below, you acknowledge that you understand that Holly Stadnyk is a Certified Holistic Nutritional Consultant™, and not a Physician, and that you should see a doctor if you think you have a medical condition. HD Holistic Wellness (Holly Stadnyk) will not be held liable for failure to diagnose or treat an illness, nor will she be liable for failure to prevent future illness. Additionally, you promise to give HD Holistic Wellness (Holly Stadnyk) a complete and accurate account of any medical conditions that you may have and any medications that you are taking.

The Client acknowledges that the Client takes full responsibility for the Client's life and wellbeing, and all decisions made during and after this program. The Client assumes all risks of the Program, including risks of trying new foods or supplements, and the risks inherent in making lifestyle changes. The Client understands that results differ for each individual.



5 Step Gut Health & Hormone Protocol

The Bombshell Method - A pathway to help you recognize the stress cycle and break free from its clutches, while healing your body

Within every woman, there resides a Bombshell waiting to be unleashed. Years of stress, toxins, inadequate nutrition, and self-neglect have concealed this inner Bombshell. The toll on your time, productivity, and energy is a direct consequence of hormonal imbalances.

It's time to reveal the real you. Introducing the 5-Step Bombshell Method, a proven protocol that gets to the core of your hormonal imbalances. No more quick fixes, just genuine transformation.

A common mistake is tackling hormonal imbalances solely on the surface – addressing symptoms like low energy, irritability, and stubborn belly fat. But let's go beyond the surface. If you've only experienced temporary relief, it's clear there's more to explore.

There's a piece missing, even if you've tried a variety of supplements and consulted numerous practitioners. That missing link lies within the health of your gut. It's time to prioritize, to heal from the root cause – and that cause is not your hormones healing first, but last.

If you're ready to dive deep, to uncover your hidden potential, and embrace holistic wellness, then this is your moment. Let's embark on the journey of the 5-Step Bombshell Method together, and unearth the radiant, energetic you that's been longing to emerge. Your future self is calling – are you ready to answer?

Common Misconceptions About Gut Health:

Misconception 1: "If I had a problem with my gut, someone would have told me."

Regrettably, many practitioners lack knowledge about the intricate gut-brain connection and how stress profoundly influences both gut health and hormones. Even well-intentioned experts might miss this crucial link and the fact that healing hormones is a gradual process. Remember, even the best foods and supplements can't benefit a compromised gut.

Misconception 2: "A probiotic will fix my gut concerns."

While probiotics do enhance a healthy gut, they alone won't restore your gut health. Repairing your gut requires addressing the underlying damage and deficiencies – the aftermath of stress, tap water, seed oils, environmental toxins, medications, birth control, and glyphosate etc) Don't be misled into thinking probiotics are a one-stop solution and they will "fix" your gut. Moreover, there are myriad probiotic strains, each targeting distinct issues such as digestion, immune function, and mental wellness.



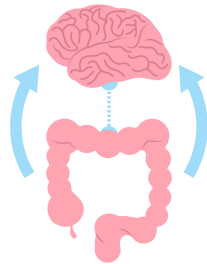
Misconception 3: "An elimination diet is the answer."

Elimination diets might offer temporary relief, yet unless you're truly allergic to a specific food, it's often gut damage triggering your symptoms. Long-term adherence to an elimination diet isn't practical or sustainable.

Misconception 4: "Digestive enzymes can solve my gut problems."

Digestive enzymes are a short-term aid, not a long-term solution. Relying on them indefinitely isn't advisable.

Empowerment comes when you grasp the profound impact of the gut-brain axis. Understanding this connection transforms your perception of gut health, hormones, and mental well-being. It's time to break free from misconceptions and explore the power of nurturing your gut health for overall wellness.



Step One: Understanding the Stress-Hormone-Gut Connection

The impact of stress on our body is often underestimated, yet it holds far-reaching consequences. Stress doesn't confine itself to the brain; it extends its influence throughout the body. Remarkably, stress can even reshape the composition of bacteria in your gut, escalating inflammation across your entire system.

Picture your gut and brain as interconnected via a two-lane emotional highway. Vital neurotransmitters like serotonin, GABA, and dopamine—the feel-good messengers—are predominantly produced in the gut. However, if your gut isn't functioning optimally, the production of these essential neurotransmitters and their communication pathways suffer.

Your body initiates the stress cycle in response to any perceived threat, whether real, anticipated, or emotional. The energy required for maintaining a healthy gut gets redirected to your muscles, preparing you to confront the "potential" threat. Unfortunately, this unintentionally leaves your gut vulnerable, leading to the proliferation of harmful bacteria and inflammation. Elevated gut inflammation gives rise to gastrointestinal issues such as bloating, constipation, diarrhea, and leaky gut.



Persistent high stress precipitates a domino effect on your energy levels, sleep quality, metabolism, and mood. It interplays with other hormones, triggering imbalances that further amplify the stress.

The symbiotic relationship between hormone health and gut health is undeniable. A compromised gut impedes the efficient metabolism of estrogen, a process predominantly occurring in the gut. This imbalance affects the levels of your estrogen and progesterone hormones.

If you're over 40, perimenopause-induced hormonal shifts have likely lowered your progesterone—the soothing hormone. Excessive stress further compounds this, as your body diverts progesterone towards cortisol production, the survival-focused stress hormone, instead of preserving hormonal balance.

While symptoms like low energy, burnout, belly fat, sugar cravings, and irritability may manifest as hormone imbalances, they all trace back to the foundation of your gut health. This first step in The Bombshell Method unearths the intricate link between stress, hormones, and your gut, laying the groundwork for your holistic well-being journey.

Step Two: Decoding the Stress Cycle

Your body doesn't care what type of stress it is – it reacts the same way to all kinds.

STRESS:

Real stress = when you're in actual danger.

Anticipatory stress = that ping on your phone, or the moment before opening a message.

Perceived stress = whether you're reliving a tough memory or watching a video online.

ACTIVATING STRESS RESPONSE:

Your brain treats them all the same. It triggers the stress cycle, starting in the brain, moving to the nervous system, and signaling your adrenal glands to release cortisol and epinephrine. This pushes up your blood sugar by using stored energy from your liver, raises your blood pressure, and accelerates your breathing – all to prepare you to fight or flee.

Fight - Your brain decides you can overcome the threat by confronting it.

Flight - Your brain decides you can survive by escaping.

Freeze - The last option, when your body makes you unable to move as a survival tactic.



Step Three: Completing the Stress Cycle

When you finish the stress cycle, your body gets the message that you're safe. The stress-inducing event occurred, you navigated the stress cycle, and you've reached its completion. This signifies closure, and your body returns to its normal state. Ideally, that's how it should go. However, failing to conclude the stress cycle traps you in the flight, fight, freeze modes, with the perceived threat lingering. This persistent stress remains in your body, keeping all systems - brain, cardiovascular, digestive, endocrine (hormones), nervous, and immune - on high alert. These systems remain in overdrive, never getting the signal to relax. After days, weeks, months, even years, the damage can be significant. Completing the stress cycle is imperative; envision it as closing a loop.

Physical Activity: Engaging in activities that reconnect you with your body and ground you is optimal for closing the cycle. Choose wisely in terms of activity type and duration to avoid causing more harm. Hiking, walking, dance sessions, and weight lifting are excellent options.

Breathing: Quick access to the parasympathetic - rest and digest - branch of your nervous system can be attained through breathing techniques. As little as 90 seconds of breathwork can trigger this response. Remember, you always have your breath at your disposal.

Crying: Tears play a role in closing the stress cycle and navigating the emotional process. Engage in activities that stir emotions you've suppressed, like watching a poignant movie or engaging in journaling exercises.

Affection: HUGS convey safety to your body. Embrace until you feel relaxation wash over you - this could involve hugging a loved one, a pet, or even yourself. A noteworthy fact: you can't be in a state of orgasm and hypervigilance simultaneously.

How will you recognize a concluded stress cycle? You'll feel it, akin to the way you sense a satisfying workout, a good cry, or a strong orgasm. Relief signifies the completion of the stress cycle.

With time, you'll experience progressive improvement, piecing together moments of well-being. This marks the initial step towards breaking the cycle of perpetual stress response within your body. You'll learn what suits you best and establish daily practices for cycle completion.



Stress
Real stress
Anticipated stress
Perceived stress

THE STRESS CYCLE



Complete the Stress Cycle

Your body knows that
you are in fact SAFE



Stress Response Activation

Stress hormones cortisol &
epinephrine are released
Blood sugar, blood pressure,
heart rate, and breathing
elevate



Fight/Flight or Freeze

Fight = survive by
conquering the threat
Flight = survive by escaping
Freeze = play dead

Step Four: Nourishing Your Body with Precision

Navigating the realm of nutrition can be overwhelming for women, with a barrage of advice on what, when, and how to eat. However, at its core, it's about harmonizing with your body's natural rhythm, understanding your cycle, heeding the messages your symptoms convey, and trusting your intuition.

The Trifecta for Hormonal Balance:

A Thriving Gut Microbiome
Completed Stress Cycles
Fueling for Optimal Function and Recovery

The cornerstone of your daily regimen should be fueling your body with high-quality energy. Achieve this through a balanced trio of carbohydrates, fats, and proteins, ensuring stable blood sugar levels to counter energy crashes and sugar cravings.



Diving into the Macronutrients: Carbs, Fats, and Proteins

A game-changing strategy for triggering the shift from fat storage to fat burning, crushing sugar cravings, and skyrocketing energy is adhering to three well-rounded meals and two to three balanced snacks daily. Merge slow - digesting carbohydrates with fats and proteins, fostering blood sugar stability, hormonal equilibrium, and proper nourishment.

Embrace Carbohydrates as Allies: Carbs fuel both your body and brain, but they come in two primary categories – slow and fast. Whole grains, fruits, and vegetables belong to the slow variety, providing fiber to regulate sugar absorption. Meanwhile, fast carbs like sugar, refined cereals, and baked goods rush into the bloodstream, triggering energy slumps and sugar dependency.

Strike a Balance: Undereating carbs leads to fatigue and mood swings, while excessive intake of fast carbs triggers energy crashes and fat accumulation.

Harnessing the Power of Healthy Fats: Fats carry both taste and nutrients, while aiding vitamin and mineral absorption. They play a pivotal role in hormone balance, brain health, and inflammation reduction. Moreover, fats prolong satiety, curbing sugar cravings.

The Protein Paradigm: Protein's thermogenic nature burns calories during digestion, while also building and maintaining lean muscle – an ally in raising metabolism and torching fat. Protein fosters appetite regulation, antibody production, tissue repair, and overall well-being.

Step Five: Elevating your journey with targeted supplements

As you navigate through these five transformative steps, you might be armed with various supplements, each geared towards addressing specific concerns. But let's break it down to practical terms – let's dive beneath the surface and uncover the true origin, which is your gut health.

Those symptoms linked to hormones? They're like signals of a more profound, deeper issue. Think of your hormonal system as intricately woven into the fabric of your entire body and directly connected to your gut.

The magic comes alive: by combining the Bombshell method with my beloved gut-brain drink, Happy Juice.



Happy Juice is your ticket to a harmonious gut-brain connection, providing sustained mental and physical energy throughout your day. It boosts your mood, fuels your motivation to conquer tasks, jumpstarts your metabolism, all while nourishing your gut from the inside out.

Ready to experience the magic of Happy Juice? Get yours here:
<https://www.amareglobal.com/173504/en-us/happy-juice-pack>

Step Six: Personalized Hormone Consultation – Your Path to Total Wellness

Congratulations on taking this empowering journey through the 5-step Bombshell Method! You've discovered the vital connection between your gut, hormones, and overall well-being.

Now, let's take it up a notch.

Are you ready to gain deeper insights into your unique hormonal landscape? Imagine having a personalized hormone consultation with me, where we unravel the intricate nuances of your hormonal health. This consultation is your opportunity to delve into your specific concerns, challenges, and goals.

During our one-on-one session, we'll discuss your symptoms, lifestyle, and health history. Together, we'll craft a tailored plan to address your hormonal imbalances at their core. From specific stress management strategies to targeted nutritional advice, this consultation will provide you with actionable steps to optimize your hormonal harmony.

I'm committed to guiding you on your path to total wellness, ensuring that you're equipped with the knowledge and tools to reclaim control over your health and vitality.

Ready to embark on this personalized journey? Let's connect for an in-depth hormone consultation and pave the way to your radiant, energetic self.

Schedule your consultation here: <https://calendly.com/hollyangeladoll/hormone-consultation> and take the next step toward unlocking your true potential.