

NOURISH YOUR NERVOUS SYSTEM

Naturally Ally



naturallyallycoaching.com



about me

After being on hormonal birth control for 10+ years, my body was left depleted, inflamed, burnt out and lacking a lot of nutrients. I was diagnosed with IBS and PCOS and conventional doctors could do nothing other than recommending me to go back on the pill to make up for my acne, weight gain, and missing period.

Feeling alone and defeated, I decided to take matters in to my own hands. After years and years and trial and error, research and educating myself - I finally figured out how to heal naturally.

Healing my gut was the first missing piece that changed my life. But there was still something missing: managing my stress, dealing with my negative self talk and suppressed emotions.

I truly, truly believe if we don't nourish our nervous system & allow our bodies to finally feel safe, we will never heal. I decided I never want another woman to go through all the pain and suffering I did, so I became a coach helping hundreds of women heal naturally, and I want to do the same for you.

xoxo ally

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table of contents



01

what is the nervous system?

02

the main causes of stress

03

signs you're running on
stress hormones

04

how to nourish your nervous
system



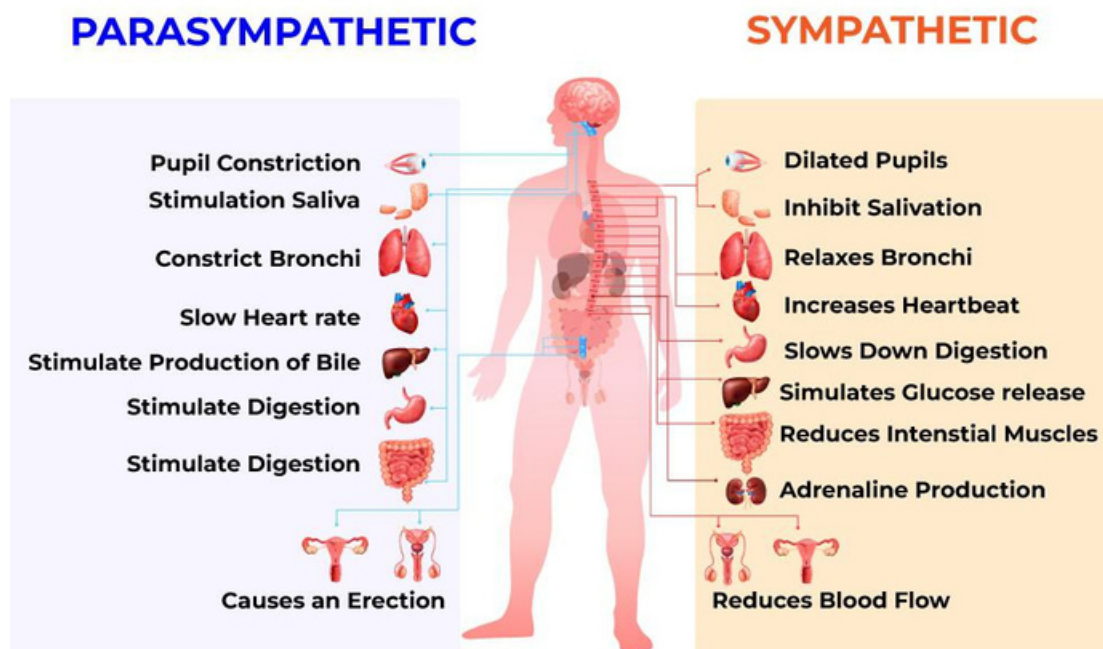
01



The Nervous System

The nervous system is composed of the brain, spinal cord and a network of nerves that run through the whole body. Nerves constantly send signals back and forth between the brain and the body and this is what controls all of our bodily functions from motor skills like your brain communicating with your hand to grab your cup or telling your feet to step so you can walk. And also controlling automatic functions that we don't even have to think about like our heart beating, breathing or our digestive organs passing food along.

The part of the nervous system we're going to be focusing on is called the autonomic nervous system which controls those automatic functions. The autonomic nervous system has two subdivisions: the parasympathetic nervous system and the sympathetic nervous system.



Parasympathetic Nervous System

The parasympathetic nervous system or rest and digest is when the body is in a relaxed state. This allows the body to recover and the immune system to rejuvenate. As you can see in the figure above, during this restful mode the heart rate is slowed, digestion is stimulated and bile is produced, the muscles relax and cellular repair takes place.

Sympathetic Nervous System

In a sympathetic state or fight or flight mode, the body is in high alert and trying to prepare for an attack and to protect itself. This is our body's innate ability to survive with little food, to run from a tiger attack and flee from danger. This also is what allows us as children to only have to learn the hard way once when we touch the burning hot stove, react quickly and understand to never do it again.

In fight or flight mode our heartbeat increases, respiratory rate increases to bring in more oxygen, pupils dilate so we can see more clearly, stress hormones like cortisol are released so we're on high alert and glucose is released from the liver for fast acting energy. Digestion is put on standstill and all other un-important tasks are put on the back burner while our body prepares to flee.

Our bodies are constantly dancing between these two states. But the issues arise in today's day & age when we're chronically stressed, over worked, under eating, exposed to so many environmental toxins and unable to get into the rest and digest mode to really allow our bodies to fully recover.



02

What Causes Stress?

- **DIET** - eating processed foods, seed oils and inflammatory foods, eating inorganic produce covered in pesticides, not eating enough, a diet lacking in key minerals and nutrients, frequently fasting or skipping meals, having gut issues and not being able to actually absorb the nutrients from your food
- **REST** - not prioritizing your rest, thinking you need to go-go-go 24/7, not getting an optimal amount of sleep or getting good quality sleep, over exercising and over doing it with the intense cardio and HIIT everyday without much rest in between
- **ENVIRONMENTAL POLLUTANTS** - consuming pesticides and herbicides found in our food, drinking tap water or unfiltered water, being exposed to heavy metals or mold on a daily basis, not filtering the air in your home, staying indoors all the time without getting fresh air and being out in nature
- **MENTAL HEALTH** - allowing built up emotions or trauma to be stored in your body and suppressing them rather than working through it, holding on to anger, resentment or guilt, childhood issues that you've been ignoring, allowing toxic, manipulative or narcissistic people to stay in your life without speaking up for yourself

So what happens to our bodies over time when we're constantly exposed to these stressors?

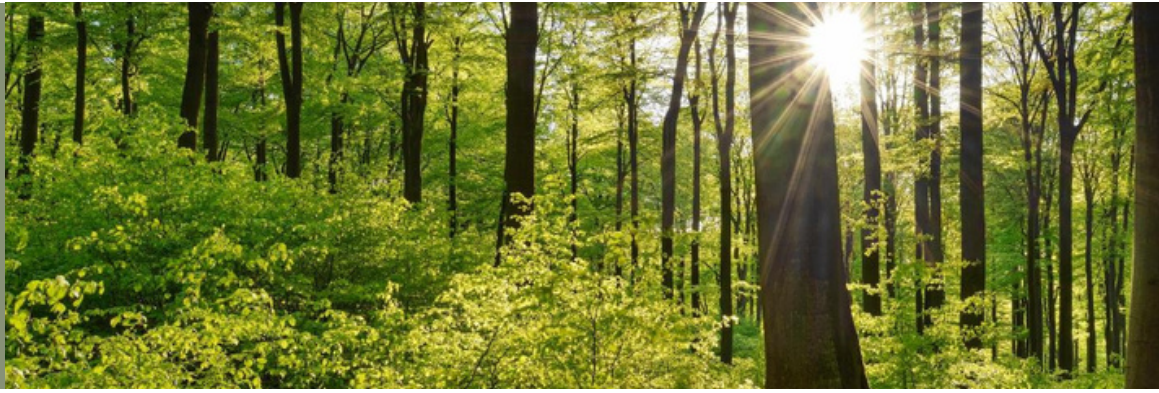
Stress hormones are constantly being released leaving us on high alert.

We are chronically stuck in survival mode and do not feel safe.

We don't have the chance to recover, allowing our cells to repair, our immune system to rebuild or our digestion to run smoothly.

We're stuck waiting for the tiger to attack and forgetting all about all of the other essential functions of our body. We won't digest and absorb food properly, we won't have a healthy metabolism, we won't have balanced blood sugar, we won't have healthy menstrual cycles or a healthy body that can prepare for conception and so on and so on.





Signs Your Running On Stress Hormones

Over time, your body will become accustom to running off of this cortisol high and relying solely on stress hormones to get you through the day. Your body is probably completely burnt out at this point and these are some common signs to look out for:

- Waking up in the morning with no appetite
- You have no libido
- Having intense food cravings for sweet/salty/fried/etc.
- Gut issues, gas, bloating, irregular bowel movements
- Being overly sensitive or emotional, having mental breakdowns often, having mood swings frequently
- Feeling 'wired but tired' at night and having a hard time falling asleep
- Still feeling exhausted when you wake up in the morning no matter how much sleep you got
- Relying on caffeine to get you through the day, energy crash in the afternoon, unsteady energy levels
- Always have the need to be busy or productive and can't take rest days
- Gaining weight or stubborn weight around your midsection no matter how much you workout, working out like crazy and seeing no results



04

How to Nourish Your Nervous System

IMPROVE YOUR DIET

- cut out processed foods
- cook most of your meals at home
- swap out seed oils for animal fats like tallow and grass fed butter
- eat breakfast within 30-90 minutes of waking up
- prioritize 25-30g of animal protein at each meal
- eat more nutrient dense foods like grass fed beef, organ meats, pasture raised eggs, wild caught salmon, sardines, bone marrow and oysters
- eats lots of polyphenol rich fruits like blueberries, blackberries, raspberries and strawberries

OPTIMIZE SLEEP

- make sure you're getting 7-9 hours of uninterrupted sleep every single night no matter what
- create a wind down routine before bed, read, journal, meditate, my favorite is laying on my acupressure mat
- ditch the blue lights and electronics before bed, try dimming the lights or switching to yellow or red light bulbs
- my favorite herbal tincture to help wind down before bed [is this](#) (naturallyally for discount)

REMOVE TOXINS

- invest in a high quality reverse osmosis water filter (AquaTru is my favorite [purchase here](#))
- invest in an Ultra HEPA air filter to remove mold, mycotoxins, bacteria, pet dander and more (AirDoctor is my favorite [purchase here](#))
- buy organic produce when you can, if you can't, soak all of your produce in filtered water with 1 tbs of baking soda for 10-15 minutes to remove residues
- swap out your cleaning products and personal care products for non toxic options

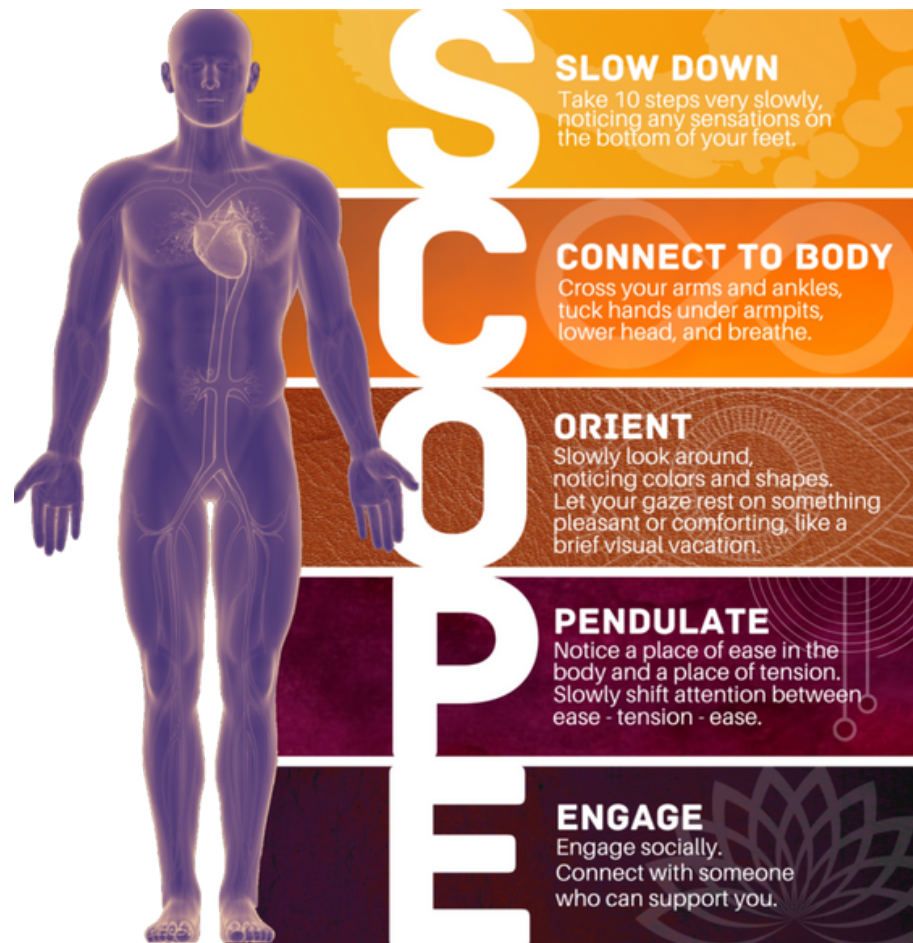


PRACTICE MINDFULNESS

- find something that works for you and stick with it, we're all so different and it's okay if meditation or yoga aren't for you, there are so many other options to help relax your nervous system
- use the headspace app or insight timer for guided meditations
- youtube breathing practice, try box breathing or 4-7-8 breathing
- the five minute journal, google journal prompts to get you started, write out things your grateful for, or just write whatever messy thoughts come out
- yoga with Adrienne on youtube
- spend more time outside in nature, grounding, getting your feet in the earth
- EFT tapping ([video here](#))

SOMATIC EXPERIENCING TECHNIQUES

- these practices work to get you out of your thinking (and stressing or anxious) mind and back in to your physical body to help you feel grounded again
- grounding - walking barefoot in the grass
- dancing, jumping, stomping or shaking to physically move the stagnant energy
- hip opening poses - we store so many of our emotions in our hips, try some of the poses in [this video here](#) to release those emotions
- standing on the balls of your feet and heavily dropping your feels down
- getting acupuncture or laying on an acupressure mat
- 5-4-3-2-1- method - identify 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste
- stimulate your vagus nerve by humming, singing, chanting or gargling, another great way is dunking your face in ice cold water



HERBAL REMEDIES

- adaptogenic herbs - help your body better adapt to stress - rhodiola, ashwagandha, reishi, maca, cordyceps, ginseng, holy basil, schisandra, eleuthero
- my favorite tinctures to take daily when I am stressed or after a stressful event, while working, after a workout, etc -
 - Master Tonic
 - Natural Balance
 - Adaptogenic Immunity
 - Anxiety Relief
- magnesium - promotes nerve regeneration, relaxes muscles, eases anxiety and reduces inflammation, 60% of Americans are deficient in magnesium!
 - Ned Magnesium
- CBD - my go to for sleep or pain, helps the body maintain homeostasis and regulates stress response
 - Ned CBD oil

*use code 'naturallyally' for a discount on all linked products!



want to dive deeper?

In my 12 week 1:1 coaching program we will go through each of these steps in detail, building off of each tool and creating a lifestyle that will have you feeling better than EVER! We will also do functional labs to dive deeper into the root cause of your stress. Interested? Let's schedule a free discovery call to see if this is for you.

**schedule a
call!**

www.naturallyallycoaching.com