

Focus on YOU: How to Manage and Maintain High Energy Levels in a 24/7 Entrepreneurial or Working Woman's World

By Cindy Nunnery, Integrative Nutrition Coach, Speaker, Author & Entrepreneur



Focus on YOU



- What it's like to be an entrepreneur
- The impact of eating and stress
- Give you tips to manage and maintain your energy

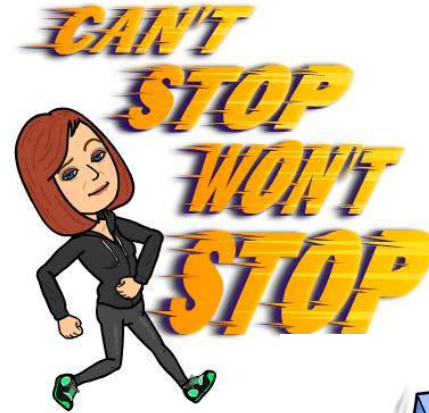
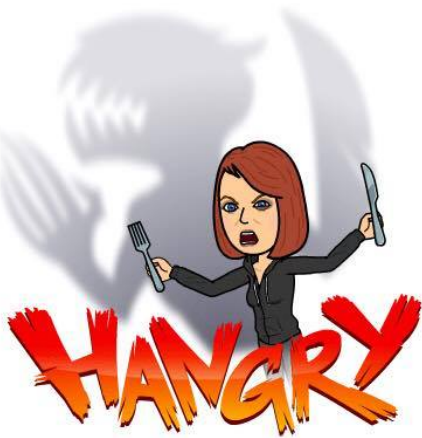
Entrepreneur's Love What They Do



Today Everything is at Our Fingertips



Commonalities of Female Entrepreneurs



NEED COFFEE!



THE STRUGGLE IS REAL



Let's Talk About STRESS

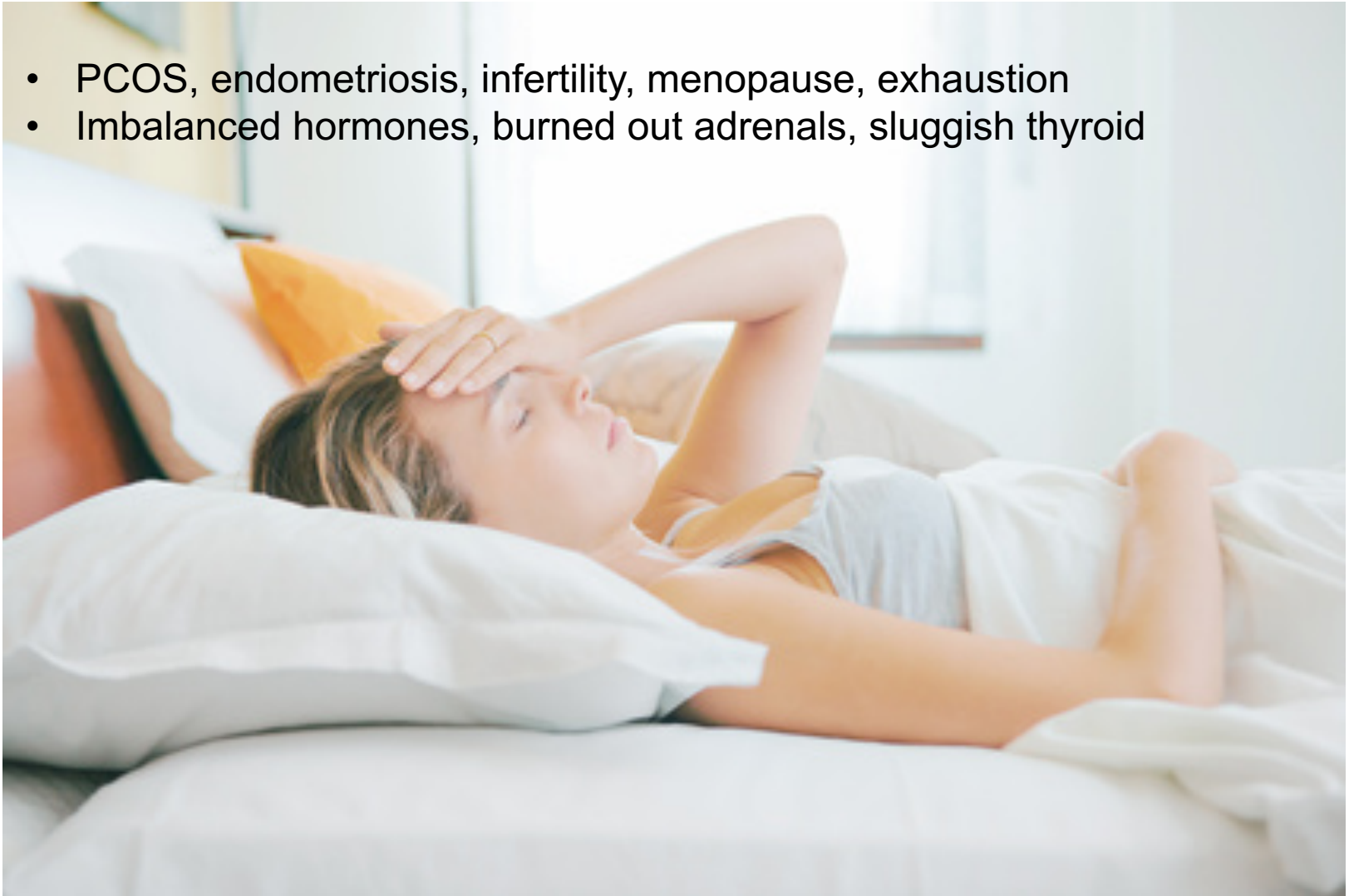


77% experience physical symptoms like fatigue/headache

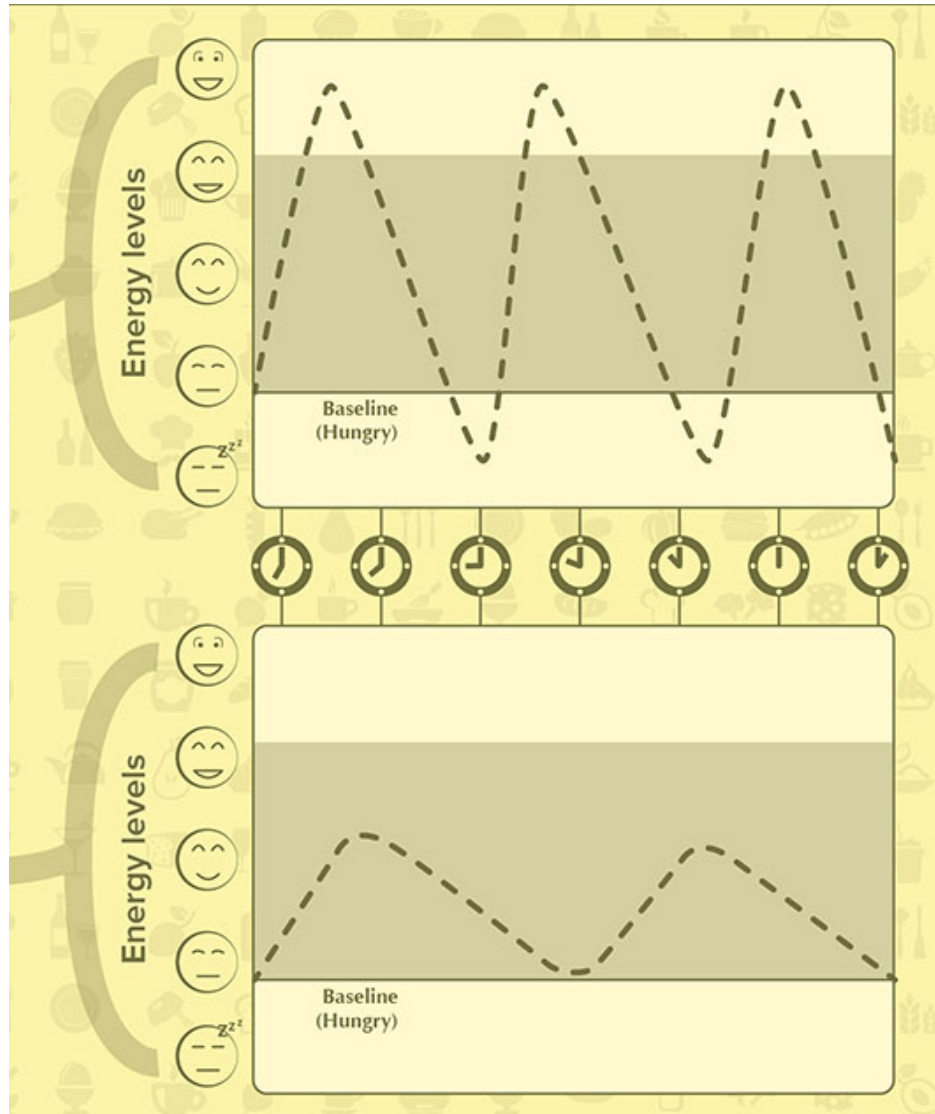
73% experience psychological symptoms like irritability, nervousness and/or lack of energy

Stress Plays a Big Role

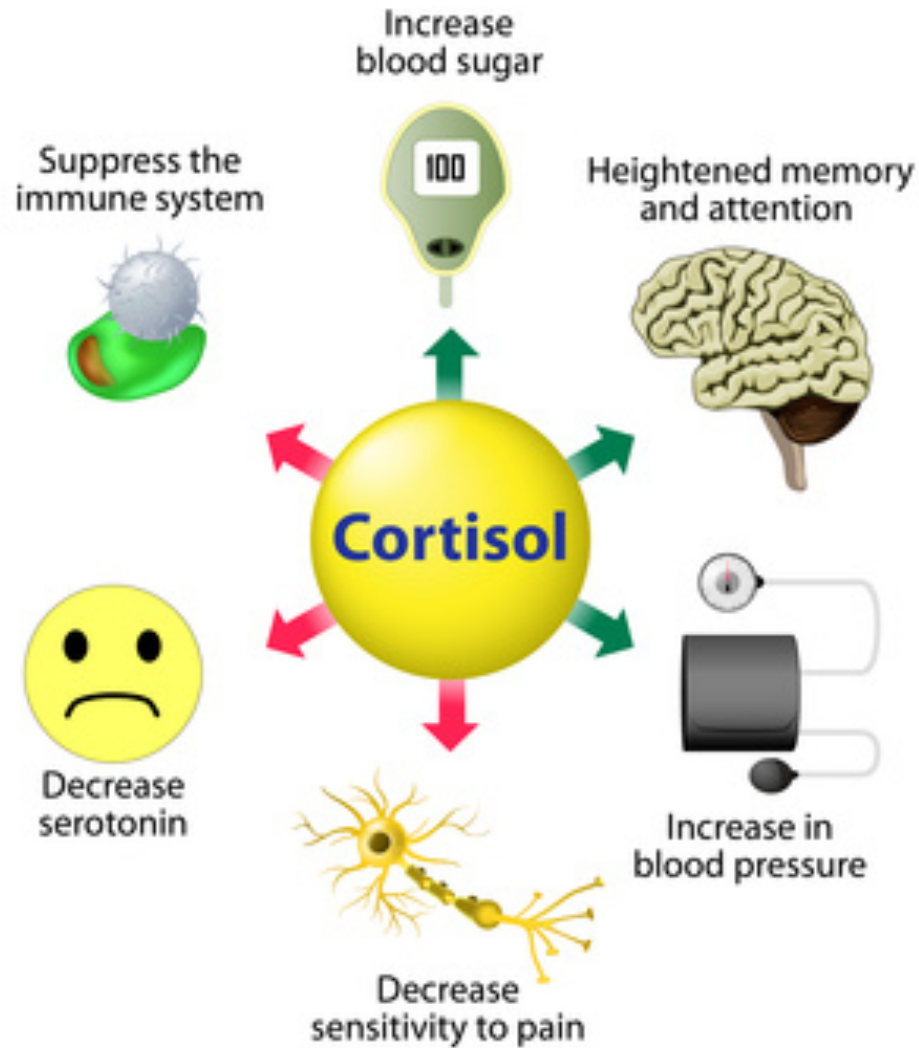
- PCOS, endometriosis, infertility, menopause, exhaustion
- Imbalanced hormones, burned out adrenals, sluggish thyroid



The Energy Rollercoaster



The STRESS HORMONE Cortisol



Tips to Manage & Maintain High Energy



Caffeine Swaps



- Swap coffee for decaf, ½ caf. or tea
- Swap soda for infused water

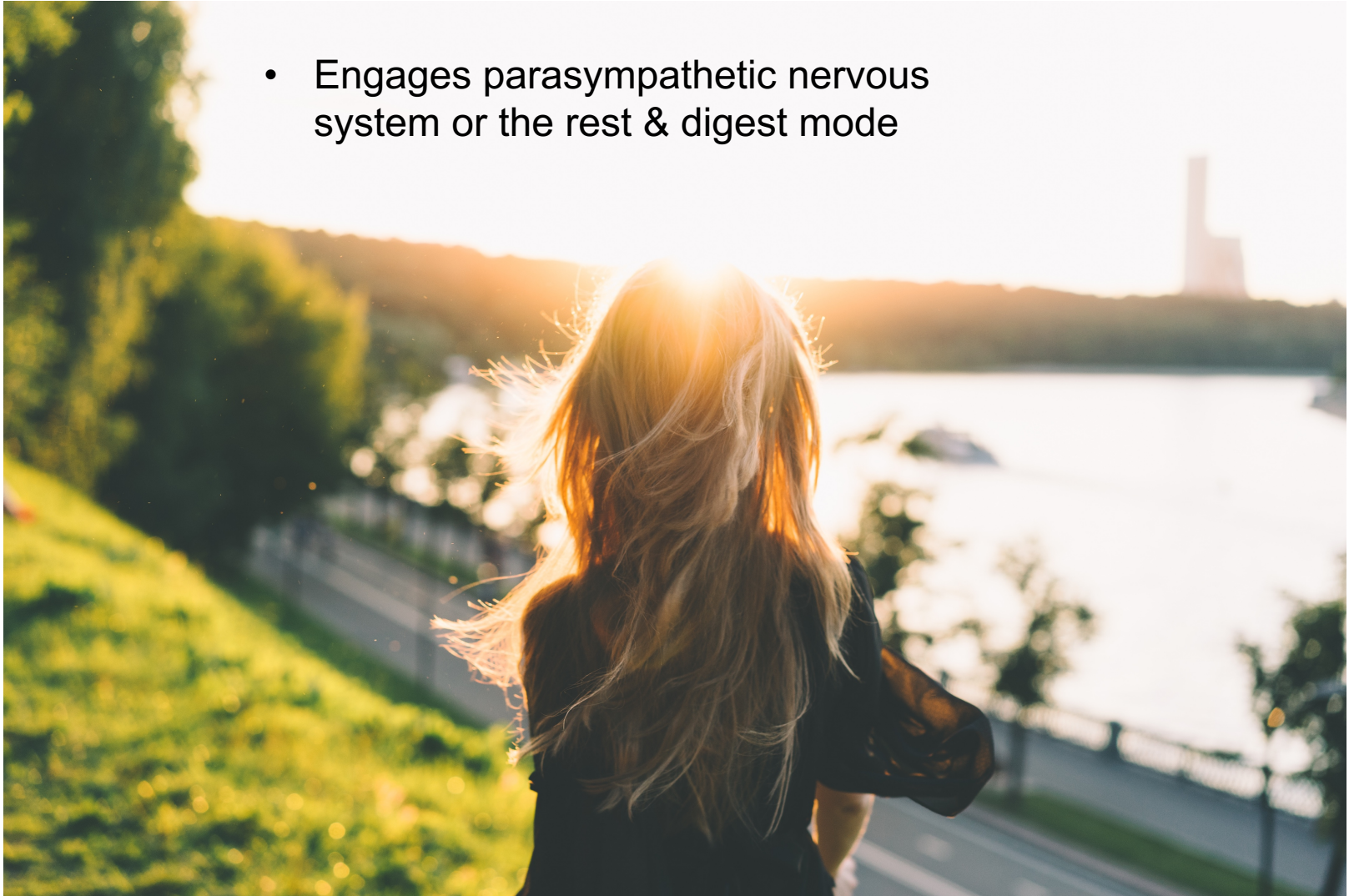
Swap Comfort Foods for Easy to Digest Foods

- Swap harder to digest foods for softer foods like soups, smoothies and slow cooked foods.



Breathing Technique will CHANGE YOUR LIFE

- Engages parasympathetic nervous system or the rest & digest mode





Breathe in...

Face the Sun and Soak up the Energy



Healthy Fat is Our Energy Friend



- Avocado
- Nuts
- Seeds
- Coconut
- Butter/Ghee
- Oily fish
- Pasture-fed meats

Walk More and Own It

Park at the far end

Tighten the core in the store



Hydrate Your Body

Room temperature
water first thing in the
morning



Upgrade your water

Nourish Yourself with Whole Foods!



- Real, whole foods with as few ingredients as possible
- Lots of leafy greens
- Limit processed foods, sugary drinks/juices
- Chewing/digestion
- Breathe before eating to stop the stress hormone release
- Most important: ENJOY whatever it is you decide to eat!

Nourish Yourself with Sleep

- When you *really* sleep well, so will your entire family.
- No screens
- Melatonin
- Breathing before sleeping
- Wake up refreshed and happy!



Nourish Your 'Other Life' (aka Self Care)



- “Put your own oxygen mask on 1st!”
- Mani/pedi
- A cup of tea with a good friend
- Use your “good dishes”
- Date night
- Girls night
- Take a 20 minute nap
- Go for a run/walk without the jog stroller or the dog

Supplement with High Quality Supplements



- Multi vitamins and minerals
- Quality, clean fish oil
- Vitamin D
- Calcium/Magnesium
- Immune support
- Probiotics
- Melatonin

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Tips to Energize Yourself All Day Long



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ENTREPRENEUR
is neither a
PART-time or
FULL-time job,
It's a
LIFESTYLE!**