

THE BEST WAYS TO MAKE YOUR IMMUNE AND DIGESTIVE SYSTEMS ENERGETICALLY EFFICIENT



ENERGETICALLY EFFICIENT™

*Your Energetically
Efficient Download*

BY KRISTIN ROWELL

Now that you have a better understanding of how your Digestive and Immune Systems work, I've prepared a list of additional tips and tricks for you to really MAXIMIZE the efficacy of these two systems, which will set your body up for success.

These tips and tricks will help you:

- (1) become more aware of the interplay between your Digestive and Immune Systems;
- (2) enhance the functionality of both systems;
- (3) optimize your health; and
- (4) allow your immune system to ward off any pathogens AND work expeditiously to kill any pathogens that wind up finding their way into your system. I'm so passionate about people understanding how their Digestive and Immune Systems interact that I'll soon be offering a short course on this topic.

Stay tuned for further details!!



Let's Get Started!

MORNING LIQUID INTAKE



- Each morning, drink approximately 25 ounces of filtered water with the juice of 1 lemon + with 1/4 teaspoon of Redmond's Ancient Sea Salt. Lemon is detoxifying and stimulates your lymph. Consider having the lemon in hot water instead if you like it that way!
- Each morning, swallow 25 EnergyBits spirulina tablets while drinking your morning water. I do this every morning. The spirulina in EnergyBits has overwhelming health benefits - most specifically for supporting the multitude of functions in our immune system. If you are interested, you can purchase them here: www.energybits.com. You can use code KRISTIN for a 20% discount. There are certainly many other brands of spirulina on the market, but I know the science behind how they make EnergyBits and I personally take them so I can vouch for the quality and efficacy of the product.

EATING

- When you eat a meal, make sure you aren't rushed. Eat in a parasympathetic ("rest and digest") state in order to set your digestive system up for success which in turn supports your immune system. Consider pausing to think about how the food is going to nourish your body before you eat it. Consider meditating or even saying a short prayer before you eat to calm your nervous system. Most importantly, chew slowly and deliberately (25 - 30 times before swallowing!) to ensure proper mechanical digestion.
- Consider taking 1 teaspoon of organic Apple Cider Vinegar before a meal to get your digestive enzymes working and ready to start chemically breaking down your food.



DIGESTION



- Consider practicing intermittent fasting or restricting your eating window to a certain number of hours to give your digestive system a break, which in turn will support your immune system. For example, do not consume any food after 8:00 or 8:30 p.m., and then do not eat the next morning until at least 9:00 a.m. If you can stretch your morning a little longer without eating (i.e., 10:00 a.m., 11:00 a.m. or 12:00 p.m.) before you eat, do it! Again, this will give your digestive system a break AND allow your body's metabolic health to improve, thereby enhancing your immune system.
- If you have had any history of digestive problems (long periods of diarrhea or constipation, a history of parasites, a history of antibiotic use, leaky gut or other digestive distress), considering adding a high-quality L-Glutamine to your regimen. L-Glutamine is an amino acid that helps to repair and strengthen the cell wall of our intestinal lining, which creates a positive effect on your immune system. I take 1 teaspoon in the morning and 1 teaspoon in the evening.

Probiotics



- I highly recommend taking high-quality probiotics that are shown in the research to actually make it all the way to your small intestine. This is especially true if you currently suffer from or have in the past suffered from any of the complications identified in the previous bullet point. The probiotics of which I am aware that make it all the way to your small intestine (so that they can be effective) are probiotics from Microbiome Labs (which I personally take and sell), and Seed probiotics (which I personally take but do not sell).
- You can purchase Microbiome Labs probiotics through this link: <https://microbiomelabs.com/register/?ref=KRISTIN>.
- You can purchase Seed probiotics through this link: www.seed.com.

I am happy to answer any questions about which probiotics may be right for you.

Alcohol & Sugar Intake

- Please limit alcohol, sugar, processed food and artificial sweeteners. Although I recognize that most of us indulge in some of these things from time to time, the most important thing is to truly moderate your intake of these substances because they wreak havoc on your digestive and immune systems.



EVENING ROUTINE & SLEEP



- Each night before bed, swallow 25 EnergyBits chlorella tablets. Chlorella helps to detoxify the liver and is fantastic for supporting our immune system. I take 25 of these each night before bed. You can purchase them through www.energybits.com and again, you can use KRISTIN for a 20% discount. The quality of these chlorella tablets are the best I've found on the market.
- Last but not least, DO NOT SKIMP ON SLEEP!! While we are sleeping is when our immune system is restoring itself from everything it needed to do during the day. Set your Digestive and Immune Systems up for success by getting 7 to 9 hours of quality sleep each night.



About Kristin Rowell

Kristin Rowell is a former trial lawyer turned Functional Nutritional Therapy Practitioner and low-carb athlete. Kristin believes that each of us is responsible for taking control of our own health and longevity, and she firmly believes that doing so starts with tuning in and listening to the signals our bodies are always sending us. The clients who hire Kristin are ready for transformational change, and she works closely with them to ensure that they are able to transform into the person they have always wanted to become. Kristin is an IPE Natural Professional Bodybuilder in the Figure Division, the NANBF's 2018 Ms. Natural Minnesota (Figure), and she has run 25 marathons. Kristin speaks all over the country about nutrition and other wellness topics.

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