

# ENERGY RESCUE

**Reclaim ENERGY**

**Boost METABOLISM**

**End HORMONAL chaos**

*Layne VanLieshout*

Layne VanLieshout, MSN

Functional Health Practitioner

For High-Performing Women who are ready to end burnout, energy crashes, and hormone imbalances.

LVwellness

HEALTH CONSULTING

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HEALTH CONSULTING



## NOTE FROM LAYNE

I'm Layne, online Functional Health Practitioner. **I help high-performing women reclaim their energy, boost metabolism, and balance hormones naturally.** After over 13 years in the health and wellness space, and going through health struggles of my own, I knew there had to be a better way to help others resolve their health concerns.

I turned to Functional Medicine to heal my body, and **now I help others do the same through the strategies I've learned in a streamlined approach.**

I believe in providing **education, inspiration, and empowerment** so you can be your own best advocate, understand your body more deeply, and find the path to your ultimate goals.

With my proven **3-step framework** involving **Functional Labs, a personalized action plan, and high-level, concierge support**, I am confident that we will not only identify your root causes, but also gain clarity on **the exact steps needed** to support your unique body.

HERE'S TO YOUR HEALING,

**LAYNE VANLIESHOUT**  
**Functional Health Practitioner**

### Change is possible!

“STRESS AND ENERGY HAVE BEEN GREAT! I'M ALSO SLEEPING GREAT. I APPRECIATE ALL THE KNOWLEDGE AND BLUEPRINT FOR ME TO START MY HEALTH JOURNEY, AND JUST BECOMING A HEALTHIER PERSON OVERALL... I AM A PRETTY DRIVEN PERSON SO I WILL ACCOMPLISH WHAT I PUT MY MIND TO BUT SOMETIMES I NEED THAT EXTRA PUSH TO GET STARTED AND YOU HAVE DONE THAT FOR ME.”

PAIGE J.

### IT'S YOUR TURN!

[BOOK A CALL](#)

# THE 3 ROOT CAUSES, EXPLAINED

If you're reading this, then you've probably been struggling with various things such as **low energy, stress, brain fog, burnout, fluctuating moods, inflammation, menstrual or gut symptoms** for a while – or know someone who has. If so, you're in the right place. Unfortunately, it is all too common in our society to experience these things, but that does not mean that it is normal.

Many people will seek medical care but may ultimately be left with some variation of **"your labs were normal, see you next year"**... sound familiar?

Although we absolutely need conventional medical care at times, these practices do not typically help you to find and alleviate the root causes of ongoing wellness concerns. **With functional medicine, getting to the root of the issue is the precise purpose.**

So I have compiled everything I've learned in training, as well as my own health journey, **into a streamlined process so that you can reclaim vitality and feel at ease in your body again, WITHOUT the band-aid approaches.** Let's put an end to the overwhelm, and understand how we can (and must) regain control of our health and wellness.

Next, let's dive into the TOP 3 root causes that contribute to dis-ease in the body.

## IS THIS YOU?

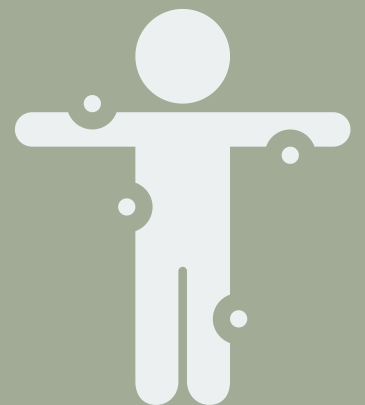
- WAKING UP AFTER A FULL NIGHTS SLEEP STILL EXHAUSTED
- RELIANT ON CAFFEINE TO MAKE IT THROUGH THE DAY
- FEELING LIKE IT'S DIFFICULT TO CONCENTRATE, MAKE DECISIONS, OR HAVE A CALM MIND
- FEELING CONSTANTLY OVERWHELMED OR BURNED OUT

THIS IS NOT NORMAL, AND YOU DO NOT HAVE TO ACCEPT LIVING THIS WAY.

YOU DESERVE BETTER!

GET AHEAD OF THESE THINGS BEFORE THE SPIRAL CONTINUES.

I CAN HELP YOU GET TO THE ROOT CAUSES OF BURNOUT SO THAT YOU CAN FEEL ABUNDANTLY ENERGIZED, CLEAR-MINDED, AND HANDLE STRESS WITH EASE.



### THERE IS A BETTER WAY!

LEARN THE EXACT STEPS I USE TO HELP MY CLIENTS RESOLVE ISSUES AT THE ROOT WHEN YOU WATCH THIS FREE TRAINING

**WATCH EXCLUSIVE  
MASTERCLASS**



—

“MOST PEOPLE  
HAVE NO IDEA  
HOW GOOD  
THEIR BODY IS  
DESIGNED TO  
FEEL.”

KEVIN TRUDEAU

Working with Layne has been life changing! Knowledge is such power. Ten + years of hypothyroidism left me with debilitating fatigue even after having 'normal levels' according to specialists. With so much information online and on social media today, I knew it was time to invest in a guide to eliminate the guesswork. Layne has been able to help me reach goals on a manageable timeline. Layne truly wants to walk alongside you implementing changes that are tailored to heal your body. Her empathy, peace, and encouragement make her a bright light and joy to work with. Forever grateful for her strategic workflow, caring heart, and knowledge!

SARAH P.

# Are these 3 things wreaking havoc on your body?

## NUTRIENT POOR FOOD, TOXINS, & STRESS

BY LAYNE VANLIESHOUT



### 1. NUTRIENT POOR FOOD

You probably know how critical nutrition is, right? **The problem is, society often makes women feel like they should just eat LESS,** and that calories in/calories out is all that matters when in fact, there is a lot more to it. To keep it simple: we need calories, we need nutrient dense foods (foods that are packed with beneficial macro- and micro-nutrients), and I really want you to view food as fuel for your body.

**Without proper fuel, our hormones, energy, and moods will struggle big time** because they do not have the very things they need (or enough of them) to carry out necessary functions that help us to thrive and feel well.

When it comes to food that is deplete of beneficial nutrients such as ultra-processed products, it not only does not serve our body with the necessary building-blocks, but it also makes our gut and detox system have to work harder (because ultimately, much of the ultra-processed food is highly inflammatory and, quite frankly, appears more similar to a toxin than an actual food). So the body has more work to do to get rid of it while **ALSO not having the very nutrients it needs to detox, create energy, make hormones, fight illness/inflammation, etc.**

# WHAT CLIENTS ARE SAYING ABOUT LV WELLNESS...



**Kaylee P.**

SINCE WORKING WITH LAYNE MY DIGESTION IS BEEN BETTER THAN IT HAS EVER BEEN, AND I NOW UNDERSTAND HOW TO CONTINUE TO MAINTAIN OPTIMAL GUT HEALTH BASED ON MY FOOD TOLERANCES. SIMPLE CHANGES TO MY MEALS HAVE HELPED ME MAINTAIN BALANCED BLOOD SUGARS AS WELL AS BALANCE MY STRESS HORMONES. MY SLEEP HAS DRASTICALLY IMPROVED, AND I FEEL BETTER OVERALL MENTALLY AND PHYSICALLY.”



**Ellie W.**

MY GUT HEALTH WAS ABSOLUTELY TERRIBLE WHEN I STARTED WORKING WITH LAYNE. I HAD CONSTANT ACID REFLUX, FREQUENT NAUSEA, MORNING VOMITING, TERRIBLE IBS FLARE UPS, AND WAS MISSING WORK DUE TO MY SYMPTOMS OFTEN. SINCE WORKING WITH LAYNE... MY GUT OVERALL IS SO MUCH BETTER! HAVING MY OWN POWER AND EDUCATION HAS BEEN LIFE CHANGING.



**Anne J.**

I DIDN'T KNOW JUST HOW MUCH I NEEDED LAYNE'S GUIDANCE AND INSTRUCTION UNTIL WE STARTED WORKING TOGETHER. I HAVE MUCH MORE ENERGY DURING THE DAY (NO MORE AFTERNOON NAPS), MY SKIN LOOKS BETTER (CLEARER), I'M LESS BLOATED, AND I DON'T FEEL STRESSED EVERY DAY. I'M EXCITED TO SEE WHAT THE LONG TERM EFFECTS ARE GOING TO BE AND I WOULD GLADLY WORK WITH LAYNE ANYTIME.

**ELEVATE ENERGY. BOOST METABOLISM. BALANCE HORMONES.**

Book a complimentary consult with Layne herself to kickstart your journey to ultimate wellness.



**RESERVE YOUR SPOT NOW**



## 2. TOXINS

We covered how some food-like products can be viewed as toxins, but there is a lot more to consider. Toxins largely enter our body through **what we eat, drink, breathe, and slather on our skin. Toxins can also be things like high viral load, pathogens, parasites, microbial overgrowths in the gut, or natural metabolic byproducts** of our hormones and gut microbes.

We were created with wonderful detox systems in place such as our colon, liver, urinary tract, lymphatic system, lungs, and skin. However, **sometimes there are impairments of these systems or excessive exposure that leads to more toxic-build up.** Essentially, our "toxic bucket" can overflow, leading to internal issues with various substances that are overloading our body. This often causes issues with our immune system (frequent illness, autoimmunity), nervous system (chronic fight-or-flight, "adrenal fatigue"), and endocrine system (thyroid, estrogen, progesterone, glucose and insulin problems) among others.

Not only do toxins deplete our nutrient stores because of our body having to work harder, but are a physical stressor to the body themselves. There is no way we can avoid all toxins, so let's not set ourselves up for failure thinking that we must avoid it all; instead, **let's put our efforts where we can minimize toxin exposure AND maximize our natural detox capabilities.**

### WANT TO JUMPSTART YOUR WELLNESS JOURNEY?

ALL OF MY PRIVATE HEALTH CLIENTS RECEIVE A CUSTOMIZED **RAPID RELIEF PROTOCOL** TO HELP DRASTICALLY

- DRIVE DOWN INFLAMMATION
- SUPPORT HORMONES AND THE NERVOUS SYSTEM
- REDUCE TOXIC LOAD
- AND KICKSTART GUT SUPPORT

**I'VE MADE IT AVAILABLE TO YOU!**  
RECOMMENDED SUPPLEMENTS +  
ACTION STEPS TO GET YOU RELIEF  
+ ON THE RIGHT TRACK ASAP

**Access the**  
**PROTOCOL**





### 3. STRESS

Poor nutrition and toxins like the ones discussed previously both create physiological stress, as can things like inflammation, gut imbalances, over-exercise, under-eating, poor sleep, mental/emotional distress, over-working, ruminating thoughts or worry, and not being able to say “no”. **All of these things trigger our sympathetic nervous system, or “fight or flight” response.**

Our bodies are equipped to well-weather brief periods of acute stress for survival purposes (such as running from predators), but the problem is this: **modern life has us constantly stressed with this “go-do-more-faster” mentality that leaves little time for restoration** or ability to return to the parasympathetic (“rest and digest”) state. This often leads to shorter windows of recovery from each stressor which has downstream effects on our hormone balance, gut and digestive system, and certainly has a long-term impact on our nervous system. In fact, stress on it’s on can create so much dis-ease in the body, regardless of how well you eat, exercise, detox, sleep, etc. and could be the primary thing holding you back from your goals.

It is impossible to avoid all stress in life, as there are stressors all around in our modern world, but what we CAN learn to control is **our response to stress and to support our body to be resilient** throughout life's ebbs and flows.



#### WHY GETTING PRESCRIBED BIRTH CONTROL IS CAUSING MORE HARM THAN GOOD.

AN ALL-TOO-COMMON REMEDY THAT DOES NOT ADDRESS THE ROOT CAUSES OF HORMONAL IMBALANCES + OFTEN COMES WITH NEGATIVE CONSEQUENCES ON MENTAL HEALTH, GUT HEALTH, AND NUTRIENT DEPLETION.

#### THERE IS A BETTER WAY!

LEARN THE EXACT STEPS I USE TO HELP MY CLIENTS RESOLVE ISSUES AT THE ROOT WHEN YOU WATCH THIS FREE TRAINING

[WATCH NOW](#)



# 9 STEPS

TO ELEVATE ENERGY,  
BOOST METABOLISM  
& BALANCE HORMONES

BY LAYNE VANLIESHOUT



## MAXIMIZE NUTRITION

- 1. Prioritize fiber, protein, and fat** with every meal or snack. This will help ensure adequate macro and micronutrients needed for energy and hormone balance. Plus, it will help keep you fuller longer, avoid cravings, and avoid energy crashes. Starchy carbs are great when paired with a balanced meal. Want more on how to balance meals (and blood sugar)? Access the guide [HERE](#).
- 2. Eat the rainbow.** Consuming foods of various colors will provide many different micronutrients that are needed to keep our nervous system, hormones, and gut happy. A good goal is to eat 4-5 plant foods each meal. This may seem like a lot, but give it a try! (Hint: It may be easier than you think... consider fruits, vegetables, nuts, seeds, grains, legumes, etc.).
- 3. Follow the “Rule of 3s”:** have your first meal within 30 minutes of waking up, space meals out by at least 3 hours (every 3-5 hours is tolerated well by most), and have your last meal at least 3 hours before bedtime. This will help keep up energy production, balance blood sugar, and most importantly optimize digestion. Grazing or eating more frequently impairs adequate cleansing of the intestines which can lead to many GI issues such as bloating and overgrowths.

## MINIMIZE TOXINS

- 4. Optimize detox pathways** by ensuring 1-3 easy bowel movements daily (if struggling with this, consider trying magnesium citrate, electrolyte water, and/or increasing insoluble fiber while you work to address other potential causes). Hydration is also a priority; a good rule of thumb is to drink  $\frac{1}{2}$  your bodyweight in ounces daily. Adding electrolytes to your water can help maximize hydration capabilities.
  
- 5. Opt for less-toxic products.** Our skin is like one big mouth... except it doesn't have the added safety layer of filtering toxins through the liver. Take into consideration things that you use often: personal hygiene or beauty products, household cleaning, etc. that frequently contain hormone-disrupting components. *Pro tip: swap things as you run out of existing products - you don't have to do everything at once.*
  
- 6. Minimize processed foods** (back to how toxins relate to our nutrition!). Reducing toxin exposure through food products will help tremendously, because remember: Processed food products may look more like a toxin and less like actual food. Instead, focus primarily on increasing whole, nutrient dense foods (and lots of colorful plants!) which will not only decrease toxic load just by consuming them, but also help your body carry out actual detox processes. A double-win.

**ALL OF MY FAVORITE PRODUCTS FOR  
LOW-TOX LIVING IN 1 PLACE  
(WITH DISCOUNT LINKS!)**

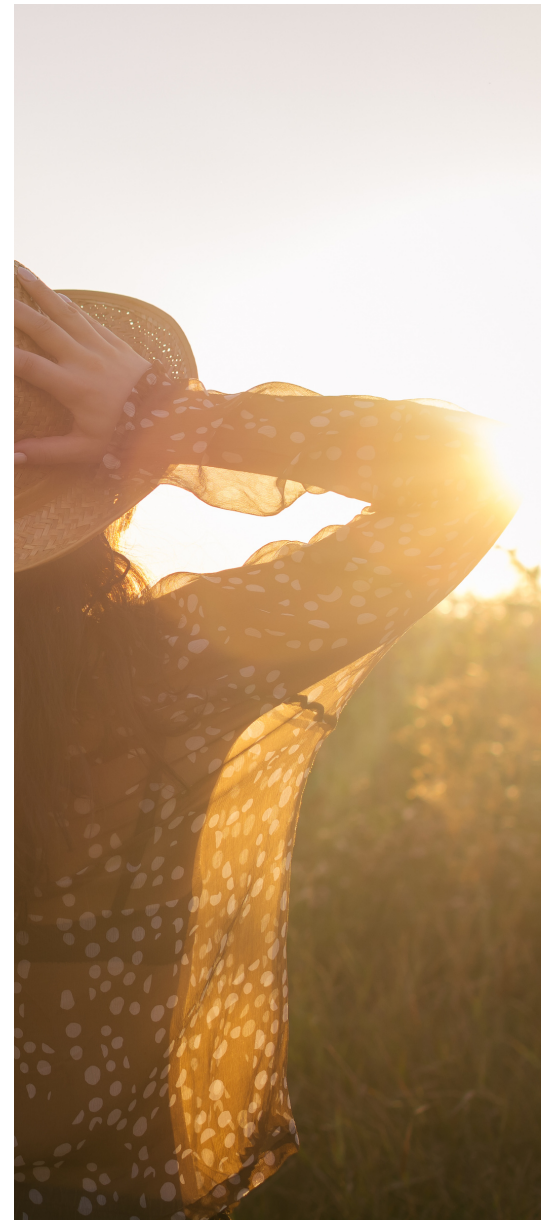


**GET IT HERE**



## PRIORITIZE STRESS RESILIENCE

- 7. Optimize quality sleep.** This is the time that our bodies are able to rest, repair, detox, and therefore prepare to better-weather the stressors that come our way. Read my top tips for improving sleep, linked [HERE](#).
- 8. Incorporate strategies to calm the nervous system.** This includes things such as deep belly breathing, yoga, walking, alternate nostril breathing, EFT tapping... tons of options. One of my favorites is a box breathing exercise: inhale for 4, hold for 7, exhale for 8. Repeat this for 3-6 cycles daily and as needed. And of course, consider addressing possible stressors such as food sensitivities, gut dysbiosis, toxins, crap food, blocked drainage pathways, trauma, ruminating worry, and toxic relationships... true root-causes!
- 9. Practice mindfulness and gratitude.** Your mindset is a critical piece in the healing process... what beliefs could you be carrying that are limiting your potential? I love the phrase: "If you can't change it, can you change your perspective?". Another great practice to reduce stress and anxious thoughts is writing down 5-10 \*specific\* things that you are grateful for currently; it is very hard to be anxious while thinking of all that you are thankful for. Give it a try!



**I am sleeping so much better ever since being with Layne as my practitioner! My anxiety levels have decreased, mood is much better now, I have a lot more self-confidence when it comes to things I have never tried before. With the change of mindset, habits, supplements, and helpful information from each session with Layne I am better overall! SOOO thankful for Layne! I am able to take all this information that I learned and habits with me for the rest of my life.**

CHERYLYNN T.

# B O N U S

## CREATING YOUR ULTIMATE MORNING ROUTINE

Do you enjoy your morning routine, or does it contribute to more stress in your day?

Research shows that having a consistent, fulfilling morning routine can help set your mind + day up for success. Of course there may be times when you have to adjust your schedule (such is life, right?), but we can strive to put into practice a routine that we LOVE to fuel our body and create a relaxing beginning to the day. Your stress levels and hormones will thank you.

### A few things to consider:

- Get up 15-30 minutes earlier (this may require going to bed earlier)
- Don't hit the snooze button
- Drink a glass of clean water just after brushing teeth
- Take a few deep belly breaths
- Have a balanced breakfast within 30 minutes of waking
- No caffeine on an empty stomach
- Avoid looking at your phone for the first 30-60 minutes
- If you are able to build in more time and are looking for ways to improve your morning routine even more, choose what you love:
  - reading a devotion
  - gratitude or prompted journaling
  - meditation
  - breath work
  - listening to music that you enjoy
  - gentle stretching, yoga, or exercise

**ONLY YOU HAVE THE POWER TO CHANGE THE TRAJECTORY OF YOUR DAY**





BRITTANY P.

**"I HAVE LEARNED SO MUCH AND HAVE TOLD MY FRIENDS AND FAMILY HOW GREAT THIS HAS MADE ME FEEL."**

Go ahead and book your complimentary strategy call with Layne to kickstart your health so that you can:

- Have your top concerns and goals heard + validated
- Gain insight into some of the most likely root causes for what you're going through
- Understand how Layne can help you specifically

**CLICK THE LINK BELOW TO WATCH A SHORT VIDEO & LEARN THE NEXT BEST STEP TO ACHIEVE OPTIMAL WELLNESS**



**WATCH 2 MINUTE VIDEO**