

The Hormone



Disruptor Audit

*7 Hidden Patterns Sabotaging Your
Energy, Sleep, and Weight*

Welcome to The Hormone Disruptor Audit

7 Hidden Patterns Sabotaging Your Energy, Sleep, and Weight

If you've been doing "all the right things" but still feel exhausted, foggy, or stuck in a body that doesn't feel like yours anymore... you're not alone.

The real problem?

Most hormone advice only looks at surface-level fixes — not the hidden disruptors quietly sabotaging you behind the scenes.

True hormone balance isn't about throwing more supplements or band-aid solutions at your body. It's about removing the invisible blocks that are forcing your hormones into survival mode.

This audit will show you how.

Inside, you'll uncover:

- 7 overlooked disruptors that silently tank your energy, metabolism, and mood
- Red flag symptoms that are easy to miss (but critical to catch)
- Quick actions you can start today to restore your natural hormonal rhythm

Bottom line:

It's not about doing more.

It's about doing the right things, in the right order — starting with the root causes most people miss.

A Personal Note from Rachel

Hi, I'm Rachel Lisle, a Nurse Practitioner and Functional Medicine Practitioner, and I'm thrilled to guide you on this transformative journey.

If you've ever felt like your energy is on empty, your metabolism is working against you, or no matter what you try, you just can't seem to feel like you again — this guide is for you.

Here's the good news: your metabolism and hormones aren't broken. They're just waiting for the right support to thrive.

In this guide, we'll break down the science behind your body's energy and hormone systems into simple, actionable steps you can start using today. My goal is to empower you with the tools you need to boost your energy, restore balance, and unlock a healthier, happier version of yourself — **without fads, gimmicks, or overwhelm.**

I'm honored to be part of your journey.

And if at any point you want personalized support, you can always schedule with me— I'd love to dive deeper into your unique health story.

Let's get started. Your energy — and your life — are about to change.

[CLICK HERE TO BOOK](#)

How to Use This Audit

Healing your hormones isn't about overhauling your entire life overnight.

It's about spotting the hidden patterns that have been quietly pulling you off track — and taking small, targeted steps that actually move the needle.

This audit is your personal decoder.

It's designed to help you:

- Recognize the patterns that traditional advice often misses
- Understand the real root causes behind your symptoms
- Take immediate action with simple, science-backed strategies

Here's how to get the most out of it:

- 01 Start with the Self-Assessment.**
Discover which disruptors are most likely impacting your energy, sleep, metabolism, and mood.
- 02 Read through each of the 7 Hidden Patterns.**
Each one comes with clear red flags and 5-10 quick action steps — so you can start making shifts today, without guesswork.
- 03 Choose ONE pattern to focus on first.**
The goal isn't to "fix everything" at once — it's to create real momentum by stacking small wins that add up.
- 04 Track your shifts.**
Pay attention to the small improvements: better sleep, steadier energy, fewer cravings. These are signs your body is responding.
- 05 Reach out if you want support.**
Healing doesn't have to be a solo journey. If you're ready to go deeper, you're always invited to [**click here to book**](#).



The Silent Saboteurs
Self-Assessment

The Silent Saboteurs Self-Assessment

Instructions:

Read through the following symptoms. Check off any that sound familiar.

At the end, you'll see which disruptors might be playing the biggest role for you – and where to focus first!

Energy Patterns

- I wake up tired even after a full night's sleep.
- I crash hard mid-morning or mid-afternoon.
- I feel wired at night, even when exhausted.
- I rely on caffeine or sugar to push through the day.
- My energy feels unpredictable – some days okay, some days dragging.

If you checked 2 or more: Blood Sugar Volatility, Circadian Disruption, or Mineral Imbalances may be at play.

Mood & Focus Patterns

- I feel irritable or anxious if I go too long without eating.
- My focus crashes after meals.
- I feel “flat” emotionally – like my spark is missing.
- I get brain fog that makes simple tasks feel overwhelming.
- I notice mood swings that don't seem tied to my external circumstances.

If you checked 2 or more: Blood Sugar Volatility, Hidden Inflammation, or Chronic Low-Level Stress could be factors.

Metabolism Patterns

- I've gained weight around my midsection even without major diet changes.
- I feel like no matter what I eat, my body holds onto weight.
- I crave carbs, sweets, or salty snacks daily.
- My appetite feels dysregulated (either ravenous or nonexistent).
- I have trouble building or maintaining muscle.

If you checked 2 or more: Blood Sugar Volatility, Liver Congestion, or Gut Dysbiosis might be contributors.

The Silent Saboteurs Self-Assessment

Sleep Patterns

- I have trouble falling asleep even when tired.
- I wake up between 2-4 AM regularly.
- I wake up feeling unrested or groggy.
- My sleep schedule feels inconsistent – it's hard to fall into a rhythm.
- I have vivid dreams or restless sleep that leaves me feeling drained.

If you checked 2 or more: Circadian Rhythm Disruption, Liver Congestion, or Chronic Stress may be interfering.

Gut + Skin Patterns

- I experience bloating, gas, or irregular bowel movements.
- I get random skin flare-ups, breakouts, or rashes.
- I notice puffiness or swelling, especially in the mornings.
- I've developed new food sensitivities or digestive issues.
- I get frequent infections (like yeast, UTI, or sinus infections)

If you checked 2 or more: Gut Dysbiosis, Liver Congestion, or Hidden Inflammation are likely players.

Now What?

You don't need to check every box for a disruptor to be affecting you. Even just **2-3 symptoms** can signal an underlying imbalance worth addressing. In the next section, we'll dive into the **7 Hidden Patterns** – and give you 5-10 simple action steps for each one, so you know exactly where to start.



Pattern 1

Blood Sugar Volatility

The Hidden Energy Vampire

What it is

Blood sugar volatility means your blood sugar levels are swinging up and down wildly throughout the day – instead of staying steady like they're supposed to.

Every time your blood sugar spikes (after a high-carb meal or sugary snack) and then crashes, your body scrambles to stabilize you by releasing cortisol (your stress hormone) and adrenaline.

Over time, this creates massive hormonal chaos.

- Cortisol spikes → disrupts insulin sensitivity
- Insulin spikes → promotes fat storage (especially around the belly)
- Stress response → steals resources from your sex hormones (like progesterone and estrogen)

Bottom line:

If your blood sugar is unstable, no hormone system can truly heal.

Red Flags That Blood Sugar Volatility Might Be Affecting You

- Crashing energy after meals
- Feeling shaky, irritable (“hangry”) if you miss a meal
- Intense cravings for sugar or carbs, especially late afternoon
- Brain fog that lifts after eating
- Waking up hungry at night
- Weight gain around the midsection

8 Quick Action Steps to Stabilize Your Blood Sugar

01**Prioritize a High-Protein Breakfast (20-30g Minimum)**

Eating a protein-rich breakfast within 90 minutes of waking anchors your blood sugar and cortisol rhythm for the whole day.

02**Balance Every Meal: P+F+F Rule (Protein + Fat + Fiber)**

Build meals around these three — they slow digestion, reduce spikes, and keep you full longer.

03**Avoid Naked Carbs**

Always pair carbs with a protein or fat. Example: berries + almond butter, not berries alone.

04**Eat Every 3-4 Hours (At First)**

Don't "push through" hunger when trying to stabilize — small, balanced meals can help retrain cortisol and insulin rhythms.

05**Go for a 10-Minute Walk After Meals**

Even a short walk after eating can reduce blood sugar spikes by up to 30%.

06**Add a Splash of Apple Cider Vinegar Before Meals**

1 tbsp diluted in water before a carb-heavy meal can blunt blood sugar spikes.

07**Focus on Whole Carbs, Not Processed Carbs**

Choose sources like sweet potatoes, quinoa, oats, berries — NOT white bread, crackers, or sugary bars.

08**Front-Load Calories Earlier in the Day**

Your insulin sensitivity is strongest in the morning and declines at night. Big breakfast, lighter dinner is ideal for blood sugar.

Pro Tip: If you're constantly crashing in the afternoon (2-4 PM), it's often because of what you did *at breakfast* — not lunch. *Fix your first meal* and you'll often fix your afternoon energy.

If this pattern feels like a big one for you:

- Start by upgrading your breakfast and balancing your meals for one full week.
- Watch how your cravings, energy, and mood shift — usually faster than you expect.



Pattern 2

Liver Congestion

The Silent Hormone Backup

What it is

Your liver isn't just a detox organ — it's your **hormone clearance headquarters**.

Every day, your body naturally produces, uses, and then needs to clear out hormones like estrogen, cortisol, and thyroid hormones.

If your liver gets sluggish (from nutrient depletion, toxin overload, blood sugar issues, or chronic inflammation), those "used" hormones don't get cleared properly.

They recirculate — causing **hormone excess, imbalances, and inflammation**.

Think of it like a backed-up sink.

If the drain is clogged, no matter how much you clean the dishes, dirty water will keep pooling up.

Red Flags That Liver Congestion Might Be Affecting You

- Waking consistently between 2-4 AM
- Heavy, painful periods (or worsening PMS)
- Stubborn weight gain, especially around the belly
- Feeling puffy or swollen (face, ankles, fingers)
- Skin issues: acne, rashes, dullness
- Sensitivity to smells, alcohol, or medications

9 Quick Action Steps to Support Your Liver

01

Eat Bitter Foods Daily

Foods like arugula, dandelion greens, radicchio, and lemon stimulate bile production (your liver's natural "garbage removal" system).

02

Start the Day with Warm Lemon Water

Gentle liver support first thing in the morning without overloading your system.

03

Prioritize Protein at Every Meal

Your liver needs amino acids (from protein) to detoxify hormones — it can't function well without them.

04

Support with Cruciferous Vegetables

Broccoli, cauliflower, Brussels sprouts, kale — these help the liver process and clear out excess estrogen safely.

05

Stay Hydrated with Mineral-Rich Water

Filtered water + a pinch of sea salt helps flush toxins without taxing your kidneys.

06

Move Your Body Daily (Even Gently)

Sweating, walking, rebounding (mini-trampoline) — movement boosts lymphatic drainage and liver blood flow.

07

Reduce Alcohol (Even "Just 1 Glass" Matters)

Alcohol is metabolized in the liver and steals resources from hormone detoxification.

08

Avoid Overloading on Supplements

Too many supplements = more work for your liver. Keep it simple and intentional.

09

Dry Brush Before Showering

Gentle skin brushing supports lymphatic flow — an important secondary detox pathway when the liver is backed up.

Pro Tip: The liver has its own circadian rhythm. If you're consistently waking between 2-4 AM, it's often a classic clue that your liver is overwhelmed and needs more support — not just better sleep hygiene.

If this pattern feels like a big one for you:

- Focus on bitters, hydration, and cruciferous veggies daily for two weeks.
- You'll often see early signs of improvement like better sleep, less bloating, and clearer skin



Pattern 3
*Circadian Rhythm
Disruption*

The Hidden Hormone Timer You Didn't Know You Were Ignoring

What it is

Your body isn't just reacting to food and stress — it's running on an **internal 24-hour hormonal clock** called the **circadian rhythm**.

This master clock tells your body when to release cortisol (to wake you up), when to release melatonin (to make you sleepy), and how to regulate blood sugar, thyroid function, digestion, and even immune defense.

When your circadian rhythm is disrupted — from late-night screen time, irregular meal times, poor light exposure, night shifts, or stress — your hormones **start firing at the wrong times**.

Over time, this chaos leads to:

- Energy crashes
- Insomnia
- Weight gain
- Increased risk for blood sugar issues and thyroid dysfunction

Bottom line: You can be eating “perfectly” and still feel awful if your hormonal timing is broken.

Red Flags That Circadian Disruption Might Be Affecting You

- Wired and restless at night, even when tired
- Slow, groggy mornings — needing coffee to function
- Cravings for sugar or carbs late at night
- Mood dips or irritability at predictable times of day
- Weight creeping up even without overeating
- Difficulty falling asleep or waking multiple times at night

10 Quick Action Steps to Rebuild Your Circadian Rhythm

- 01 Get 5-10 Minutes of Natural Morning Light Within 30 Minutes of Waking**
Direct sunlight (even on cloudy days) signals cortisol to rise naturally, setting your internal clock.
- 02 Dim Lights After Sunset**
Switch to soft, warm lighting in the evening to encourage melatonin production.
- 03 Block Blue Light at Night**
Use blue light blocking glasses or screen filters after sunset to protect your melatonin levels.
- 04 Anchor Your First Meal Timing**
Eat breakfast within 90 minutes of waking to reinforce your body's "wake up and digest" signals.
- 05 Keep a Consistent Wake Time (Even on Weekends)**
Stability > sleeping in. Consistent waking helps regulate cortisol and melatonin naturally.
- 06 Move Your Body in the Morning or Early Afternoon**
Morning exercise strengthens your daytime cortisol spike and helps you feel naturally sleepy later.
- 07 Stop Eating 2-3 Hours Before Bed**
Late-night eating confuses the body's "rest and repair" signals and can spike insulin at the wrong time.
- 08 Create a Wind-Down Routine at Night**
Stretching, journaling, reading — teach your body it's safe to transition to rest mode.
- 09 Cool Your Bedroom Temperature to 65-68°F (18-20°C)**
A slight body temperature drop at night is necessary for deep sleep and hormone regulation.
- 10 Avoid High-Intensity Workouts or Stressful Conversations Late at Night**
Evening stress spikes cortisol when it should be falling — leading to restless sleep.

Pro Tip: If you only fix ONE thing, start with morning light exposure. Nothing resets your circadian hormones faster or more naturally — even faster than any supplement.

If this pattern feels like a big one for you:

- Commit to 7 days of morning light + evening light hygiene.
- Most people notice better sleep quality, easier mornings, and even improved digestion within the first week



Pattern 4

Hidden Inflammation

The Silent Saboteur Blocking Your Hormones

What it is

Inflammation isn't always obvious — it's not just swelling, redness, or pain.

Hidden (chronic) inflammation is a low-grade internal fire that burns quietly behind the scenes.

It disrupts your body's most sensitive systems, including:

- Hormone receptor function (your cells can't "hear" hormonal signals properly)
- Blood sugar regulation (insulin resistance)
- Thyroid hormone conversion (leading to slow metabolism)
- Gut barrier integrity (leading to food sensitivities and immune dysfunction)

When inflammation runs unchecked, your body essentially goes into survival mode — prioritizing damage control over thriving.

And that's when you feel tired, puffy, moody, and stuck.

Red Flags That Circadian Disruption Might Be Affecting You

- Puffy or swollen face, fingers, or ankles (especially in the morning)
- Joint stiffness or new aches and pains
- Skin flare-ups: redness, acne, eczema, rashes
- Frequent infections (sinus, UTIs, etc.)
- Random digestive symptoms: bloating, reflux, constipation
- Brain fog, sluggishness, or low-grade depression

9 Quick Action Steps to Calm Inflammation and Reignite Hormone Sensitivity

- 01 Identify and Reduce Inflammatory Foods**
Common culprits: processed sugar, gluten, seed oils, excess dairy, alcohol. Remove or minimize for 2-4 weeks.
- 02 Prioritize Omega-3 Rich Foods**
Wild salmon, sardines, walnuts, flax seeds — these cool inflammation naturally.
- 03 Add Colorful, Antioxidant-Rich Veggies and Fruits**
Aim for at least 5 different colors on your plate daily to flood your body with inflammation-fighting nutrients.
- 04 Support Your Gut Health**
Daily fermented foods (sauerkraut, kefir, kimchi) + fiber-rich foods = stronger gut lining = less inflammation.
- 05 Practice “Nervous System Hygiene”**
Chronic stress = chronic inflammation. Breathwork, meditation, grounding (barefoot outside) can massively lower inflammatory markers.
- 06 Stay Hydrated with Mineral Water**
Dehydration thickens your blood and increases inflammatory messengers. Sip filtered, mineral-rich water throughout the day.
- 07 Move Your Body Daily (Even If It’s Just a Walk)**
Movement promotes anti-inflammatory cytokines. It doesn’t have to be intense — just consistent.
- 08 Prioritize Sleep as Medicine**
Deep sleep is when your body produces anti-inflammatory compounds. Guard your sleep like it’s a supplement.
- 09 Use Gentle Anti-Inflammatory Spices**
Add turmeric, ginger, cinnamon, and rosemary into meals regularly for a natural inflammation reset.

Pro Tip: If you feel “puffy,” sluggish, and inflamed — but your doctor says your labs are “normal” — **hidden inflammation is often brewing below the surface.**

Lab markers like CRP can stay “normal” until the issue becomes more advanced.

If this pattern feels like a big one for you:

- Start with one anti-inflammatory meal a day + simple breathwork practice after work.
- Small, daily choices = big anti-inflammatory momentum over time.



Pattern 5

Chronic Low-Level Stress

The Slow Drain on Your Hormones You've Been Taught to Ignore

What it is

When most people think “stress,” they picture major events: losing a job, a breakup, a big life change.

But **chronic low-level stress** is a constant, subtle background noise that your nervous system never gets a break from.

- Rushing through your day
- Always being “on” for others
- Overthinking, perfectionism, subtle self-criticism
- Lack of true rest or play

Even if you feel like you’re “handling it,” your body experiences all stress the same way:

It elevates cortisol and adrenaline... and if prolonged, this steals from your sex hormones like progesterone, DHEA, testosterone, and even your thyroid output. This is called the “pregnenolone steal” in functional medicine — your body reroutes raw hormone material to survival, not thriving.

Red Flags That Circadian Disruption Might Be Affecting You

- Feeling “wired but tired” — exhausted but restless
- Clenching your jaw, tensing your shoulders, holding your breath without realizing it
- Digestive issues that flare when you’re busy or overwhelmed
- Hormone irregularities: PMS, low libido, missed periods, stubborn weight gain
- Midsection weight gain that won’t budge despite exercise
- Racing thoughts or waking up in the middle of the night with your mind spinning

10 Quick Action Steps to Break the Chronic Stress Loop

- 01 Create Micro-Restorative Moments Throughout Your Day**
2-5 minutes of breathwork, sunlight, stretching, or silence every few hours disrupts the stress spiral.
- 02 Practice Nervous System Resets (Especially After Stressful Moments)**
Box breathing, vagus nerve tapping, humming – all activate your parasympathetic (rest and digest) mode quickly.
- 03 Eat Enough (Undereating = a Stressor Too)**
Skipping meals or undereating tells your body it's in famine. Balanced, regular meals signal safety.
- 04 Prioritize Restorative Sleep Hygiene**
No screens 30-60 minutes before bed. Create a wind-down ritual that your body learns to associate with safety.
- 05 Reframe Your Inner Dialogue**
"I have to do this perfectly" becomes "I can do this with ease and grace."
Language matters more than you realize to your stress chemistry.
- 06 Add Gentle, Joyful Movement**
Replace punishing workouts with movement that feels good to you – walking, dancing, pilates, stretching.
- 07 Protect White Space on Your Calendar**
Schedule empty blocks of time. Give your brain (and hormones) breathing room to reset.
- 08 Limit Multi-Tasking**
Monotasking (doing one thing at a time) lowers cortisol levels compared to constantly splitting attention.
- 09 Deep Belly Laugh at Least Once a Day**
Laughter lowers cortisol, boosts endorphins, and literally shifts your biochemistry in minutes.
- 10 Set Energetic Boundaries (Not Just Physical Ones)**
Start noticing where your attention leaks to things that aren't yours to carry – and practice saying "no" or mentally stepping back.

Pro Tip: If you feel guilty "slowing down," **you've been conditioned to see survival mode** as normal. Healing your hormones requires making ease your new normal – not hustle.

If this pattern feels like a big one for you:

Start with two "pause-and-breathe" moments daily + protect one evening a week as sacred "nothing scheduled" time.

It feels small, but it radically rewires your hormonal stress response.



Pattern 6

Mineral Imbalances

The Missing Link Between Hormones, Energy, and Cravings

What it is

Minerals are the spark plugs of your body.

They regulate every major system involved in hormone health:

- Blood sugar regulation (magnesium, chromium, zinc)
- Thyroid hormone production (iodine, selenium, zinc)
- Stress response (sodium, potassium, magnesium)
- Estrogen detoxification (zinc, magnesium, sulfur compounds)

When you're deficient or imbalanced in minerals, it's like trying to run an electric system with frayed wires — the signals get crossed, shorted, or never make it to their destination.

And here's the kicker: Modern life actively depletes minerals through stress, processed foods, pollution, medications, poor soil quality, and even excessive water filtration.

Red Flags That Circadian Disruption Might Be Affecting You

- Cramping muscles (especially calves or feet)
- Sugar or salt cravings that feel uncontrollable
- Brittle nails, hair thinning, or dry skin
- Heart palpitations or skipped beats (especially at rest)
- Lightheadedness when standing up quickly
- Chronic fatigue or brain fog despite enough sleep

9 Quick Action Steps to Replenish and Rebalance Your Minerals

- 01 Add a Pinch of Sea Salt or Electrolytes to Your Morning Water**
Start the day replenishing sodium and trace minerals your adrenals rely on.
- 02 Prioritize Magnesium-Rich Foods**
Dark leafy greens, pumpkin seeds, almonds, avocado – magnesium is depleted rapidly under stress.
- 03 Try a Remineralizing Sea Salt or Sole Water**
A traditional remedy: soak real sea salt in water overnight and sip a small amount daily for deep mineral replenishment.
- 04 Eat Foods Naturally High in Potassium**
Sweet potatoes, bananas, coconut water, spinach, and beets – potassium balances sodium and supports adrenal function.
- 05 Include Zinc-Rich Foods Several Times a Week**
Oysters, pumpkin seeds, beef, and lentils – zinc is crucial for immune and hormonal function.
- 06 Minimize Processed Foods and Sugary Drinks**
They strip minerals instead of nourishing you.
- 07 Consider a Quality Magnesium Supplement (If Appropriate)**
Forms like magnesium glycinate or magnesium malate are typically better tolerated than oxide forms.
- 08 Sip Bone Broth Regularly**
Bone broth is rich in bioavailable minerals like calcium, phosphorus, magnesium, and potassium.
- 09 Avoid Overhydration Without Minerals**
Chugging tons of plain water can actually dilute your electrolytes and worsen mineral imbalance. Balance is key.

Pro Tip: If you're waking up between 1-3 AM, cramping at night, or feeling exhausted despite "doing everything right," think minerals first.

They are the unglamorous but essential foundation most hormone protocols miss.

If this pattern feels like a big one for you:

- Start with morning mineralized water + 1 magnesium-rich meal daily.
- Most people feel a difference in energy, cravings, and sleep quality within 7-10 days.



Pattern 7

Gut Dysbiosis

The Missing Link Between Hormones, Energy, and Cravings

What it is

Your gut isn't just about digestion – it's one of the command centers for your entire hormonal system. Inside your gut lives a massive ecosystem of bacteria, fungi, and other microbes (called the **microbiome**) that:

- Regulate estrogen detoxification
- Help manufacture neurotransmitters like serotonin and dopamine
- Influence your immune system and inflammation levels
- Impact thyroid hormone conversion
- Control how much of the nutrients you absorb from food

When your gut is out of balance (too much harmful bacteria, not enough beneficial strains), it creates a domino effect:

- Poor clearance of estrogen → hormonal excess symptoms (PMS, weight gain, mood swings)
- Increased inflammation → hormone receptor resistance
- Weakened gut lining → more stress signals to the brain and adrenal glands

In short:

You cannot fully heal your hormones without addressing the gut.

Red Flags That Circadian Disruption Might Be Affecting You

- Frequent bloating, gas, or abdominal discomfort
- Constipation, diarrhea, or alternating between the two
- Acne, rashes, or skin sensitivity
- New food intolerances (even to "healthy" foods)
- Brain fog, mood swings, or feeling "disconnected" from your body
- Frequent infections or slower healing time

10 Quick Action Steps to Start Healing Your Gut

- 01 Eat a Small Serving of Fermented Foods Daily**
Sauerkraut, kimchi, kefir, yogurt, pickled vegetables — these replenish beneficial bacteria.
- 02 Add Prebiotic Foods to Feed Good Bacteria**
Garlic, onions, asparagus, bananas, and oats help your healthy microbes thrive.
- 03 Focus on Fiber Variety (“Eat the Rainbow”)**
Different bacteria feed on different fibers — diversity builds resilience.
- 04 Stay Hydrated (But Don’t Chug Water During Meals)**
Moderate hydration between meals supports digestion without diluting stomach acid.
- 05 Minimize Processed Sugar and Refined Carbs**
Pathogenic bacteria and yeast feed on sugar — starving them reduces overgrowth.
- 06 Chew Your Food Thoroughly**
Mechanical digestion starts in the mouth — better chewing = less bloating downstream.
- 07 Address Constipation First (If Present)**
Bowel movements are one of the primary ways your body clears old hormones. No pooping = recirculated toxins.
- 08 Support Stomach Acid Production**
Try a few drops of apple cider vinegar in water before meals or eat a few bites of bitter greens.
- 09 Reduce Antibiotic and NSAID Use Whenever Possible**
Both wipe out beneficial bacteria along with the bad. Use only when truly necessary and re-seed afterward.
- 10 Incorporate Gentle Gut-Healing Foods**
Bone broth, aloe vera juice (in moderation), and collagen-rich foods help repair gut lining.

Pro Tip: If your gut is off, you’ll often feel **it outside of digestion first** — with mood shifts, skin issues, energy crashes, and inflammation long before your stomach “hurts.”

If this pattern feels like a big one for you:

Focus on one fermented food + one prebiotic food daily for two weeks.

Consistency (not perfection) is what creates real shifts in your gut ecosystem — and your hormones will follow.



Your Disruptor Recovery Map

How to Turn Small Shifts Into Big Results

You don't need to fix everything at once to feel better.

In fact, trying to "do it all" overnight is one of the fastest ways to overwhelm your body and stall progress. Healing – real, sustainable healing – happens through small, intentional shifts stacked over time.

Think of it like resetting the foundation of a house:

- First, you find the cracks.
- Then, you repair one at a time.
- Slowly, the whole structure becomes strong, stable, and supportive again.

Here's your simple roadmap:

Spot

Use your self-assessment to identify which disruptor (or two) feels most active for you right now.

- Which pattern had the most "yes" answers?
- Which description made you say, "Oh wow, that's me"?

Correct

Choose ONE disruptor to focus on first.

Pick 2-3 action steps from that pattern's list that feel realistic for your current life. (Not the ones you "should" do – the ones you can and will do consistently.)

Commit to practicing those shifts daily for the next 2-3 weeks.

Reassess

After a few weeks, reflect:

- What's improving? (Energy? Sleep? Mood? Cravings?)
- What still feels stuck?
- Are you ready to deepen your focus on this pattern or shift to the next one?

Healing is not a straight line – it's a feedback loop.

Your body is always giving you clues.

Remember: Every small correction ripples outward.

- Better blood sugar = less inflammation.
- Calmer circadian rhythm = stronger adrenal function.
- Healthier gut = clearer skin, more energy, steadier moods.

They all interconnect – meaning you don't have to "fix" everything separately. One win creates another.



*Your Next Step:
Personalized Healing*

Your Next Step: Personalized Healing

You've just taken a massive step toward understanding what's really going on inside your body.

Now you know: your energy dips, mood swings, stubborn weight, and restless nights aren't random — they're biological signals.

And now, you have the map to start answering them.

But here's the truth:

Healing is never one-size-fits-all.

This audit gave you a powerful starting point.

If you want to go deeper — if you want to stop piecing it together alone, and start following a personalized, targeted strategy designed for your body — I'm here to guide you.

What Working Together Looks Like

When we work together, you'll receive:

- A deep dive into your unique health patterns (not just symptoms, but root causes)
- Customized protocols based on functional medicine principles — designed around your life, not someone else's idea of "perfect"
- Step-by-step support to rebuild your metabolism, hormones, and energy systems from the inside out
- A clear plan you can actually follow — no gimmicks, no guesswork

Because your healing deserves to feel clear, supported, and possible — not like another DIY project that leaves you second-guessing yourself.

Imagine This...

- Waking up with real energy — not dragging yourself out of bed
- Watching your cravings fade as your body starts to trust you again
- Feeling your mood stabilize, your sleep deepen, and your metabolism work for you — not against you
- Knowing exactly what your body needs (and when) — without overwhelm

That's what's possible when you stop guessing and start working in partnership with your biology.

Ready to Get Personalized Support?

[RACHELLISLEWELLNESS.COM](https://racheliswellness.com)

We'll talk about:

- Your current symptoms and health goals
- Which disruptors are playing the biggest role for you
- The best next steps to start moving toward real, sustainable healing

There's no pressure — just clarity, connection, and the chance to feel truly seen.

Your body is already trying to heal.

Let's help it get there — faster, easier, and with way more joy.

Every day you wait, your body keeps doing the best it can with what it's given.

Imagine what's possible when you finally give it exactly what it needs.

Rachel Lisle

contact@racheliswellness.com

[racheliswellness](https://www.racheliswellness.com)

www.racheliswellness.com

