

## HTMA Takeaways + Phase 1 Actionables

*\*Please see disclaimer located at the end of this document*

### Overall Takeaways→

- Longer-term stress picture, concerns for moving towards burnout with adrenals
- Cellular hypothyroidism/sluggish metabolism and energy production (very high Ca/K ratio, very low Na/K ratio, very low K, high end Ca (makes cells less responsive to thyroid hormone), hints of iodine need (needed for thyroid hormone production)
- Opportunity to work on optimizing foundational minerals, and most importantly working on stress and cues of safety on a regular basis to nourish your nervous system
  - Stress burns through minerals!
- Working on these foundations, which we have discussed during our work together, will only further set you up for embryo transfer and support in pregnancy and beyond (we lose 10% of mineral stores with each pregnancy)
- I like to think of these lifestyle and nourishment recommendations as tools to support your body's **innate healing mechanisms**. Oftentimes, we see these adaptations occur as a result of the body responding *exactly* as she should to long-term stress. It can be frustrating, and the symptoms that can occur even more frustrating, but when you reframe to realize your body is always working **for** you it can really change the game and how you choose to approach your health and vitality. Your body is so wise and knows exactly what to do— she just needs a little support!

### Actionables (1-4 mos Focus on Foundations)→

*Focus on nutrition and lifestyle first. Supplements are significantly more effective if your food and lifestyle are in a good place beforehand! The way you live day to day **matters**. Focus on nutrition and minerals will absolutely support mineral status, but it will be difficult to see changes if you are constantly living in a state of fight/flight/freeze (sympathetic and parasympathetic nervous systems under threat), mismanaged stress. This is often the most challenging area to address, but provides the most significant results. Only **you** have the power to change this.*

### FOOD RECOMMENDATIONS:

- **Replete low potassium levels**— consume ~4,000 mg of potassium daily
  - Coconut water— 600 mg in 1 cup
  - [Rayvi](#) hydration mix— 958 mg in 1.5 Tbsp
  - [Jigsaw adrenal cocktail](#)— 380 mg, includes vit C and sodium
  - Orange juice— 500 mg in 1 cup
  - Aloe vera juice— ¼ cup is approximately 225 mg
  - Melon, grapefruit, kiwi, passion fruit
  - Banana— 700-900 mg depending on size
  - Potatoes (white with skin)— medium/large 800-1200 mg
  - Cream of tartar— 500 mg in 1 tsp
  - Avocado— 700-900 mg in 1 whole
  - Dairy— 250-450 mg in 1 cup
- **Replete low sodium levels**— liberally salt food to taste with high quality salt and incorporate with hydration

- Add a pinch or ~1/8 tsp of salt to water– start slow. Continue this for 3-4 weeks, and if no symptoms begin to incorporate electrolyte/adrenal cocktails daily (supporting potassium alongside sodium is important)
- [Redmond Salt](#) or [Celtic Salt](#)
- **Prioritize calcium rich foods/ensure meeting calcium needs (~1,000 mg/day)**
  - Casein protein powder– 1 serving=595 mg
    - Great to increase calcium and protein
    - Digests slowly, making it a good evening/bedtime snack
  - Sardines– 3.75 oz can=351 mg
  - Cooked collard greens– 1 cup=327 mg
  - Salmon– 6 oz=340 mg
  - Milk– 1 cup=300 mg
  - Greek yogurt– 1 cup=245 mg
  - Cheese– 1 oz=200 mg
  - Cottage cheese– 1 cup=140 mg
  - White beans cooked– 1 cup=161 mg
  - Kale cooked– 1 cup=179 mg
  - Eggs (3)– 150 mg
  - Eggshell powder (homemade)– 1/2 tsp=500 mg
- **Prioritize vitamin C rich foods**– very important for supporting your adrenal health
  - Kiwi
  - Citrus
  - Bell peppers
  - Strawberries
  - Acerola cherry
  - Camu camu
  - Rose hips
  - Extra whole food vit C support with [Jigsaw adrenal cocktail](#)
- **Prioritize including zinc-rich foods**– consume ~2-3x/week. These are also rich in copper, supporting healthy zinc/copper balance
  - Oysters
  - Grass fed liver
  - Grass fed meats
  - Animal proteins
  - Sardines
  - Hemp and pumpkin seeds (phytates in plant foods can inhibit zinc absorption– soaking, sprouting, and fermenting helps make it more bioavailable)
- **Incorporate selenium support**– 2-3 Brazil nuts/day
- **Consider removing coffee/caffeine for now**
  - Caffeine can place extra stress on the adrenals, impact blood sugar regulation, contribute to sodium and potassium loss (less room for hydrating beverages and leads to increased urination/mineral loss)
- **Three dense meals per day, snacks between meals, digestion basics**–
  - Consume protein and non-starchy vegetables first, followed by carbs (improve blood sugar response)
  - A few deep breaths before meals, chew food thoroughly, try to drink beverages outside of direct eating time, minimize distractions

- You may consider apple cider vinegar in water prior to meals to optimize digestion/absorption

### **LIFESTYLE RECOMMENDATIONS:**

- Assess stress + incorporate nervous system support into your daily routine
  - Review orienting practices, pattern interrupts, breathwork, “voo” breath
  - Movement, hip openers, walking
  - Time in nature
- Sleep hygiene - Circadian rhythm support
  - Morning sunlight
  - Prioritize wind-down routine at night. Set limits on phone, red light on phone screen if needed, amber blue light blocking glasses before sunrise and after sunset: [affordable glasses](#)
- Journal prompts→ Full day/week reflection:
  - *Reflecting on the moment from when I wake up, to when I got to bed, what does my typical day look like? Am I feeling rushed? Is there a constant state of urgency? Am I packing my to-do list beyond my capacity? Am I always **do-ing**? Am I making space for **be-ing**?*
  - *After reflecting on a standard day, where may you be able to work in some small spaces for stillness and/or cues of safety? For example: 1 minute outdoors between meetings, waking up 5-min early to reduce morning urgency, eating meals while sitting down at the table with Zander (and at work) and prioritizing the time to nourish yourself.*

### **SUPPLEMENTS:**

- [Magnesium Oil Spray](#) at night before bed on arms, legs, and belly. Can also consider a magnesium/epsom salt bath or foot soak 2-3x/week for a calming pre-bedtime routine
  - Oil– 6 sprays=100 mg (no >200 mg for now)
- Consider adrenal powders from above
- Salt as listed above

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