



The Wells Metabolic and Hormone Reset *Morning Routine*

Start every morning with increased energy, lose stubborn weight, balance your hormones, and jumpstart your metabolism in the next 3-5 days.



WELCOME *Friend*

If your current morning routine consists of rushing around in a flustered frenzy, then **it's time to start doing things a bit differently.**

Our morning routine is designed to be a series of game-changing little rituals that even the busiest person can start doing. These are **simple, thoughtful, life-giving practices** that can be done from anywhere!

The best part is that by practicing this morning routine as often as you can, you are shifting the tone of your day from stressed out and hurried to calm, centered, and focused.

Remember, the goal is progress not perfection! Meet yourself where you are and most importantly, have fun :)

All growth takes place when done consistently and intentionally. **Do not let the simplicity of this devalue the power of its application over time.**

I've found that this process works best when you **find an accountability partner to do it with you.** This could be your friend or significant other who is on a path towards better mind, body, and spirit.

I trust it inspires you to live each day more intentionally!

*Love,
Lindsey*

How You Can Start Every Morning To Increase Energy, Lose Stubborn Weight, Balance Your Hormones, and Jumpstart Your Metabolism in the Next 3-5 Days!

I'm so glad you're here! These are some of the things that I do every morning to set the tone for my day.

Choose 2-3 things that you think might work for you and your morning. Then layer in more as new routines are established.

7 Simple & Powerful Morning Rituals

- 1. Enjoy the Morning Sunlight**
- 2. Drink 16-20 ounces of Water First Thing in the Morning**
- 3. Practice Daily Gratitude**
- 4. Practice Joyful Movement in the Morning**
- 5. Practice Intermittent Fasting**
- 6. Sip Adaptogenic Coffee, Green Tea, or Red Tea**
- 7. Practice Breathwork and Meditation**

Enjoy the Morning Sunrise light

Keep your face to the sun and you will never see the shadows.
-Helen Keller

Exposure to outdoor morning sunrise on naked eyes signals to your brain + body to release your inner pharmacy. Natural outdoor morning light exposure is key to setting your body's natural circadian rhythm for hormone production, metabolism, mood and is anti-inflammatory!

Benefits of Sunlight and Simple Tips:

- Studies now show that fat cells can sense sunlight and not getting enough increases metabolic syndrome risk. Sunlight is required for normal metabolism. (1)
- Getting sunlight exposure also helps reset your sleep/wake cycle so that you get a deeper and better quality sleep which will also increase metabolism. Try to get sunlight upon rising, midday, and evening. Bonus points for watching the sunrise and sunset!
- Sunlight provides you with your daily dose of Vitamin D. A recent study showed that "low serum vitamin D has been found to be associated with various types of metabolic illness such as obesity, diabetes mellitus, insulin resistance, cardiovascular diseases including hypertension." (2)
- A wonderful way to expose yourself to morning sunrise light is to go outside for a walk in nature every morning you are able to. If you aren't able to do this, try to sit outside and do some deep breathing exercises in the morning while you look up to the sky. If it's not possible for you to get outside at all, you can sit by a window in the morning and enjoy some tea while planning for your day. On dark, cloudy days consider using a HappyLight, which mimics sunlight to enhance mood, energy, sleep, & focus.
- Avoid artificial light from all sources and screens after the sun goes down.
- If you must be on a screen after sunset, recommend investing in a pair of red-lens blue blocker glasses. Recommend this brand: www.vivarays.com. Use code "wells" at checkout for discount.
- Try to keep overhead lighting at a minimum once the sun sets. Be sure to turn off overhead lights after dinner time and enjoy the natural beauty of salt rock lamps or the soft glow of beeswax candles. This will help ensure your body's rejuvenation hormone production - melatonin

Drink 16-20 ounces of Water First Thing in the Morning

With every drop of water you drink, every breath you take, you're connected to the sea.
No matter where on earth you live.
-Sylvia Earle

Your daily hydration ritual should start with a large glass of filtered or mineral water upon waking in order to immediately hydrate your body and allow for better energy, detox, and digestion throughout the day!

Benefits of Morning Hydration and Simple Tips:

- After spending a few minutes in the sun, drinking 16-20 ounces of water can really help to kickstart your metabolism!
- Studies have shown that drinking 17 ounces (0.5 liters) of water increases resting metabolism by 10–30% for about an hour (3)
- Drinking water also induces thermogenesis which augments your daily energy expenditure.
- Squeeze some lemon, add a pinch of Celtic sea salt for added health benefits!
- Aim to drink [filtered or natural spring water.
- If you struggle to drink enough water in the morning and throughout the day, consider downloading an app to help you keep track of how much you're drinking.

Practice Daily Gratitude

We should have an attitude of gratitude and always be asking ourselves how we can pay it forward.

-Sachin Patel

Intentionally practicing gratitude can seem simple and basic, but the positive results that you will get from doing this are immeasurable!

Benefits of Practicing Gratitude & Simple Tips:

- Notice and appreciate the beauty of nature while you are soaking up the morning sunlight.
- Write down 3 things that you're grateful for. I love using the 5-Minute Journal (you can always use your favorite journal).
- Practicing gratitude has been shown to lower cortisol. When we lower cortisol the body is more likely to heal and repair and have balanced hormones.
- Practicing gratitude also increases neurotransmitters like serotonin (feel happy/good mood) and dopamine (motivation and pleasure) and increases activity in the part of the brain called the hypothalamus. The hypothalamus regulates our food intake, metabolism, and stress levels.
- Those who practice gratitude have been shown to have better metabolism! (5)(6)

Practice Joyful Movement

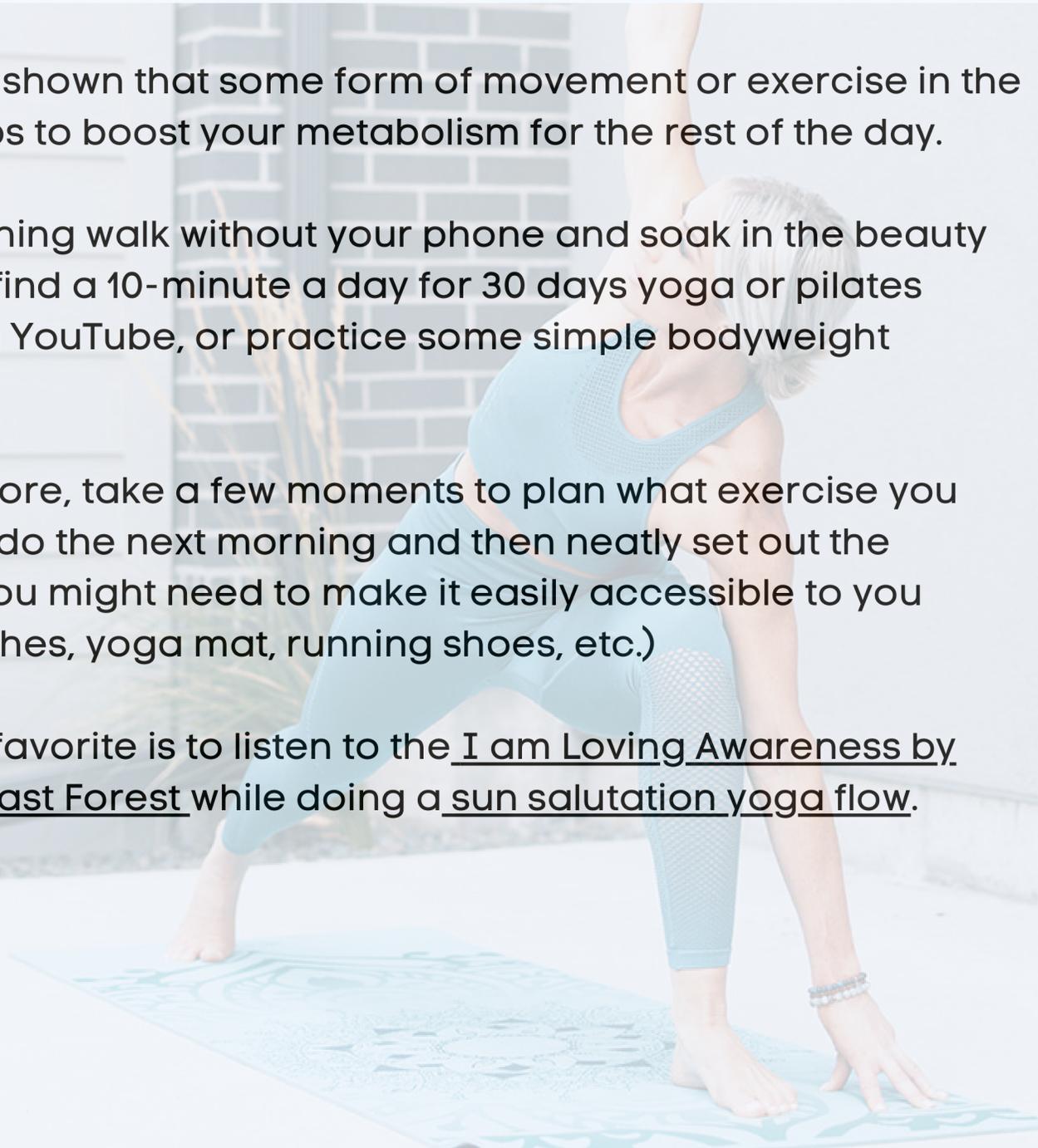
Exercise not only tones the muscles, but also refines the brain and revives the soul.

-Michael Treanor

What types of physical activities did you enjoy doing as a child? Get in touch with your inner child and have fun moving your body again! Exercise doesn't have to be some drudgery task, it should be something fun you look forward to.

Benefits of Practicing Joyful Movement

- Studies have shown that some form of movement or exercise in the morning helps to boost your metabolism for the rest of the day.
- Go for a morning walk without your phone and soak in the beauty around you, find a 10-minute a day for 30 days yoga or pilates challenge on YouTube, or practice some simple bodyweight exercises.
- The night before, take a few moments to plan what exercise you are going to do the next morning and then neatly set out the equipment you might need to make it easily accessible to you (workout clothes, yoga mat, running shoes, etc.)
- My personal favorite is to listen to the I am Loving Awareness by Ram Dass + East Forest while doing a sun salutation yoga flow.



Practice Intermittent Fasting

Fasting is the greatest remedy- the physician within.

-Paracelsus

Instead of viewing fasting as restrictive, we should start looking at it as a mentally and physically freeing practice! Instead of mindlessly grazing, you can use this time to read, spend time out in nature with your family, plan your day, go for a walk, journal, take a bath or cold shower, etc.

Benefits of Intermittent Fasting & Simple Tips:

- Contrary to popular belief, skipping breakfast and narrowing your eating window has been shown to increase metabolism by balancing out fat burning hormones. (7)(8)
- Fasting decreases insulin levels (increased insulin levels signal your body to store fat) and therefore helps with weight loss.
- Try fasting for 13-16 hours. An example schedule: eat between the hours of 9am-5pm and fast between 5pm-9am. Find something that works well for your life and stick with it as best you can.
- Eat your last meal 2-3 hours before bed so your body and brain can focus on recovery and repair instead of digestion.
- You can download an app called [Zero - Fasting Tracker](#) to help you track your fasting.
- Check with your doctor to see if fasting is appropriate for you. Most people can tolerate a 13 hour window. Start slow and work your way up to 13-16 hours!

Sip Adaptogenic Coffee, Green Tea or Red Tea

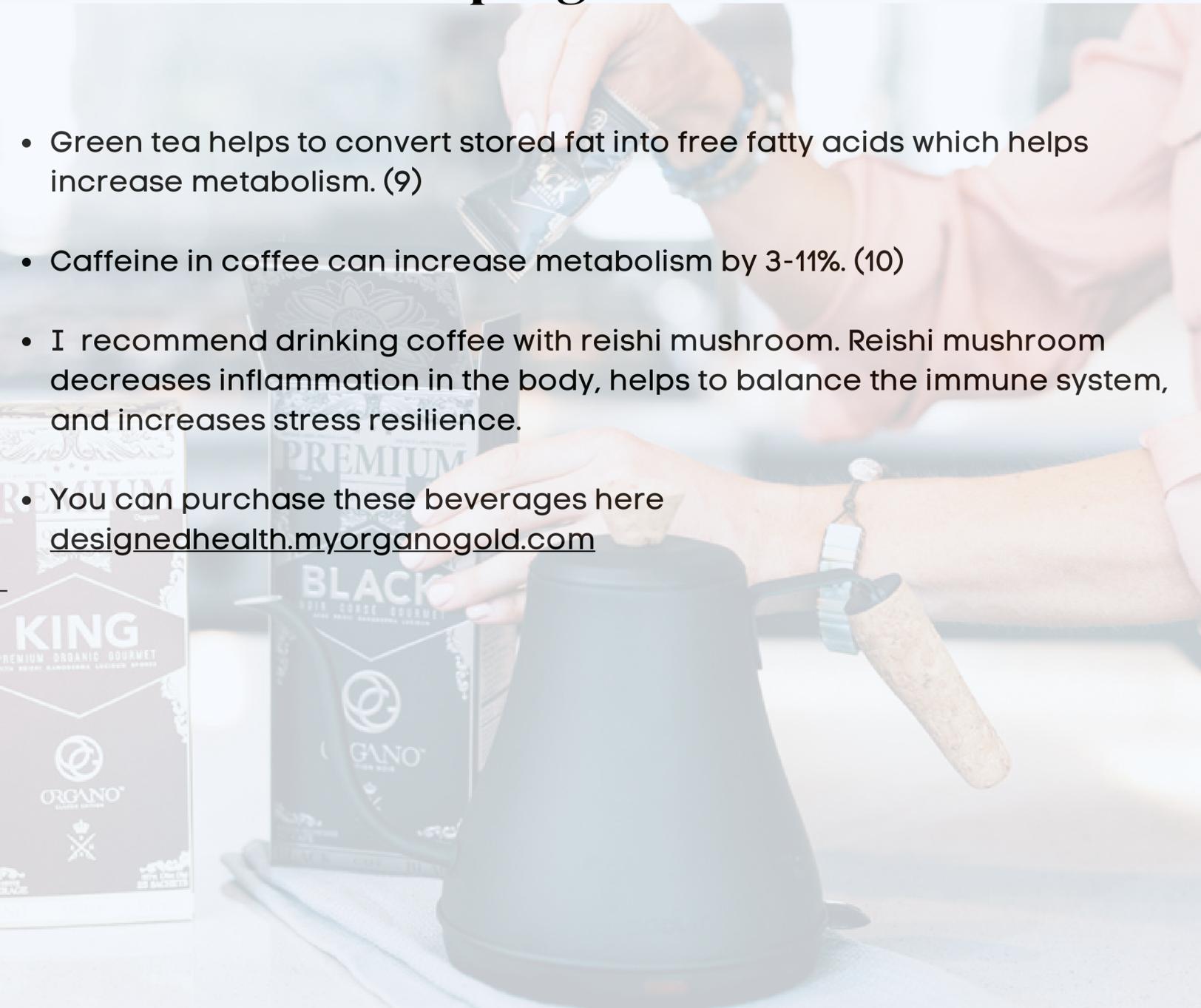
Enjoy simple things with total intensity. Just a cup of tea can be a deep meditation.

- Bhagwan Shree Rajneesh

Knowing that a warm, soothing, and revitalizing beverage awaits you in the morning can help you more easily get out of bed and start your day!

Benefits of Adaptogenic Coffee and Teas

- Green tea helps to convert stored fat into free fatty acids which helps increase metabolism. (9)
- Caffeine in coffee can increase metabolism by 3-11%. (10)
- I recommend drinking coffee with reishi mushroom. Reishi mushroom decreases inflammation in the body, helps to balance the immune system, and increases stress resilience.
- You can purchase these beverages here designedhealth.myorganogold.com



Practice Breathwork and Meditation

Breathing in. I calm my body. Breathing out. I smile. Dwelling in the present moment.

The only moment.

-Thich Nhat Hanh

Intentional breathwork and meditation is a powerful way to set a positive, joyful, peaceful, and focused tone to your whole day. You will start to notice calming instantaneously and be able to go through your day in a centered way instead of a flustered, stressed out frenzy.

Benefits of Breathwork and Meditation & Simple Tips:

- For every 10 lbs of weight loss, 8 lbs is lost through the lungs!
- Proper breathing is so important when it comes to weight, energy, metabolism and hormonal health.
- Breathe through your nose, not your mouth. When you breathe through our mouth you activate the sympathetic (fight or flight) nervous system. When you breathe through your nose, you activate your parasympathetic nervous system (rest and digest).
- When you activate your sympathetic nervous system, it will trigger your adrenal glands to release cortisol. Chronic cortisol output can result in weight gain around the abdomen. All healing occurs in the parasympathetic state so you want to make sure we are breathing properly!
- You want to focus on deep, long breaths versus short, shallow breaths.
- The ideal breath is 6 seconds on the inhale and 6 seconds on the exhale
- I recommend reading the book called, Breath: The New Science of a Lost Art by James Nestor.
- Advanced tip: apply a small amount of tape on your mouth at bedtime to ensure you breathe through your nose while you sleep. This will result in deeper and more restful sleep with less nighttime awakenings. Somnifix tape or 3M micropore paper tape.

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