



All Day Energy Formula:  
*Double Your Energy In 7 Days*

[www.vesnahrsto.com](http://www.vesnahrsto.com)

# WELCOME

What stops you from getting into the **best shape of your life** and feeling like a **'boss'** as you go through your busy day?

How many **opportunities** have you avoided because of the way you look and feel?

How has a **lack of confidence, health, energy and vitality** impacted your career and your relationships?

How much has **all of that "cost" you** and how much longer are you willing to live this way?

Now imagine how much better life will be personally and professionally when your body, health and confidence are at their peak?



# Hi, I'm Vesna

It was over 10 years ago I was sitting with a hormone specialist as she reviewed my blood tests and told me my hormone levels were that of women more than double my age.

My '**youth**' **hormone** was that of a 55+ year old woman and I was 25.

I was tired, rundown, anxious and had gained about 10 kg virtually overnight.

I'd like to say as a Naturopath that I was able to overcome this super fast with all the right remedies. And I **really tried...everything**.

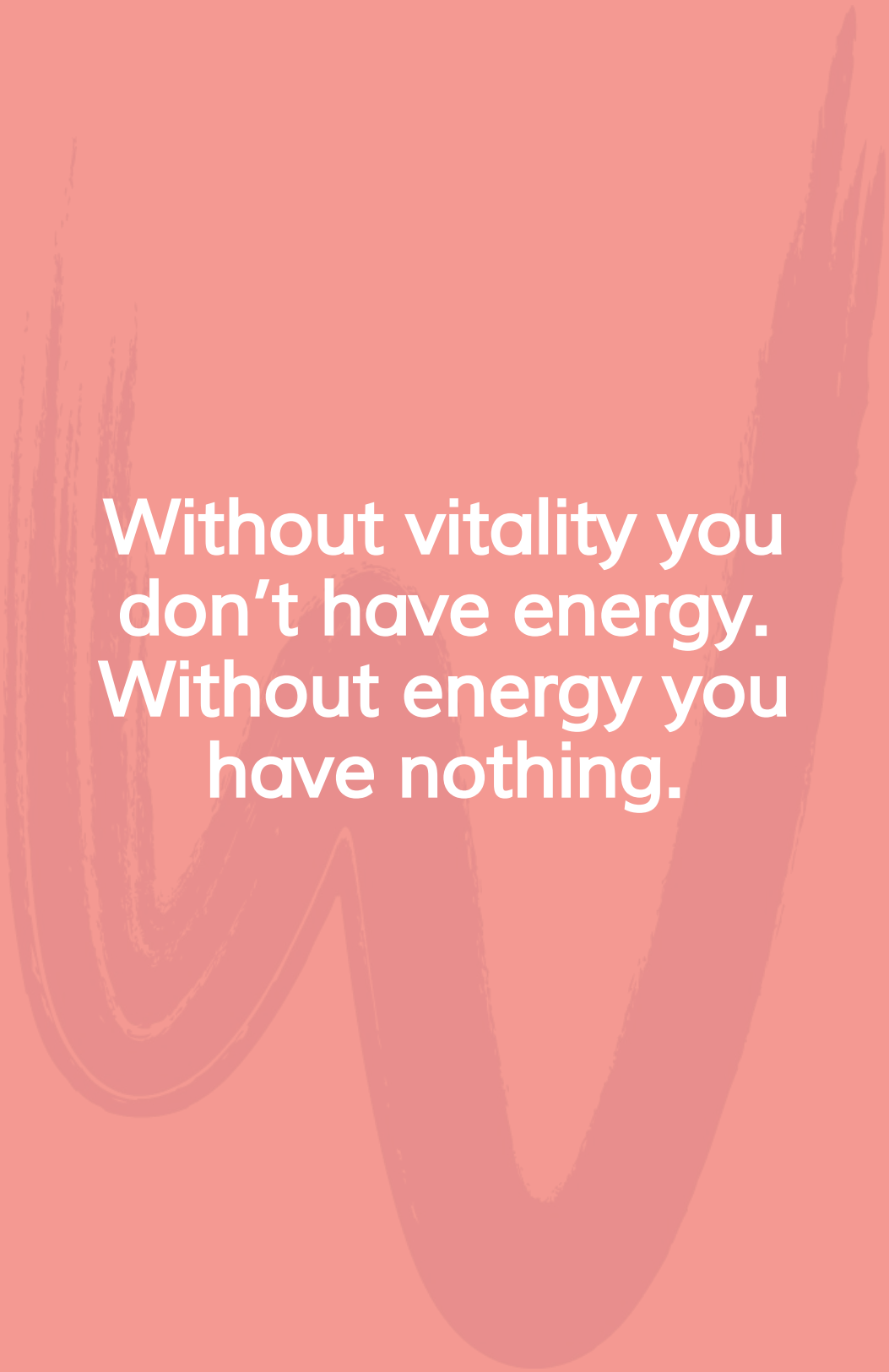
But I felt like this for 5 years, and it wasn't until I **identified the root cause** that I **healed faster** than I believed possible.

My **weight melted off**, I woke up with **energy and excited about exercising**, felt calm and **balanced** even though life was busy and got my **mojo back**!

I want to show you what I learnt (the hard way) so that you don't have to waste time **trialling and testing** or spend years, even decades, missing out on things you want most in life.

*Vesna xx*





**Without vitality you  
don't have energy.  
Without energy you  
have nothing.**



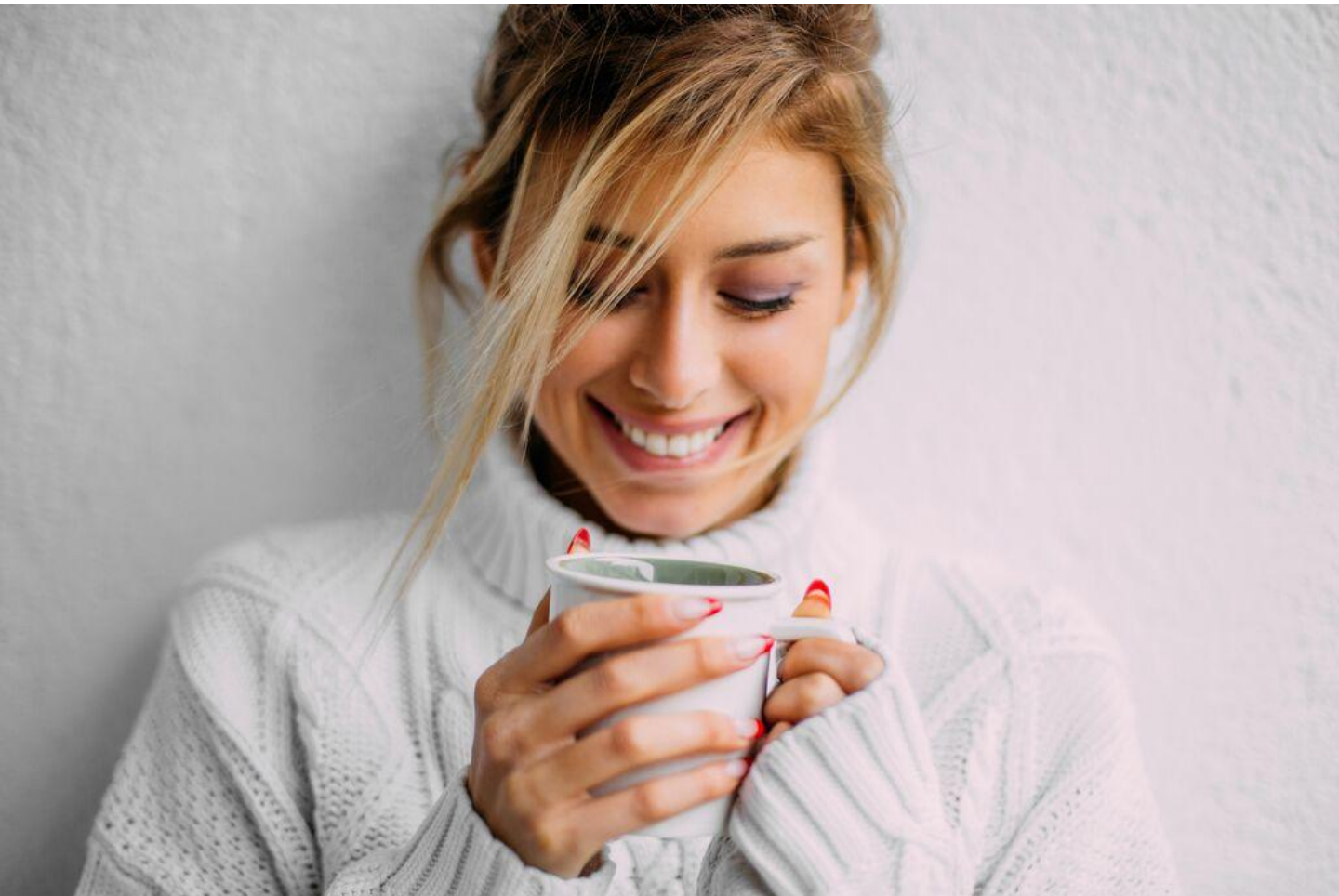
# Fatigue

## The Driven Woman's Enemy!

Right now many working women are experiencing major problems with constant tiredness, feeling over-stressed and gaining weight.

According to one study in *Aust Fam Physician*, **1 in 5 people complain of tiredness or fatigue to their GP** and  **$\frac{2}{3}$  of those are women in their mid-forties.**

This is due to a multitude of factors....





# Factors

Firstly, you'll understand exactly how and why **you're so tired** and why you may be **relying on sugar, salty foods or caffeine** to give you the energy you need to get through the day.

You'll understand why you have suddenly **gained a few kilos (or more)**, why you seem to be getting **sick more often**, and why you've grown *more impatient*.

You'll learn why it feels like you have '**brain fog**', with normal tasks taking longer to get done.

You'll understand why you've **lost your sex drive**, why **PMS** symptoms are getting worse, and why everyday tasks seem to require more effort than before.

Plus, learn why your ability to **handle stress seems to be decreasing** and why it's harder to be **productive** and stay on task.

You'll understand how and why you've **lost your mojo!**

**“Each year 1.5 million people see their GP for  
Fatigue”**



# Factors

**Secondly**, you'll understand why you've gone to the Doctor for one or more issues and they didn't diagnose anything and sent you on your way without a plan or solution.

**Thirdly**, why you've maybe done all the 'right things' and cut out sugar, taken A-grade supplements and rested more but results are short lived or don't make any difference at all.

Ultimately all these symptoms take a toll, and you might find yourself feeling **distant from your partner**, not having a true **relationship with your kids** and your **business or career** is feeling the effects of your inability to **make the impact** you really want.

**“Time and health are two precious assets that we don't recognize and appreciate until they have been depleted.”**

**~Denis Waitley**



# Fatigue

## The Driven Woman's Enemy!

So what's the problem?

It's called Adrenal Fatigue Syndrome and if there's one group that seems to be afflicted the most, it's the **high achieving, driven and ambitious busy women and working mums**.

Why is it common in working women, particularly mums?

Because you are entirely **too capable!**

You can **juggle** work, family, relationships and other commitments, tasks and errands! You can get things done and get them done well.

**You do in a day** what it would take about **5 people** to do in a week.

But, it's not without a price.

Your body is letting you know this **pace and lifestyle is unacceptable** but you forge ahead anyway. As you notice certain symptoms and try to ignore them, here's a look at what's happening inside...

Because of the level of stress you have (which you may not even realise because you're so used to this going at this pace), your **adrenals become tired**, exhausted and eventually burnout...just like you!





# Fatigue

## The Driven Woman's Enemy!

**Cortisol**, the stress hormone, continuously rages through your system, raising blood sugar levels and leads to insulin resistance and **weight gain**.

It suppresses thyroid function **slowing down your metabolism**, reducing calm and happy hormones making you stressed, anxious and moody. Cortisol lowers youth hormones so you **age rapidly and look older** and feel it.

It also causes poor sleep, high cholesterol levels, low immunity making you more susceptible to illness, and high inflammation - the **root cause of just about every illness, condition or disease** you can think of.

It's the **new modern day epidemic** in women, but our approach to it is **all wrong**.

And like most things, there is **good news and bad news**.



# Fatigue

## The Driven Woman's Enemy!

I'll get the bad news out of the way first.

Keep this up and you're headed for chronic **diseases** like diabetes, heart disease and more, while **speeding up the ageing process**, losing your **vitality**, enjoyment and **quality of life**.

Phew! Ok the good news...

It's entirely **preventable, correctable and curable!**

Even with everything going on for you right now, it's possible to have high energy, wake up feeling truly happy and get your sexy body back!

No matter how stuck you feel, you can double your energy in the next 7 days using the little known but effective strategies i'll be showing you in this book.

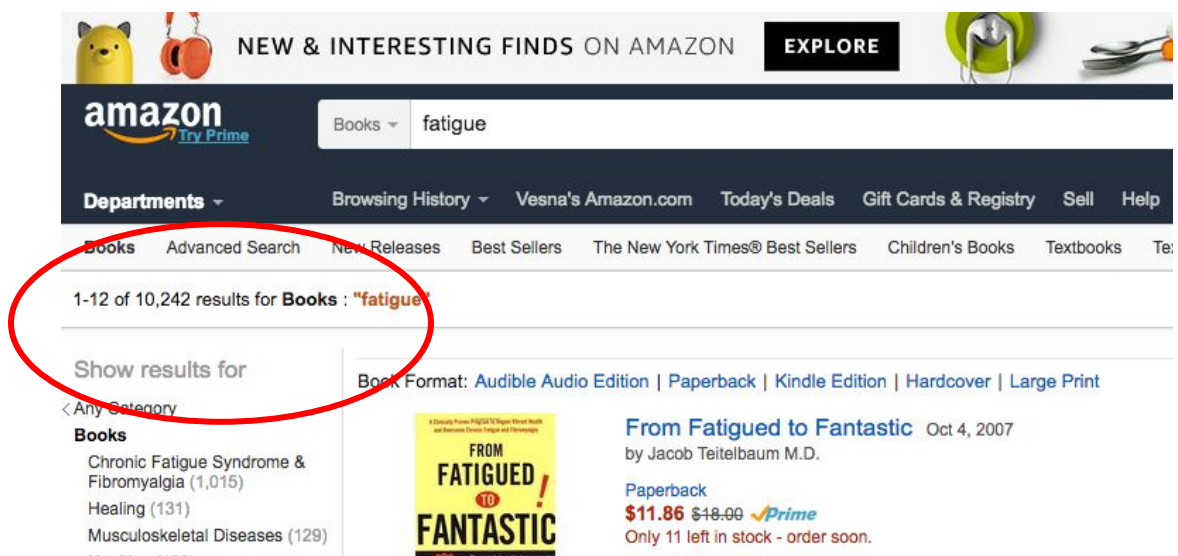
That's exactly what happened to Claire Moyles when she had **more energy than she had in a decade**, even with a 2/12 week old newborn and working almost full-time in her business.

# Fatigue

## The Driven Woman's Enemy!

" I was able to return to work 2 ½ weeks after giving birth to an extremely busy period for a couple of months. 3 months later I am able to back off work, enjoy my children, feel more energy than I have in close to a decade and I'm almost at my pre-pregnancy weight! I feel confident that I will have the energy to play with my boys in the years to come and not have that overwhelming feeling again!"

And Claire isn't the only one feeling this. Did you know that **Amazon** has over **10,000** books for fatigue ....



The screenshot shows the Amazon website interface. At the top, there's a banner for 'NEW & INTERESTING FINDS ON AMAZON' with an 'EXPLORE' button. Below this is the Amazon logo and a search bar containing the word 'fatigue'. The navigation bar includes links for Departments, Browsing History, Vesna's Amazon.com, Today's Deals, Gift Cards & Registry, Sell, and Help. The search results section shows '1-12 of 10,242 results for Books : "fatigue"'. A red circle highlights the 'Books' category in the search results. Below the search results, there's a section for 'Show results for' with a dropdown menu set to 'Any Category'. Underneath, there's a list of books with categories like 'Chronic Fatigue Syndrome & Fibromyalgia (1,015)', 'Healing (131)', and 'Musculoskeletal Diseases (129)'. The first book shown is 'From Fatigued to Fantastic' by Jacob Teitelbaum M.D., published Oct 4, 2007. It is available in Paperback for \$11.86 (originally \$48.00) with Prime delivery. The book cover is yellow with the title 'FROM FATIGUED TO FANTASTIC' in bold black letters.

NEW & INTERESTING FINDS ON AMAZON EXPLORE

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Books fatigue

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1-12 of 10,242 results for Books : "fatigue"

Show results for

< Any Category

Books

- Chronic Fatigue Syndrome & Fibromyalgia (1,015)
- Healing (131)
- Musculoskeletal Diseases (129)

Book Format: Audible Audio Edition | Paperback | Kindle Edition | Hardcover | Large Print

**FROM FATIGUED TO FANTASTIC** Oct 4, 2007  
by Jacob Teitelbaum M.D.

Paperback  
**\$11.86** \$48.00 Prime  
Only 11 left in stock - order soon.



# Vitality

## The Driven Woman Needs Energy!


It's not hard to imagine, but adrenal fatigue affects around 80% of people in the world, according to Dr James Wilson (author of 'Adrenal Fatigue: The 21st Century Stress Syndrome').

Imagine you woke up tomorrow morning with the **energy** you had in your twenties.

Imagine you **enjoy getting dressed** into clothes that haven't fit you in years.

Imagine being your **physical, mental and emotional best** by taking your health to the next level.

Here are **5 ways to start feeling like that immediately....**



"I believe that the  
greatest gift you can  
give your family and the  
world is a healthy you"

~ *Joyce Meyer*





Food, Mood & Energy

# Food, Mood & Energy

Changing your hormones via your fork

This part is what I call **Body Pharmacy**.

Using functional foods to change your mood, sustain your energy, and get you off the roller coaster of the highs and lows, and sugar cravings.

The key here is to take the pressure off the adrenals to restore full vitality back, encourage your body to burn body fat for energy, (our highest and best source of energy), shed excess weight and build more muscle for strength.

## Start Your Day Right! AND End Your Day Right!

### a. Eat within 20mins of rising

My **biggest energy hack** is to eat within 20 minutes of waking.

It's common to eat late or skip breakfast because you're busy..BUT

You need to eat in order to get glucose levels and metabolism working properly and prevent muscle breakdown, energy dips and sugar cravings.

**TIP:** Either have your full breakfast or (if you don't have the appetite) eat a small handful of nuts: 5-10 almonds, walnuts, cashews, or pecans.



# Food, Mood & Energy

Changing your hormones via your fork

## **b. Eat every 4 hours**

Don't go longer than 4 hours between meals.

It's super critical to keep energy stable, balanced mood, and prevent adrenals being triggered because of low glucose levels..

Eat 3 main meals + 2 snacks everyday. If you stay up late to work, you need another snack!

**TIP:** If you don't feel hungry in between meals, you still must eat. Fruit, nuts, rice cake with some hummus or almond butter, or natural yoghurt.

# Food, Mood & Energy

Changing your hormones via your fork

## c . Eat Energy Boosting Functional foods:

How you start your day will be how you end your day.

Start with refined cereals or sugary breakfast and you'll have cravings all day and low energy at 10am and 3pm.

### **Guidelines:**

Avoid Coffee on an empty stomach

Avoid refined carbohydrates, cereals or sugars for breakfast

In fact, if you want to lose weight cut out coffee altogether.

Breakfast cereals, look for a high protein and a high fiber cereal - oats is a really nourishing breakfast. It's also high in B vitamins to soothe the nervous system, has soluble fibre which is great to clean the intestinal system and keep bowels healthy.

**TIP: Include other B & C vitamin foods** to boost energy and healing: kiwi fruit, oranges, sunflower seeds, banana, papayas, mango, strawberries. eggs



# Food, Mood & Energy

Changing your hormones via your fork

## d. Ending your day right!

Carbohydrates are super important to restore the adrenal glands and calm down our stress response.

If you've tried a carb-free approach in order to lose weight or feel better, it's won't support your energy. Your adrenal glands need carbohydrates to restore and calm down the stress response, then it's safe for your body to burn fat and lose weight.

Bottomline, **you won't lose weight without carbs when you have adrenal fatigue.** Have them at night so you continue to burn fat while you sleep and **wake up refreshed** and energetic.

### **TIP: Add complex carbs with dinner:**

¼ - ½ cup with dinner: Pumpkin, sweet potato, beans (like kidney beans) chickpeas, lentils or brown rice





# Breakfast Menu

## Options

**Breakfast cereals** that are high in protein and fibre like Oats. Consider adding mixed nuts and fruit to cereal (fresh blueberries, banana, etc.)

**Porridge** with fruit, almond milk + LSA (Linseed, sunflower, almond)

**Muesli** (fruit free, sugar free), natural yoghurt + strawberries + coconut milk

**Egg** omelet or scrambled eggs with veggies such as spinach, leeks, broccoli, tomatoes, or chives

**French toast** on gluten-free bread + organic eggs

**Protein Smoothie** - Use good quality protein powder, plus mixed berries



# Long-lasting transformation

For real long-lasting change, to cure your symptoms and feel better than you have in a decade (or ever), follow the 5 Steps....





# Step 1

## Heart of the matter



# Wake Up Call

Getting to the heart of the matter

Adrenal Fatigue doesn't come about by accident, it's a symptom of your life, work, thoughts and experiences.

It's a **wake up call**.

The truth is, you can't beat your body's biochemistry, it's slowing you down so much so you're forced to stop doing what's no longer working for you.

But change can be hard, let's face it, if it wasn't you would have already made changes by now.

Let's look behind the **BIG 5 symptoms** of Adrenal Fatigue or prolonged stress: Fatigue, Anxiety, Weight gain, Depression & Female Hormonal problems like PMS.

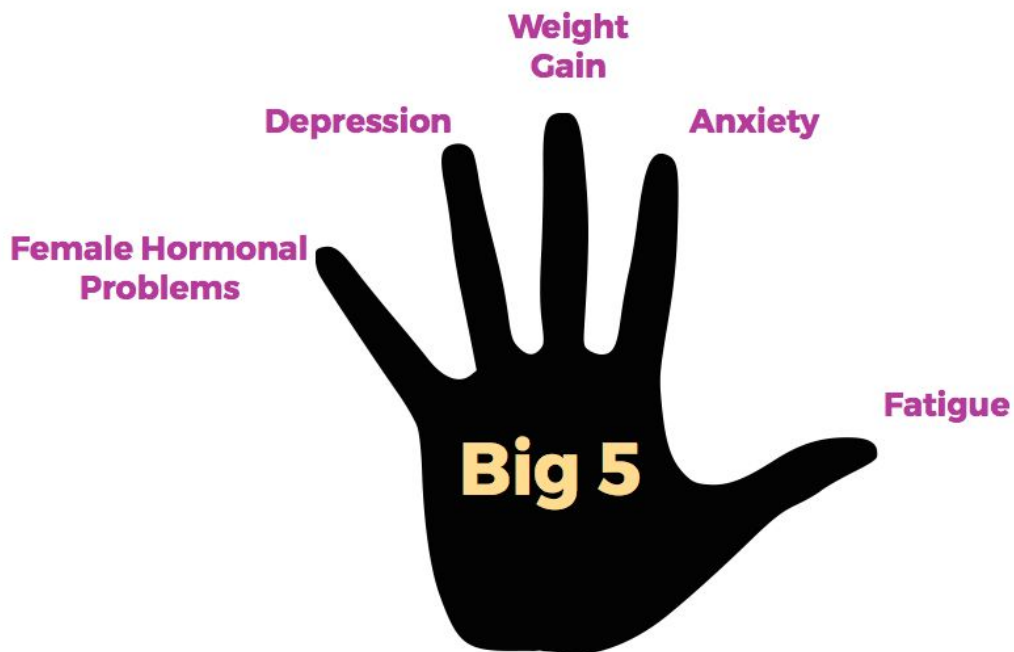
These **symptoms can creep up** that we don't notice...it starts to feel normal to be rushing from one thing to another, worrying about what you have to do next week, feeling tired that you can't exercise, snacking on chocolate or biscuits, having your bloated belly pop out, gaining weight while eating lettuce.... and having zero sex drive.

This is NOT normal.

# Wake Up Call

Getting to the heart of the matter

How many of these symptoms do you have?





# Hormone Tug-Of-War

Getting to the heart of the matter

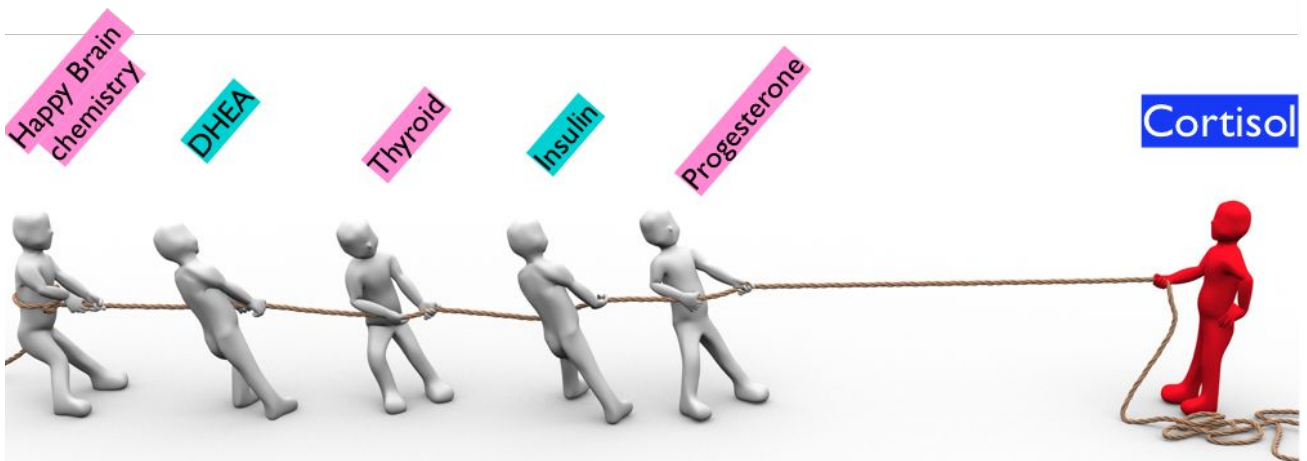
The symptoms come about because of hormonal imbalances mainly caused by high cortisol levels.

The diagram below is my best attempt to explain this simply.

Cortisol, our main stress hormone, is a really bossy hormone and has the ability to take other hormones offline.

- **Progesterone** is our natural anti-anxiety and antidepressant.
- **Insulin** moves glucose into the cells for energy
- **Thyroid** is the queen of our metabolism. It's what keeps us slim and at a healthy weight, plus it's generates cellular energy
- **DHEA** is our natural youth hormone, so we want as much of this for as long as we can
- **Serotonin**, is our happy brain chemistry which is produced mainly in the gut

High cortisol is making us anxious, depressed, overweight, age faster and unhappy!



# The Real Problem

Getting to the heart of the matter

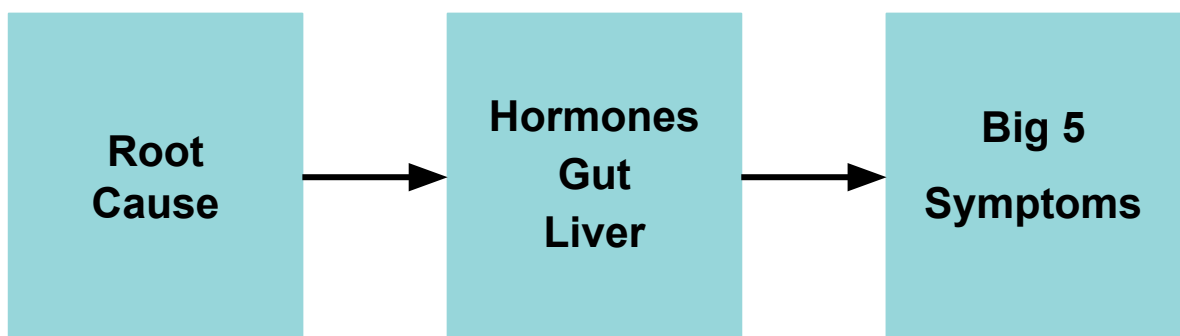
Addressing this is not just a case of treating hormones and symptoms with fad diets or loads of supplements.

We get to this place because of stress and high cortisol, which has a kick on effect and disrupts hormone harmony.

Because cortisol has such an affinity for the gut, it breaks down the digestive lining causing **leaky gut** leading to more bloating, constipation and poor nutrient absorption.

Overtime this makes the liver work harder and eventually breaks down **liver detox pathways** causing further fatigue, sluggishness, cravings, irritability, headaches, mood changes, and ache and pains.

To get rid of your symptoms once and for all, first **identify the root cause!!** This is what is **breaking down your 3 key systems** and triggering the **Big 5**.



**TIP: Good place to start:** Ask your GP for a blood test and check up! This includes iron, cholesterol, thyroid hormone and cortisol.



## Step 2

### Body Pharmacy

# Body Pharmacy

## Gut repair & Liver Detox

We touched on this already with food, mood, and energy.

The next step is to repair gut and liver detox pathways, and remove hormonal hijackers from the environment.

Repairing leaky gut will reduce inflammation in the body, including the brain, which has been known to affect brain chemistry causing anxiety and depression.

It will strengthen immunity, reduce allergies and get rid of that bloated belly so you can have a flat tummy again!

Detoxifying the liver will mean less cravings, no puffiness, aches and pain, radiant skin and more energy.

Your treatment solution should include functional foods to repair gut and liver, supplements and lifestyle changes.

### Good place to start:

- Amino Acid supplement called **L-glutamine** heals leaky gut
- Increase **green veggies** to provide nutrients for liver detox and antioxidants or make green juices or smoothies





## Step 3

### Tame The Mind



# Tame The Mind

Overcome mind chatter, overwhelm, and anxiety

Our stress response, known as the fight or flight response is an old response back from our hunter gatherer days. Back then it was triggered only during times of famine, war or being chased by a wild animal. As you can imagine, we didn't have these scenarios too often.

Today our source of stress is different. Most of our **stress today is psychological.**

Our fight-or-flight response is being tripped up by psychological stress.

If you want long-term results of energy and vitality this needs to be including in your solution plan.

**Some common stress triggers you might recognise:**

- Busyness
- Thought overload
- Long to-do list
- Ignoring passions, desires & dreams
- Selling soul for a paycheck
- Unhealthy or draining relationships
- Taking on too much
- Neglecting your needs
- Loneliness
- Disconnect from self
- Chronic Dissatisfaction in life
- Financial stress
- Never feeling good enough
- Self-loathing
- Unrealistic expectations

# Tame The Mind

## Scientific Proof The Mind Can Heal or Harm The Body

Science has found that we have between 50-100 stress responses per day!!

When we're stressed, our self-healing mechanisms in our body are switched off.

Our body is naturally self-healing for cuts, viruses, bacteria and everything from protein breaks to cancer cells that are detected and repaired by the body.

When this system is shut down any problem or disease can go undetected.

### Placebo effect!

We know how much the **mind influences the body** through the placebo effect.

Placebo effect occurs during scientific studies when a person believes they are taking medicine, but in fact are having a sugar pill or sham surgery (placebo), and have **physiological changes in their body** as if they had taken the medicine or had the real surgery,

Incurable illnesses and diseases have been cured through the power of placebo. That is the **power of our mind over our body**.

The power of our thoughts can cause physiological changes and heal our body.

What impact do you think anxiety, overwhelm, insecurity and worry for future events could have on your body?


**TIP: Strategies to reduce stress, build resilience, and overcome overwhelm**

> Meditation, Visualisation, unplug, spend time in nature, counselling, spiritual practice



## Step 4

### Spirit Pharmacy

A large, abstract splash of red watercolor paint serves as the background for the text. The splash is irregular in shape, with a prominent, sharp point extending towards the top right corner. The color of the splash varies from a deep red to a lighter, more translucent pink, creating a textured, artistic effect. The text is centered within the splash, appearing as if it is floating or written on the paint itself.

Did you accidentally  
sacrifice your self-care  
for your business, career,  
family or partner?





# Spirit Pharmacy

## Self-Care And Restorative Rituals

Spirit Pharmacy is about self-care. **Nourishing your inner spirit.**

A lot of the time we give up our self-care for our career, business, family and/or partner because we put their needs before our own, **starving our inner spirit.**

Self-care helps to **switch on our self-healing systems** by stimulating the relaxation response, and the body is flooded with self-healing hormones.

When that happens, the rest of our hormones rebalance, our gut and liver repairs and our body is revitalised.

We need to incorporate self-care into our **schedule each and every week** in order to maintain balance and health.

Self-care is not selfish, and it's not for when you get everything done.

**Self-care is the fuel you need to get everything done.**





# Spirit Pharmacy

## Self-Care And Restorative Rituals

### 5 Ways to practice self-care and recharge:

#### **Rest**

Stop any physical activity, sleep is the best form of rest.

#### **Serenity**

Serenity is inner rest – mental and emotional quiet. Meditation, prayer, visualisation, aromatherapy or getaways to the ocean or mountains

#### **Solitude**

Find quiet time to reflect and to re-centre.

#### **Creativity**

This allows us to express our inner life in the outside world.

#### **Fun**

This should be the easy one, but most of us schedule fun out of our lives

A woman is seen from behind, standing on a paved path in a park. She is wearing a long, tan-colored coat with a matching belt and a wide-brimmed tan hat. Her right hand is raised to the back of her hat, and her left hand is holding the handle of a tan leather suitcase. She is also wearing tan high-heeled shoes. The background is filled with trees whose leaves are in various stages of autumn, showing shades of green, yellow, and orange. The ground is covered with fallen leaves.

## Step 5

### Herbal Pharmacy



# Herbal Pharmacy

Happy Hormones. Happy You.

The final step is the **Herbal Pharmacy** to balance your hormones using botanical and nutritional medicine,

The purpose of these medicines is to help your body bounce back quickly, reduce healing time, and to restore vitality and health.

I strongly recommend you have a personalised prescription based on assessments and lab results.

Here are some common and powerful herbs to restore vitality:

# Herbal Pharmacy

Happy Hormones. Happy You.

*\*\* check with your Naturopath or Doctor before starting any supplements esp with pharmaceutical medications or diagnosed illnesses \*\**

## Adrenal herbs

**Ashwaganda (*Withania somnifera*):** reduces stress and exhaustion. Adrenal herb that's rich in iron and supports the nervous system. Traditionally used for those in exhaustion.

**Rhodiola (*Rhodiola Rosea*):** improves fatigue and mental performance, improves sleep and helps thyroid function.

## Nervous system:

**Skullcap (*Scutellaria Lateriflora*):** a nervous system restorative that helps with nervous exhaustion. Good for those who can't sleep because they think too much when head hits the pillow.

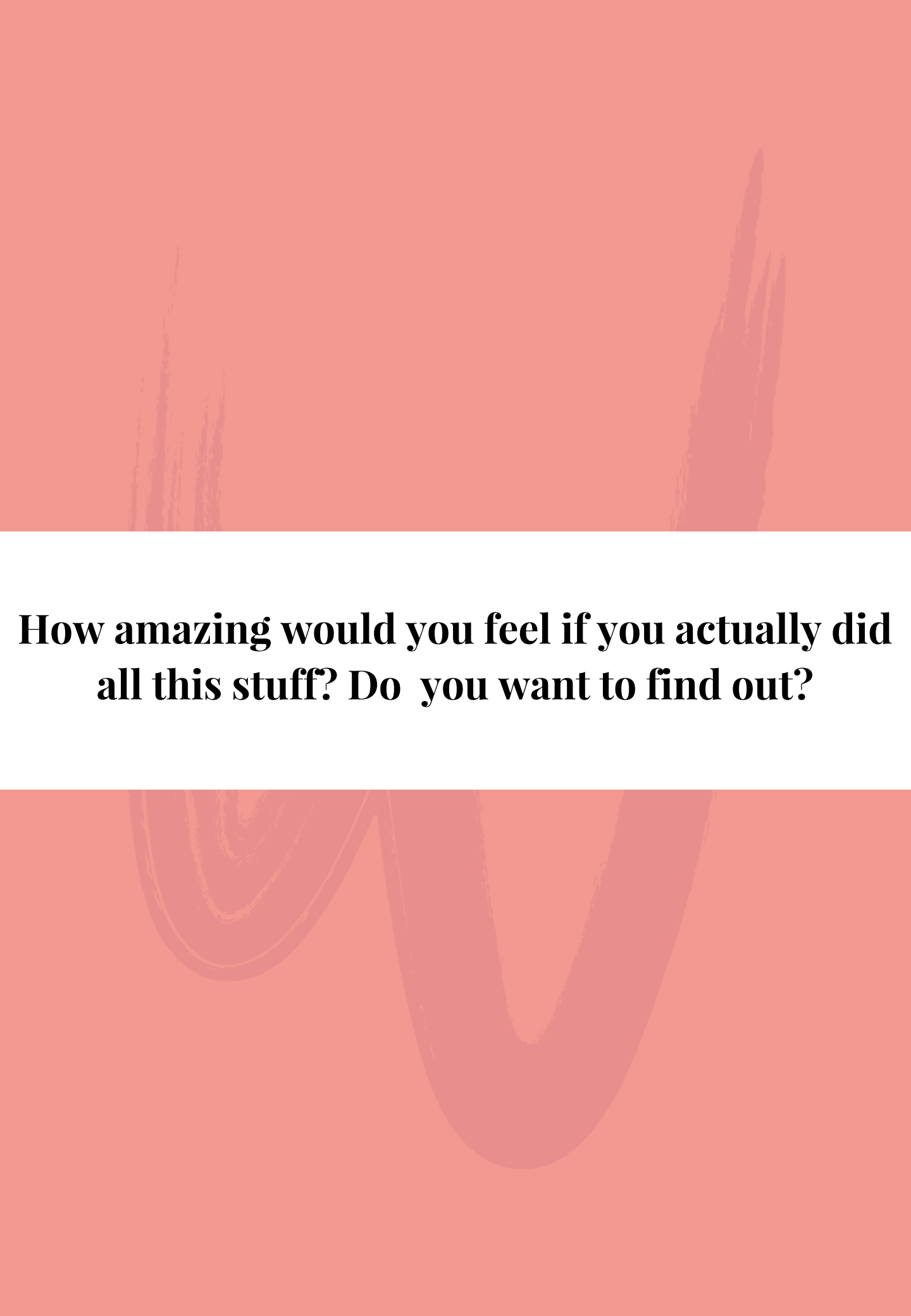
**Oats (*Avena Sativa*):** It strengthens and nourishes the nervous system, it's the best remedy for chronic stress, anxiety, sleep problems and libido issues

A large, abstract splash of red watercolor paint covers the right side and top of the page, creating a textured, organic background. The paint is a deep red color with some lighter, more translucent areas where it overlaps or fades.

So that's the end of the 5 steps to  
All Day Energy.

As you read these 5 steps and  
envision yourself doing them, let  
me ask you a question....





**How amazing would you feel if you actually did  
all this stuff? Do you want to find out?**



**Would you like me to create your personalised  
Vitality Map to unstoppable energy,  
for *free*?**

**CLICK HERE TO GET STARTED**





# thank you

TO LEARN MORE GO TO [www.vesnahrsto.com](http://www.vesnahrsto.com)

Any questions or queries contact  
+61 415 55 44 32 or email [support@vesnahrsto.com.au](mailto:support@vesnahrsto.com.au)