

April 2024

Title: Struggling with Spring Anxiety? Do This!

Subtitle: Open to get this month's meal plan and recipes!

Seasonal shifts can always come with a side of mood shifts. For some people, the longer days and sunshine bring hope. For others, anxiety and ADHD symptoms peak during this season. If that's you, you're not alone! It may be time to do some spring cleaning for your mental health.

### ***Spring Clean Your Routine***

**The following ideas can help declutter your mind and make space for the things you really want to do. *For maximum impact, do this during the luteal phase of your menstrual cycle (the week leading up to your period).* Your brain does really well with completing tasks during this phase. Bonus: you'll be proud of yourself, which improves your mood during this precarious phase of your cycle.**

1. **Move it out.** If your mind is racing with things to do, projects to accomplish, appointments to schedule, end-of-school year plans to make, sort the clutter out by taking a walk in the sunshine as much as you can.
2. **Write it out.** This is a time to make lists if you don't already. What do you want to prioritize this spring? What are you afraid you'll forget to do? What appointments do you need to schedule that you've been putting off?
3. **Clean it out.** For real. There's no kind of dopamine rush quite like donating two large trash bags of clothes you don't wear anymore (or maybe that's just me). Schedule a small amount of time in your calendar to go through all the closets in your house. It won't take as long as you think!
4. **Plan it out.** Minimize mealtime stress by planning three meals each week, with extras for leftover nights. Digestion shifts every season so support your gut with in-season food! Snack on and incorporate seasonal produce like lettuces, greens, asparagus, carrots, snap peas, grapefruit, lemons, pineapples, mangos, and strawberries.

**Want to partner with your body in nourishment? Check out my [Nourishment Journal](#) that I designed with my individual client needs in mind. This is a great way to start checking in with yourself to determine if you're getting enough nutrients.**

### **Monthly Meal Plan**

Every month, all newsletter subscribers get access to an *exclusive meal plan, grocery list, and recipes* for the entire month! That's right, this is the only place you can get it. Be sure to tell a friend to subscribe for access!

This month's meal plan is for those of you asking how you can add more protein into your diet. Whether you recreate the entire meal plan, or implement some of these, all recipes are designed to help you hit your protein needs!

[Click Here](#) for the Meal Plan

[Click Here](#) for the Recipe List

### **Need Family Meal Ideas? Buy my recipe book on Amazon!**

I partnered with my friend, pediatrician Dr. Alina Olteanu, to bring you a brain food recipe book that the whole family will love! It is available now on Amazon! Grab a copy [here](#).

### **Are you in menopause? This is just for you!**

I'm excited to share a new functional medicine program for the health-savvy mature woman run by my dear friend and colleague, Leslie Bumpas, FNTF: The LIMITLESS VITALITY EXPERIENCE.

Utilizing a custom bloodwork panel (specifically designed for women in menopause and beyond), nutritional assessments, and additional questionnaires to assess how to chart your course for vibrant energy, this 10-week live program gives you all the tools you need to take control of your health so you can age with confidence, strength, and grace. (It's honestly like aging backwards!) Click here to learn more about Leslie and LVE at [this link here](#).

### **On the podcast last month:**

(List and link podcast titles for March)

### **Sponsor Deals for March:**

Thorne is one of my favorite supplement companies, so I am thrilled to offer you this discount! I swear by their Basic B Complex for daily energy and Magnesium Bisglycinate before bed for restful sleep. When you go to [their website](#), and use the code wholeness, you save 10% off your first order!

Trumeta mushroom coffee is a premium, organic coffee made with mushrooms like Lion's Mane, Reishi, and Cordyceps to support productivity, stress resilience, and sustained energy. You can get a FREE electric mixer and 40% off the coffee, plus free shipping, when you go [here](#).

Juj Bitters are digestive bitters formulated to help support digestion, soothe gastric discomfort, and they're celiac-friendly, unlike other bitters. I am loving adding a few drops into my flavored seltzer for a mocktail! Check them out [here](#), and use the code spark to get 10% off.

## **Supplements I Recommend:**

*Got stress?* Check out my recommended supplements and protocols. They're available in my [Full Script store](#), and creating an account is free! All of my clients get 10% off their first order.

*Looking to quick start your wellness journey?* [These are the products I started with.](#) Combine them with the Three Day Reset and you will see a huge boost in your health and well-being! I've partnered with this company for nine and a half years now, and there's a reason I still take the products. They work!