

# THE FEEL GOOD GUT & HORMONES TOOLKIT



Simple Steps to Beat Bloat,  
Balance Hormones & Boost Energy



BY CHELSEA CALER, FDN-P



# Introduction

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## Welcome to Your First Step Toward Balance

Do you feel like you're always running on empty, juggling work, family and life without a moment to breathe? You're not alone.

I created this guide because I know what it's like to feel stuck, overwhelmed and too tired to take that first step toward change.

This toolkit is packed with small, actionable steps designed to help you feel more energized and grounded. You don't need to overhaul your life—just start here. Let's dive in together!

*“When you focus and fix the foundations, you can't help but see and feel the results, and step into your power.”*

# About Me

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Chelsea is a Functional Diagnostic Nutrition Practitioner (FDNP) and Board-Certified Holistic Health Practitioner (BCHHP) who transitioned from a successful career as a commodity trader and consultant to the world of functional health and wellness. This career pivot was inspired by her own battle with chronic health challenges and a profound identity shift.

Her mission is to empower women to take charge of their health by becoming their own advocates and co-creating simple, intentional habits that spark joy and confidence throughout their wellness journeys. Using functional lab tests, Chelsea identifies and addresses the cracks in the foundation of health, helping clients rebuild resilience from the ground up and inside out - focusing on minerals, gut health and hormone support.

By combining actionable lab data with personalized strategies, Chelsea simplifies complex concepts and equips her clients with the tools they need to achieve vibrant, sustainable health. With her empathetic approach and expertise, she guides women toward a more intentional, energized, and fulfilling life.

*Chelsea C.*



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nutrition, light exposure, movement, stress reduction

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# 01

# Nutrition for Energy & Balance

Your body thrives on whole, nutrient-dense foods. Eating the right balance of proteins, fats and carbohydrates can regulate blood sugar, stabilize energy levels, and support digestion, detox pathways and hormones. Processed foods, excess sugar, and refined carbohydrates can lead to energy crashes, increased inflammation and hormone imbalances.

## Action Steps:

### 1. Focus on Single Ingredient, Whole Foods

- Swap processed snacks for whole food alternatives (e.g., nuts, fruit, boiled eggs).
- Read ingredient labels – if you can't pronounce it, reconsider eating it.

### 2. Protein + Fat Before 11 AM

- Aim for a balanced breakfast with at least 35g of protein and 30g of healthy fats.
- Easy: Hard-boiled eggs, avocado, and nuts.
- Mid Prep: Smoothie with collagen protein, nut butter, and coconut milk.
- Full Meal: Scrambled eggs with spinach, ground turkey/beef, and avocado.

Try on: Dinner for Breakfast!



# 02

## Circadian Syncing & Light Exposure

Your body's internal clock (circadian rhythm) regulates hormones like cortisol and melatonin, digestion and energy. Disrupting this rhythm with artificial light, poor sleep and inconsistent routines can lead to fatigue, brain fog and sleep issues.



### Action Steps:

- 1** Morning Light Exposure:
  - Get 10-15 minutes of sunlight within an hour of waking.
  - Take a morning walk or enjoy coffee outside.
  
- 2** Reduce Blue Light at Night:
  - Avoid screens 1-2 hours before bed or use blue light-blocking glasses.
  - Dim overhead lights and use lamps or candles in the evening.

Exercise improves circulation, reduces stress, and enhances metabolic function. Over-exercising or being sedentary can contribute to sluggish body systems, fatigue, and hormone imbalances.

## Action Steps:

### 1. Incorporate Daily Walks:

- Aim for 8,000-10,000 steps a day.
- Break it up into smaller walks if needed.
- Chores, walking to get water, running errands, chasing kids - all counts!

### 2. Strength Training Without Overdoing It:

- 2-3 sessions per week of light weights or bodyweight exercises.
- Focus on compound movements like squats, lunges and push-ups.

### 3. Listen to Your Body:

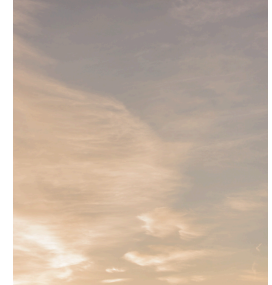
- If exhausted, opt for gentle movement (stretching, yoga, or a slow walk).
- Avoid high-intensity workouts when overly stressed.

# 04

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## Stress Reduction Beyond Meditation & Breathwork

Chronic stress can lead to hormonal imbalances, fatigue, and gut dysfunction. Traditional methods like meditation and breathwork are great, but they don't work for everyone. Exploring alternative techniques can help busy women find what resonates best with them.



### Action Steps:

- Somatic Movement: Try full-body shaking, tapping (EFT) or intuitive movement for 2-5 minutes to release stored tension.
- Brain/Mindset Hacks: Use pattern interrupts like cold or heat exposure, humming, singing or listening to upbeat music to shift your state.
- Try a “Nervous System Reset” Activity: Examples include grounding (walking barefoot or a PEMF mat), swinging, red light therapy or using weighted blankets.







## 05

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# Morning Reclamation – Crafting a Simple, Effective Routine

A structured yet flexible (sounds contradicting, but it's possible!) morning routine sets the tone for the entire day. It should feel energizing and intentional, not overwhelming.

### Action Steps:

- Start with a 3-Step Habit Stack: Choose three simple actions such as morning light exposure, hydration with minerals and a short movement sequence.
- Avoid Scrolling First Thing: Delaying screen time by at least 30 minutes allows your brain to wake up naturally.
- Anchor Your Morning with a Non-Negotiable: Whether it's a nutrient-dense breakfast, a gratitude practice, or walking the dog, find what works for YOU and make it stick.

The goal is creating routines that make you feel good, confident and more at ease, the more consistent you become.

# 06

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## Gut-Friendly Habits & Swaps

Gut health influences everything from energy levels to mental clarity. Simple changes can significantly reduce bloating, fatigue and inflammation.

### Action Steps:

- ✓ This for That Swaps:
  - Swap seed oils for olive or coconut oil.
  - Replace processed snacks with whole food options like nuts and fruit.
  - Choose fermented foods over sugary yogurts.
  
- ✓ Support Digestion:
  - Prioritize mindful eating, limited distractions/phone time and incorporating digestive bitters or apple cider vinegar before meals.
  
- ✓ Reduce Inflammatory Foods:
  - Limit refined sugars, processed carbs and gluten. Experiment with elimination strategies, you may not know something causes discomfort until you remove it for the short term.

# 07 Mineral Replenishment & Hydration Hacks

Mineral imbalances are a hidden culprit behind fatigue, anxiety, digestion, hormone imbalances and poor recovery. Replenishing key minerals supports energy production and whole-body wellness.

## Action Steps:

- Make a Cheap DIY Electrolyte Drink: Mix filtered water with sea salt, lemon juice and a pinch of cream of tartar for a natural electrolyte boost.
- Focus on Magnesium-Rich Foods: Incorporate dark leafy greens, pumpkin seeds, almonds, black beans and dark chocolate.
- Blood Sugar Balancing Plate: Eat meals in the right order -
  - fiber > protein > fat > carbs last to stabilize energy levels and reduce crashes.



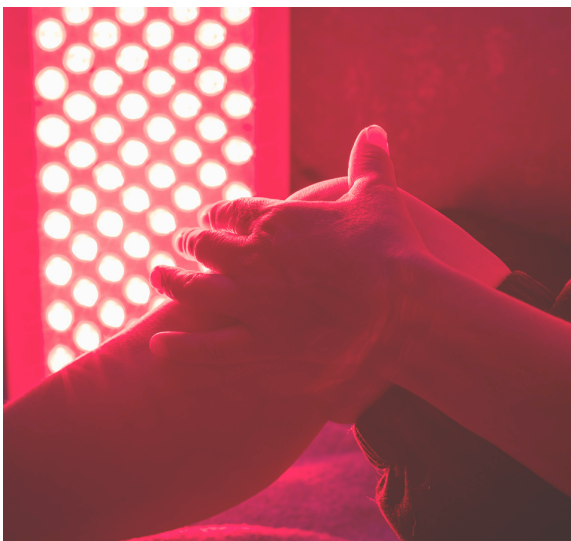
# 08

## Favorite Supplements & Tools

While food and lifestyle are absolutely foundational, supplements can provide extra support in areas where deficiencies exist.

### Top Supplements:

- Magnesium Glycinate before bedtime: supports relaxation, sleep, digestion and energy production.
- Digestive Enzymes & Bitters pre-meal: enhances digestion and absorption.
- Mineral drops or electrolytes in the AM or mid-day: to replenish sodium and potassium levels and boost energy.



### additional tools:

- Red Light Therapy: helps with recovery, skin health and mitochondrial function.
- Blue Light Blockers: supports circadian rhythm and melatonin production.
- Weighted Blanket: a great option for calming the nervous system and improving sleep quality.



# Toolkit Resources:

# ENERGY-BOOSTING GROCERY LIST:

## PROTEIN

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- ☐ GRASS FED BEEF
- ☐ WILD CAUGHT SALMON
- ☐ ORGANIC CHICKEN
- ☐ PASTURE RAISED EGGS
- ☐ TURKEY OR PORK TENDERLOIN

## HEALTHY FATS

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- |   |   |
|---|---|
| <input type="checkbox"/> AVOCADO/ AVOCADO OIL | <input type="checkbox"/> COCONUT OIL/FULL FAT |
| <input type="checkbox"/> OLIVES/OLIVE OIL     | COCONUT                                       |
| <input type="checkbox"/> GHEE                 |   |
| <input type="checkbox"/> NUTS                 |   |
| <input type="checkbox"/> SEEDS                |   |

## FRUITS/VEGGIES

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- |  |  |
|--|--|
| <input type="checkbox"/> BERRIES       | <input type="checkbox"/> LEAFY GREENS        |
| <input type="checkbox"/> CITRUS FRUITS | <input type="checkbox"/> CRUCIFEROUS VEGGIES |
| <input type="checkbox"/> BANANAS       | <input type="checkbox"/> ROOT VEGETABLES     |

## MISC.

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- |   |  |
|---|--|
| <input type="checkbox"/> REDMONS OR CELTIC SEA SALT | <input type="checkbox"/> GLUTEN FREE OATS        |
| <input type="checkbox"/> BONE BROTH                 | <input type="checkbox"/> QUINOA                  |
| <input type="checkbox"/> TALLOW FOR COOKING         | <input type="checkbox"/> GLUTEN FREE PASTA SWAPS |
| <input type="checkbox"/> HERBAL TEAS                |  |



# Morning & Evening Light Exposure

## CHEAT SHEET



- **MORNING LIGHT:** AIM FOR 10-30 MINUTES OF NATURAL SUNLIGHT WITHIN AN HOUR OF WAKING UP TO SUPPORT CIRCADIAN RHYTHM AND HORMONE BALANCE.
- **EVENING LIGHT:** DIM ARTIFICIAL LIGHTS AFTER SUNSET AND AVOID SCREENS 1-2 HOURS BEFORE BED TO OPTIMIZE MELATONIN PRODUCTION.
- **BONUS TIP:** USE BLUE-LIGHT-BLOCKING GLASSES IF YOU MUST USE SCREENS AT NIGHT.

# SAMPLE DAILY ROUTINE

MORNING ROUTINE	
<input type="radio"/>	water + minerals
<input type="radio"/>	10 minutes morning sun
<input type="radio"/>	movement of some kind
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	

AFTERNOON ROUTINE	
<input type="radio"/>	nutrient dense lunch
<input type="radio"/>	hydration check-in
<input type="radio"/>	stress reducing activity (walk, deep breathing, shaking, stretching, no screen time)
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	

EVENING ROUTINE	
<input type="radio"/>	screen-free wind down routine
<input type="radio"/>	calming herbal tea
<input type="radio"/>	reflective gratitude practice - write down 3 wins from the day
<input type="radio"/>	
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# Time Management Hacks

HOW TO FIT SELF-CARE INTO YOUR PACKED SCHEDULE WITHOUT OVERWHELM. YOU DON'T NEED AN EXTRA HOUR IN YOUR DAY TO PRIORITIZE YOUR WELL-BEING—YOU JUST NEED TO BE STRATEGIC.

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## 1. The 80/20 Rule: Work Smarter, Not Harder

Instead of trying to do it all, focus on what truly moves the needle in your work, home life, and health.

**Hack:**

- Identify your top 3 priorities for the day—this ensures progress without overwhelm.
- 

## 2. Time Blocking: Treat Self-Care Like a Non-Negotiable Meeting

If something isn't scheduled, it often doesn't happen. Time blocking helps you designate specific time slots for self-care, just like you would for meetings or errands.

**Hack:**

- Block off 15-30 minutes daily for movement, meal prep or quiet time.
    - I schedule "lunch time walk" on my calendar or "busy" to simply have an open time slot to have personal time between meetings, appointments and to-do's..
  - Use calendar reminders (or set an alarm) to reinforce these habits.
- 

## 3. Habit Stacking: Make Self-Care Automatic

Building new habits is hard, but stacking them onto something you already do daily makes them effortless.

**Hack:**

- Stretch while brushing your teeth (2 minutes of mobility!).
- Drink a full glass of water (and your minerals) before your first cup of coffee.
- 4 deep breaths every time you sit down to check emails.

Take morning supplements with your first meal of the day.

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## 4. Micro-Moments of Rest: Small Breaks, Big Impact

You don't need an hour-long meditation or spa day to reset your nervous system. Micro-moments of rest help reduce stress and boost productivity.

**Hack:**

- Take a 5-minute "reset break" every few hours (step outside, let the sun hit your face, stretch, deep breathe).
- Try a 1-minute body shake or movement break between meetings.

Set phone reminders to stand up and move every 60-90 minutes.

# Conclusion: Start Small, Stay Open and Keep Going



Creating new habits is challenging, and I encourage you to ease into this process. Think of it as "trying on" new things—just give it a shot once. Then ask yourself, can you try it again? You don't have to be perfect or consistent from day one. That kind of pressure only adds to overwhelm. But the more you're willing to experiment and revisit these strategies, the easier they'll become. Over time, they'll start to feel natural, and most importantly, you'll feel better. You'll see progress in your energy, focus, and resilience as small shifts compound into meaningful change.

**This toolkit is meant to be used and built upon over time.**

**Start with what feels manageable, integrate what works and come back to it as you grow.**

**You've got this! One small step at a time.**

**xx,  
Chelsea C.**

## **Top 3 Non-Negotiables to Start With:**

- **Morning Sunlight:** Set your circadian clock for better energy and sleep by stepping outside within the first 30 minutes of waking - open the blinds!
- **Protein + Fat Breakfast:** Fuel your metabolism, stabilize blood sugar and prevent energy crashes by prioritizing a high-protein, healthy-fat meal.
- **Stress Reset Practice:** Find one technique that helps regulate your nervous system—whether it's shaking, humming, cold exposure or a grounding exercise—and use it daily.