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Your Chronic Wellness Superhero



5 Insider Secrets to Eliminate Fatigue & Unleash Your Inner Superhero

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**ISN'T IT TIME YOU
STARTED YOUR DAY
FULL OF ENERGY?**

5 Superhero Tips for Creating More Energy NOW!

WOW POW BAM!

In this short guide you are going to learn 5 tools that will give you superhero powers to create more energy, clarity and vitality.



It doesn't matter if you have multiple sclerosis. Or adrenal fatigue. Or diabetes. I believe we are all meant to move our bodies, pursue our passions and live our dreams. **And that takes energy.**

But let's face it, if you're stuck in a chair or on your couch because of fatigue, it's pretty darn hard to pursue your passions much less your dreams. How did you get to this place?

Maybe you over-taxed your adrenals with a hi-stress, lo-nutrient lifestyle. Maybe you have an auto-immune condition that is your kryptonite. Whatever the reason, there are some simple things you can do right now to create more energy.

Why trust me? Because I've been there, done this.

I remember the days (not that long ago really) when I was on a hamster wheel. I was working 60 to 80 hours a week. I was on a first name basis with the vending machine and my local barista. I longed for days off, just so I could sleep. No glamour or heroism here.

My body was a mess. From sinus infections to the most painful menstrual cramps you could imagine, my body was screaming for me to stop.

But I wasn't listening. I had things to do. Deadlines to meet. Ladders of success to climb.

Then I got my wake up call in 2009. One I couldn't ignore. I was diagnosed with multiple sclerosis, a potentially debilitating and incurable disease.

Talk about being smacked upside the head. Yet what do wellness superheroes do?

Yep, we make lemonade.

In my case, I started recovering my life, bit by bit.

Fast forward to today; I'm active and full of energy - I'm training for a 60 kilometer bike ride as I write this. And yes, all without caffeine, sugar or other stimulants.

Oh, and I'm svelte. I lost 40 pounds in 9 months without deprivation and without ever going hungry.

I no longer suffer from sinus infections, menstrual issues or the myriad of pesky little health issues that plagued me for 20 years.

And the biggie: I'm symptom-free of MS and my MRI and body show no disease progression.

As I like to say:

I turned fatigue into fabulous, lethargy into lively and sick into super.

That's what superheroes do.

How did I do this? Lots of research, money and trial and error. But don't fret. You don't have to go back to school or make the same mistakes I did. I have spent the last 3 years compiling everything I have learned into a system designed to boost your energy and get you moving again. Let me introduce you to . . .

The Fatigued to Fabulous System™

The Fatigued to Fabulous System™ is a 6-step system. It's designed to not only boost your energy and get you moving, but to do so without the deprivation that so many other adrenal fatigue, MS, autoimmune, anti-inflammatory diets require. If you find out you need to give up gluten, don't worry, you can still enjoy baked goods – I do.

Step 1: Make Creating More Energy and Vitality A Priority

To get energized, it must be a priority. When in the day (and how) are you making time for energy creating activities? If you aren't, then the place to start is making room in your schedule, prioritizing your daily tasks, putting a pause on non-essential "leaks" in your energy-creating bucket, so you can fully invest yourself in creating the energized life you desire. Clear the decks for what's most important to you.

Step 2: Upgrade Your Inputs

Next examine your current diet, beliefs and activities. What are you eating, what do you believe your role is in relation to others, and how are you moving your body throughout the day? Step 2 is all about creating an individualized plan to help you upgrade your inputs for maximum energy creation. To make this easier, it's important to spend time figuring out how you can restructure your day, bit-by-bit, to find more time for energy creating activities.

Step 3: Eliminate The Fatigue Creators

From food to toxins to commitments, there are lots of things that will drag you down. In Step 3, you will find out exactly what is draining your energy. You will then create a plan and strategy to either eliminate those energy drags or create boundaries around them so your energetic self can emerge.

Step 4: Shift Your Paradigm – Boost Your Mental Energy and Focus

With the energy drags out of the way, you will dive deep into the mindset necessary to have more energy, get more done, and put your self-care first. Yes, what you think affects your energy levels. An energized mindset is critical to taking consistent action and experiencing more energy. There is a world full of mindset activities that will help you train your mind to create more energy. In Step 4, you will explore the ones that work best for you.

Step 5: Align To Your Purpose – Live With Passion

Next, examine whether you are doing your life's work. Whether in your career, within your family, as a volunteer or as a hobby. What gets you out of bed in the morning? Does your life get you dragging or bounding out of bed? In Step 5, you will unearth what your true purpose is and create a plan to pursue it so you can spend your time doing that thing (even if it's just a hobby).

Step 6: Create A Radical, More Energy, Self-care Plan For Life

By now you have a clear picture of what gives you energy and what takes it away. Now we take stock of everything (from diet to career, from exercise to relationships) and create a self-care plan that non-selfishly puts you first. I call it your Radical Self-Care Road Map™. This allows you to easily create more time for you, so you are more relaxed and focused. This is the secret sauce to sustainable energy and healing.

So that's it. The Fatigued to Fabulous System™. It's how you thrive, not just survive

This is the same system I used to double my energy in 6 months, rebuild my adrenals and slay the MS dragon.

What I want to share with you in this e-book is 5 powerful tips from the Fatigued to Fabulous system. These tips are easy enough you can implement today. Using these techniques every day will start you on the way to your own wellness heroism.

Fatigued to Fabulous Tip #1

Get Your Vitamin G (Green) Every Day

Spinach isn't just for Popeye. Greens are essential for any aspiring wellness superhero.

Greens give you ginormous nutrient bang for your buck. They are full of fiber but also contain an A to Z list of vitamins and minerals that make every cell in your body sing.

Getting your daily greens is not as difficult as many people think. But to really see your energy soar, getting your greens means more than eating an anemic salad for lunch.

The more greens you get each day, the more energy you will get and the quicker you will repair your body. Here are just a few ideas to help you get your daily dose of Vitamin G.

Add greens to a smoothie.

Add greens to your omelet.

Build a tasty energy-packed salad around a bowl of wilted kale.

Without greens, our bodies become anemic. We don't have the tools to remove toxins, repair cellular damage and avoid cancer. Greens also give us the uplifting energy we might otherwise seek from sugar. If you don't eat your greens, the result is more fatigue, more cravings and more illness.

Check Out These Stellar Results from Eating Greens...

If you are skeptical of the power of greens, consider the results my client Julia Taylor experienced. When I first met Julia she was using a walker, wanted to lose 60 pounds and was determined not to let multiple sclerosis take her down. After our first meeting, Julia started eating greens every day. She quickly started to lose weight and regain energy. Three months into implementing the *Fatigued to Fabulous System™*, she had lost 30 pounds. Oh, and she started walking without assistance.

In her own words:

I noticed my body responding within days after following Laurie's recommendations from the first session. Within two weeks after starting Laurie's Fatigued to Fabulous program, I started losing weight. I also noticed more consistent increased levels of energy in the first thirty days. Within 90 days I lost 30 pounds. Coaching with Laurie has changed my life in such a positive way, I cannot imagine living without the changes I've implemented.

** Julia Taylor, Mediator
Pikesville, MD*

Fatigued to Fabulous Tip #2

Take a Deep Breath, Regularly

We all breathe, but few of us do it well. That's because we only fill a fraction of our lungs. When we do that, we are depriving our blood and brain of much needed oxygen. Oxygen deprivation equals fatigue. Living up to our oxygen capacity equals you being an energy superhero.

Because breathing is second nature, the best way to get more oxygen is to start with breathing exercises. Just like going to the gym, we have to practice.

Start by setting aside 2, 5 minute blocks a day. Set an alarm if you need a reminder. Breathe in deeply through your nose - fill your lungs from the bottom up. Fill them up until it seems like you can't inhale another speck. Then slowly exhale through your nose. Repeat.

Note: You might get dizzy, so start slowly. Your brain isn't used to all that oxygen.

What happens if you don't use your full lung capacity? You make it more difficult to overcome your fatigue.

If you don't use your full lung capacity, you never trigger your body's relaxation response. That means you stay in a constant state of stress, which leads to further fatigue and wear and tear on your body.

Check out the power of the breath to re-energize . . .

Is breathing really that powerful and energizing? Consider my client Jennifer. She works in a high stress job and was recovering from spinal surgery when we started working together. She used the breathing and other radical self-care exercises to reduce her stress, speed her recovery and boost her energy and stamina.

In her own words. . .

Thanks to Laurie, I was able to re-design my life after major surgery. She helped me to see what a hamster-wheel routine I had established with my career and family obligations and helped me to challenge the habits and thoughts that led to that. We built new habits and new routines focused on my own wellness. I'm on my way to being a healthier, happier and more balanced human being.

** Jennifer, aerospace engineer*

Fatigued to Fabulous Tip #3

Hydrate Your Cells

Our body is made of over 60% water. When we are dehydrated, the first thing that happens is we get fatigued. That's why hydration is critical to boosting your energy quickly.

But how do you do that when water is so bland. Try these simple superhero hydration tips.

Buy yourself a really cool or funky water bottle that you want to have with you at all times.

Add a squeeze of lemon or lime to the water. Or crush a spring of peppermint into your water.

Drink half your body weight in ounces (i.e. if you weigh 150 pounds, drink 75 ounces a day).

I know that sounds like a lot of water, but if you don't stay hydrated, you will never overcome your fatigue. You are more prone to headaches, bladder infections, and brain fog. Oh, and did I mention that staying hydrated helps create beautiful skin?

Check out what can happen by shifting from soda to water. . .

In case you think it's not possible, take my client Jenifer Levinson as an example. Jennifer came to me drinking 8 cans of Diet Coke a day (a diuretic that dehydrates).

Not surprising she was barely surviving life and was suffering with several health conditions including fatigue and Type-1 diabetes. As she began to follow the Get Up & Go system, we slowly weaned her off Diet Coke and shifted her to water. Those 8 cans of Diet Coke got replaced with 8 glasses of water. Within just a few sessions, Jenifer was playing with her son, had become an active participant with her family and was reducing her dependence on medications.

In her own words:

When I found Laurie, I was sick and tired of being sick and tired. I was tired of not having the energy to enjoy my family and I was tired of being on multiple medications for my multiple conditions. Within three months of working with Laurie, I have a lot more energy and everyone is commenting that my eyes look clearer and that I "look good." I just feel better overall. I have been feeling more alert, better able to function, etc. But best of all, I finally had the energy to play with my son. The information and support Laurie provides is empowering.

** Jenifer Levinson
Arlington, VA*

Fatigued to Fabulous Tip #4

Get moving.

Our bodies are meant to move. That's why we have arms and legs.

The sad truth is that most of us are glued to our desk chairs, our car seats and our couch. Science has confirmed over and over how a sedentary existence shaves years off your life and adds pounds to your waistline.

But we don't need science to tell us what we already know. Lethargy begets lethargy.

Yet the list of excuses we have for not exercising are as long as the Empire State Building is tall. We have all kinds of "reasons" we don't get to the gym.

So I wanted to shoot a big ol' hole in your laundry list of excuses. Moving can be fun!

Exercise doesn't have to mean going to a stinky gym. Or running a marathon. Try these simple and fun ideas to get energized:

- ✓ Zumba
- ✓ Bouncing on a trampoline
- ✓ Jump rope (like an 8 year old, not Rocky-style, although that could be cool too)
- ✓ Run through the sprinklers with your kids
- ✓ Play Just Dance on the x-box with your kiddos
- ✓ Hula hoop
- ✓ Rebounding (mini-trampoline)
- ✓ Play golf
- ✓ Walk the dog
- ✓ Juggling

Yes, moving your body is easier than you thought. And it's powerful for getting your blood moving, detoxifying and boosting your energy. Energy begets energy.

You too, can get through the back 9.

Consider my client Susan Buck-Gordon who came to me to among other things, play more golf and walk the course. She had stopped playing because she was fatigued and her extra weight had slowed her down. After implementing the tips shared in this guide and several others, she was back on the course, enjoying her green juice on the back 9.

Fatigued to Fabulous Tip #5

Sugar is your kryptonite! Get off the sugar roller-coaster.

Every time we take a hit of sugar, our body goes into action. It produces insulin to regulate our blood sugar. That's fine if we eat small quantities of sugar. But if you are using sugar to fuel your days like I did for so many years, or if you eat a lot of processed, pre-made foods, your body gets overtaxed by all the sugar you consuming.

Here's what happens when you have the supposedly healthy non-fat plain Greek yogurt by Dannon with 6 grams of sugar (the flavored varieties have up to 19 grams). (Psst, . . .

6 grams is a lot of sugar when you consider all the places sugar hides in sauces, bread, dressings, and other food we eat. Americans eat and drink upward of 156 pounds of sugar a year!)

- ✓ The sugar enters your blood stream.
- ✓ Your blood sugar levels then rise.
- ✓ Your pancreas moves into action to produce and release the hormone insulin. The role of insulin is to help sugar get into your cells.
- ✓ The insulin works to rapidly use up the sugar, which results in the sugar crash you may experience an hour or so after having that yogurt.
- ✓ The crash is the result of your body going into a sugar low, also known as hypoglycemia.
- ✓ Then your body releases more hormones to deal with the sugar low and return your body to a balanced state (homeostasis). This is your body's stress response in action.
- ✓ The hormones remove sugar from your liver, which sends your blood sugar back up. Hence, the sugar roller coaster.

Wow. Its just tiring thinking about all the work your body goes through from eating a single container of yogurt. Not to mention how you're left hungry an hour later.

The sugar roller coaster is why so many people feel like food is controlling them and not the other way around.

Take back your power.

The best way to end this cycle of sugar-induced highs and lows is to break both the physical and emotional addiction you have to sugar. I have found the best way to do that is through a detox. Yes, eliminating sugar from your diet. But don't worry it can be easier than it sounds.

Quitting sugar is not as hard as you think if you do it right . . .

Going cold turkey is a recipe for disaster. I don't advocate deprivation. That's why I created the [Super Sugar Shake Down, 10 Days to Supercharged Freedom Detox](#). It eases you off sugar slowly and is designed to reduce your cravings with as little will power as possible.

See what one client had to say just 1 week into the Super Sugar Shake Down . . .

It's Day 7 of my sugar detox week . . . The most amazing part so far has been the empowering and liberating feeling of finally being in CONTROL! Before Super Shake Down, I was in the spin of the food roller coaster, which I felt I didn't have much control over. I had become sloppy with my food choices and also leaned on comfort foods for the emotional piece of it. Thanks to Laurie and the Super Sugar Shake Down, I now feel in control, more energized and balanced, clearer headed and know the long-term benefits are going to continue the rest of my life. It's been the beginning of a MAJOR life change.

**** Freea Sarti
Millbrae, California***

As you can see, following these 5 simple tips will help you start to boost your energy and stamina and reclaim your health.

*Following these tips will give you a glimpse into the possible results you can achieve in your life, if you follow the **Fatigued to Fabulous System™**. The results you experience from following these 5 tips will be compounded when you implement the entire system.*

Imagine never having to say, I'm too tired again.

Imagine crawling into bed, content that you accomplished great things today.

*Imagine directing and starring in your own life. It's all possible when you use the **Fatigued to Fabulous System™**.*

Take Action Now

Do you want more energy and stamina? Do you want to overcome an illness or stress that is dragging you down? Do you want to live with purpose?

Adopt these 5 easy steps.

*Then . . . **book yourself a From Fatigued to Fabulous Breakthrough Session.** This 30-minute session will help clarify your goals, identify the barriers to your dreams and determine your next steps to creating a vital, thriving life.*



A Note From Your Chief Wellness Hero, Laurie



Thank you for grabbing your supercharged copy of this e-book. Here, I am sharing just 5 of the dozens of tips and tricks I have discovered are critical to energizing your life.

To give a little context, not that many years ago, I was a strung out, sugar and caffeine addicted, over-weight lawyer barely surviving chronic stress and adrenal fatigue. Then I was diagnosed with multiple sclerosis. Not a pretty picture.

Fast forward to do today . . .

I'm symptom-free and have discovered my life's work and passion: inspiring and educating others to transform fatigue, illness and stress into a supercharged life full of energy and joy.

My own transformation has led me to a few conclusions:

- ✓ I believe you don't have to suffer anymore.
- ✓ I believe **you** can overcome chronic stress, fatigue and illness and create a fabulous life free of fatigue, depression and burn out.
- ✓ I believe you can do this without the confusion, deprivation and emotional pain I went through when I began my own healing journey.

My beliefs led me to found Chronic Wellness Coaching where I am dedicated to teaching, coaching and inspiring people like you to live their best lives no matter what.

I hope you enjoy this e-book in health and happiness. Let me know how you're doing and how your life is transformed by trying these tips.

Cheering you on.

*Laurie**

P.S. For inspiration, healthy news, recipes and wellness hero training, visit chronicwellnesscoaching.com. To connect online, follow me on [Twitter](#) or head to my [Facebook Fan Page](#).

P.P.S. To get your body moving, pursue your passions and live your dreams, in spite of fatigue, illness or a life unfulfilled, sign up for your [From Fatigued to Fabulous Breakthrough Session](#).