

# It's Not Burnout. Your Lifestyle Might Be Breaking Your Hormones.

You're not lazy. You're not dramatic.

If you're tired, inflamed, anxious, not sleeping, or just not healing the way you should—**your lifestyle may be quietly working against you.**

These seven shifts are the *non-negotiables* we look at in functional medicine to help people heal their hormones, gut, immune system, and mitochondria—especially after Long COVID, chronic illness, or burnout.

## 1. Get Real Sleep (Not Just Lying in Bed Scrolling)

Aim for 7–9 hours of actual, deep, screen-free sleep. Set a consistent bedtime, unplug early, and turn your room into a cave.

*You can't out-supplement bad sleep—sorry, melatonin lovers.*

## 2. Eat Food That Loves You Back

Whole, colorful, anti-inflammatory foods. Think: leafy greens, berries, olive oil, wild salmon, pasture-raised eggs. Ditch the processed stuff and artificial junk.

*If your food has more ingredients than your shampoo, it's a red flag.*

## 3. Move Gently and Often (This Is Not a Gym Ad)

You don't need to “go hard or go home.” Try walking, stretching, or light strength training. No shame if yoga wipes you out—you're healing.

*Movement should energize you—not require a nap after.*

## 4. Support Daily Detox (Yes, You Detox Every Day)

Hydrate. Eat fiber and cruciferous veggies. Get your lymph moving. Sweat gently. Support your liver without starving yourself on a 3-day cleanse.

*Your detox system isn't broken—it's just overwhelmed. Help it out.*

## 5. Manage Stress Like It's a Medical Issue (Because It Is)

Breathing exercises. Meditation. Nature. Boundaries. Less doom scrolling. Your nervous system needs calm to shift out of survival mode.

*You can't heal while your body thinks you're under attack.*

## 6. Detox Your Environment, Too

Ditch plastic containers, artificial scents, and chemical-loaded products. What touches your skin or fills your air matters.

*If it smells like a cupcake but came from a bottle, it's probably endocrine-disrupting.*

## 7. Choose Joy on Purpose

Laugh. Connect. Play. Create. Rest. Joy is more than a nice-to-have—**it's a nervous system reset** and immune booster in disguise.

*Joy is medicine. Take it daily.*

## Functional Medicine Reminder:

You don't need to do everything at once. But if you're trying to heal and skipping these foundations, you're building on sand.