

Nidhi's Tool Kit for Good Health!

Nutrition	Rest + Recovery	Movement	Supplements
<p>Foundations:</p> <ul style="list-style-type: none"> • More protein, fat. Fewer carbs. • Having a go-to breakfast + lunch • Trying new dinner recipes • Eating seasonally + locally • High quality foods <p>Habits:</p> <ul style="list-style-type: none"> • Not eating too late • Cooking vs restaurant • 9–12 glasses of water each day <p>Tips:</p> <ul style="list-style-type: none"> • Chickpeas/beans to increase fiber • Nuts on hand for snacks • Choc chips / dark chocolate on hand 	<ul style="list-style-type: none"> • Sleep 10p - 7a <ul style="list-style-type: none"> ◦ Sleep performance 82%+ ◦ 9:40 pm bedtime alarm • Build in time to just rest aka 'nothing days' 1x month • Sauna • Magnesium baths • Castor oil packs • Journaling/reflection • Avoid alcohol • Take walks • Reading/listening to fiction 	<ul style="list-style-type: none"> • Walks <ul style="list-style-type: none"> ◦ 10-15 min after meals • Strength training 3x/wk • Functional movement 2x/wk • Restorative yoga 2x/mo 	<p>Foundations:</p> <ul style="list-style-type: none"> • Imnt • Binder • Omega3s + Vit D • Iron • Mitochondrial supp • Prebiotics • Liver support <p>In this phase of health building:</p> <ul style="list-style-type: none"> • HCl • STRO • Ca, Mg • Advanced Tudca

Tech that helps me:

- Whoop – monitors my stress resilience, helps me stay accountable to rest and eating, helps me see what actions I'm taking support my recovery
- CGM – gives me insights into how my body is handling food, what my blood glucose levels are
- Lab testing – iron, insulin, HTMA, gut test, adrenal check
- Withings – helps me keep an eye muscle mass
- My Water Reminder: Drink Water app – helps me stay accountable to drinking water

Things I need to keep an eye on:

- Iron levels
- Hydration
- Oxidative Stress
 - Mitochondria
 - Blood sugar
- Gut balance: Particularly Akkermansia + Butyrate
- Stress hormones
- Sex hormones