

SPRING

FOUNDATION

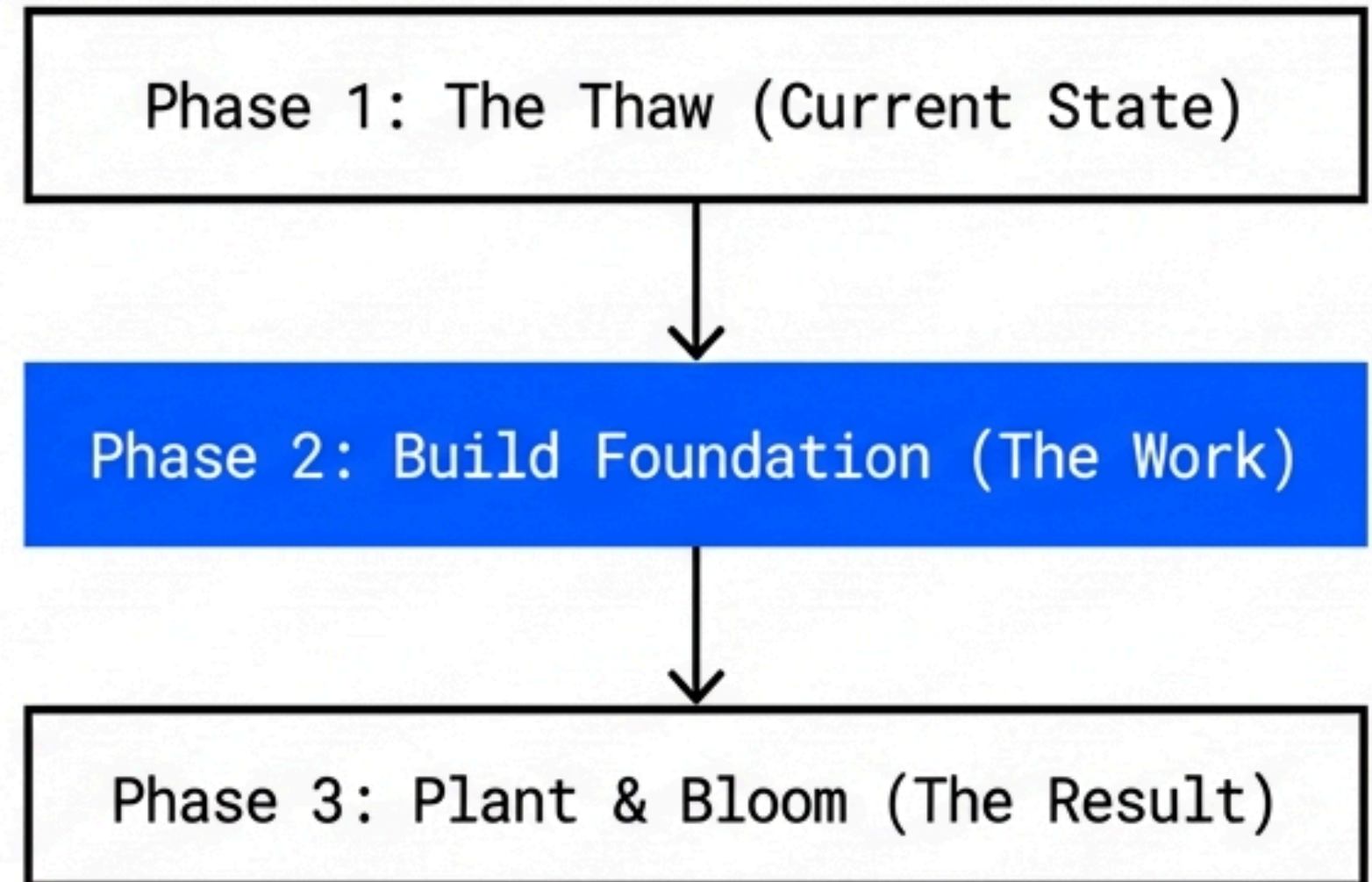
Cultivating the roots for spring bloom.

The Thaw is Your Signal to Go Smarter, Not Harder.

Spring is cute, but we aren't doing it like we're 25. You are managing hormones, hormones, work, kids, inboxes, and 9,000 tasks before noon.

The common mistake is trying to start with high motivation.

Nature knows you don't bloom without roots. Your body works the same way.



Key Insight: Before you plant, you prep the foundation. Or the bloom won't hit the same.

The 5 Minimums

These aren't extra. These are foundation. Lock these in first.

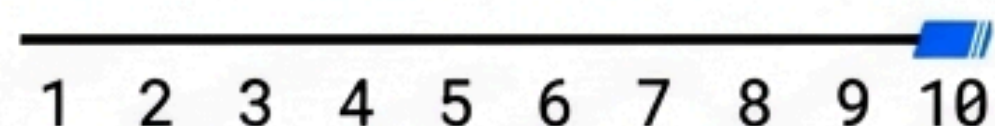
- 01 Morning Light + Water**
10 minutes outside + 16 oz water before coffee.
- 02 Protein-First Meal**
25-30g at breakfast.
- 03 10-Minute Walk**
Daily movement to break up sitting.
- 04 10-Minute Downshift**
Evening wind-down, no screens.
- 05 Two Strength Sessions/Week**
Bodyweight counts.

The 6 Leaks Scorecard

Your energy is draining somewhere. Rate each area 1-10 (be honest).

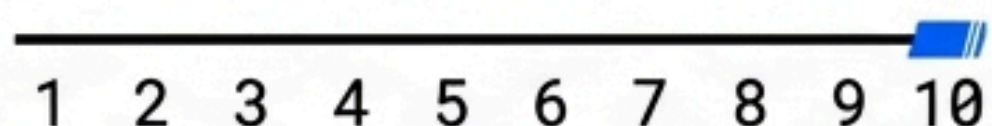
Sleep Leak

Do you wake up rested?



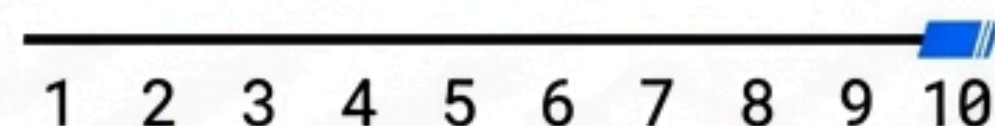
Blood Sugar Leak

Steady energy or 2pm crash?



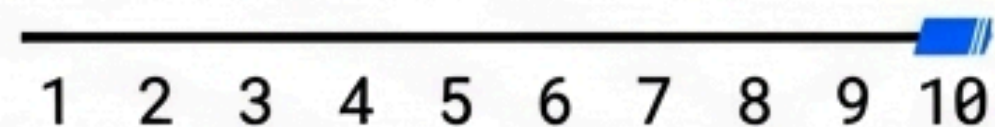
Stress Leak

Wired but tired?



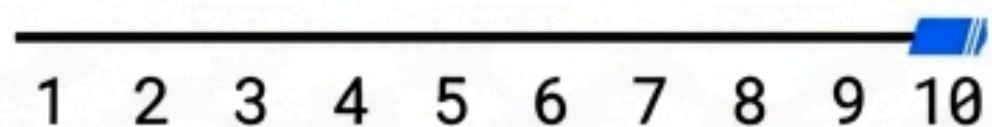
Minerals Leak

Eating vegetables? Hitting protein targets?



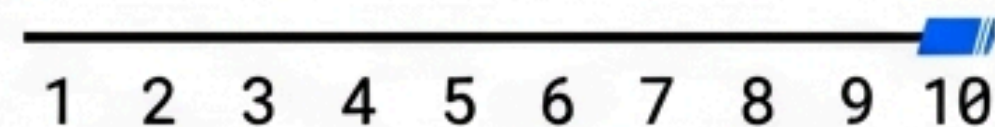
Gut/Vaginal Leak

Bloating? Discomfort?



Bone Foundation Leak

Strength training 2x/week?



Start with your lowest score. You don't need to fix all 6 to feel better—patch one leak at a time.

Verify, Don't Guess.

Essential Labs and Optimal Ranges.

Marker	Optimal Range
Vitamin D (25-OH)	40-60 ng/mL
B12	>400 pg/mL (Check MMA if borderline)
Ferritin + Iron Panel	50-100 ng/mL
Thyroid	TSH 1-2 mIU/L + Free T4
Metabolic	A1c <5.5% (Check fasting insulin)
Heart	Lipids + ApoB (Heart health baseline)
Inflammation	hs-CRP

You Can't Bloom Without Roots.

You are in the thaw. Your circadian rhythm is shifting and hormones are adjusting. This is not the time for reinvention; it is the time for foundation.

- **Food first.**
- **Labs when possible.**
- **Supplements are optional support.**

“This is the cheat version of spring. You don't need more ideas. You need the right few.”

Optional support while you rebuild.

Food first. Labs when possible. Supplements are optional support.

Spring Foundation Stack

1. Women's Vitality Complex (multivitamin)
2. Magnesium Glycinate
3. Vitamin D3 + K2
4. Women's Probiotic (50 billion CFU)
5. Omega -3

Shop Spring Foundation Stack

Use Code [SPRING15](#)





Strong Before Spring.

We got your back, sisters.

WellnessSimplified.com