

The Optimal You Starter Kit

6 easy steps to start assessing how your symptoms are connected using
Dr. Margot ND's *Cornerstones of Health*



By Dr. Margot Lattanzi // Naturopathic Doctor & Acupuncture Provider

The Optimal You Starter Kit



Hi, I'm Doctor Margot ND!

I am on a mission to help you get a deeper understanding into your health and optimize your lifestyle so that you can show up everyday feeling your best.

Through my unique 3 step process, including a full assessment, intentional testing options and individualized and manageable treatment plans, I've helped hundreds of men and women take the next step and make small changes for dramatic shifts in their health and wellness.

I believe feeling better doesn't have to be complicated or overwhelming. I'm confident that together, through focusing on the cornerstones of your health, you can better understand the connections between your symptoms and heal the root cause of your concerns – no more guesswork or band-aid solutions!

With my years of professional experience and education, I've developed the 6 cornerstones of health, which help us assess the links between different areas of your body and the root cause of your concerns. I am so excited to share this starter kit with you!

Heres to feeling like your best self!

Doctor Margot's _____

Six Cornerstones of Health



The cornerstones of health are six of the most important areas of health. I dive into each category with all of my patients right from day one of working together! While the western medical system often treats each part individually, I feel to get to the root cause of your health concerns we need to look at the connections between everything. One of my main philosophies is that feeling better doesn't have to be complicated! In this checklist, we will look at simple and effective strategies you can implement today to start improving each cornerstone and start noticing the connections in your body.



CORNERSTONES OF HEALTH ESSENTIAL CHECK LIST

01.

Diet & Digestion



Help your nervous system properly step into parasympathetic/rest & digest mode

Take 5 deep breaths before each meal or snack



Consume at least 100g protein per day

Download the free app myfitnesspal & track your diet for 7 days assessing your protein levels

02.

Detox & Toxic Burden



Ditch toxic products in the house

Download the free app think dirty and assess the products in your house for their toxicity level - swapping for cleaner alternatives.



Wake up the digestive system & promote easy bowel movements to clear toxins

Start each morning with 1 glass of warm water + the juice of 1/2 lemon

03.

Sex Hormones



Help your body balance your hormones through bowel movements

Consume 1-2 tbsp ground flax seed/ ground psyllium per day



Help your body build necessary hormones

Consume 1/4 cup pumpkin seeds + 1/2 cup of nuts per day



CORNERSTONES OF HEALTH ESSENTIAL CHECK LIST

04.

Sleep & Energy



Improve your body's natural melatonin production

Use amber lensed blue light blocking glasses 30-60 mins before going to sleep



Optimize your sleep environment for improved sleep quality

Purchase a sleep eye mask (some options [here](#)) & ear plugs and use nightly

05.

Immune Balance



Promote a healthy microbiome

Consume 1 serving of fermented foods per day (kefir, kimchi, sauerkraut, kombucha, miso, tempeh, yogurt)

06.

Mood & Stress



Go for a 20 minute walk each day, no excuses



Take a moment to pause

Give yourself at least 2 minutes per day to focus on your breathing. Set a timer, place your hands on your heart space, and breathe in and out slowly. You can do this on your bed, in your car or even on the toilet! For additional support download the apps calm, headspace or insight timer



WANT TO DIVE DEEPER, TOGETHER?

I am naturopathic doctor on a mission to help you make sense of all the information you come across and find what's relevant to your unique needs and goals. You already have the basics, but I am here to give you the confidence, support and strategy to implement a plan and get consistent and sustainable results.

I invite you to take the next steps !
You'll get access to webinars, handouts, courses and much more

[SHOP THE OPTIMAL YOU LEARNING HUB](#)

Questions about implementing this handout or
interested in working together?

[BOOK A FREE DISCOVERY CALL OR YOUR INITIAL APPT](#)

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