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# FREE WELLNESS INTRO GUIDE

Everyone should have access to a free and succinct guide on where to start when stepping out of dis-ease and into their full health and power.

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[www.SuperiHER.com](http://www.SuperiHER.com)

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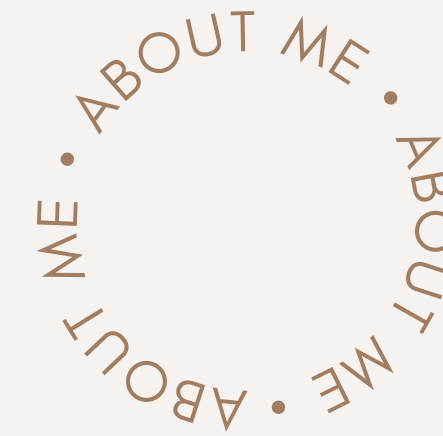
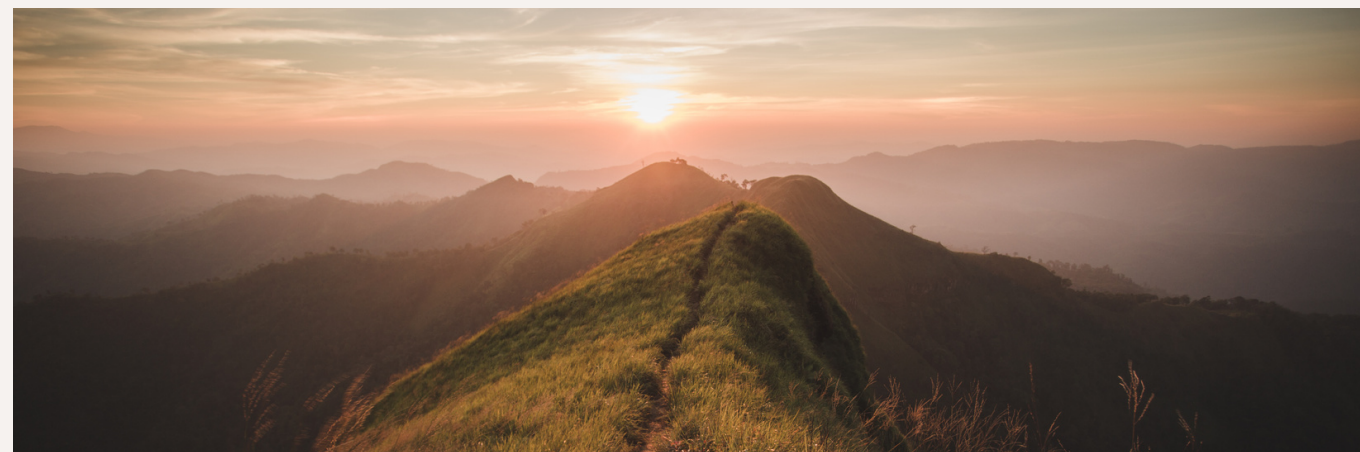


**SuperiHER**  
**Wellness**

# ABOUT ME



I used to be completely ignorant to the toxic things I was putting in and on my body until a seed was planted one day that completely changed my life. From constant health disease and mental issues to the happiest and healthiest I could have every dreamed. I took my power back and so can you.



Your true power is lying dormant inside of you just waiting to be activated. You don't need to suffer from painful periods, autoimmune diseases, hormone imbalances, constant fatigue and a whole host of other issues. This may be your first step to a you that's free and aligned.

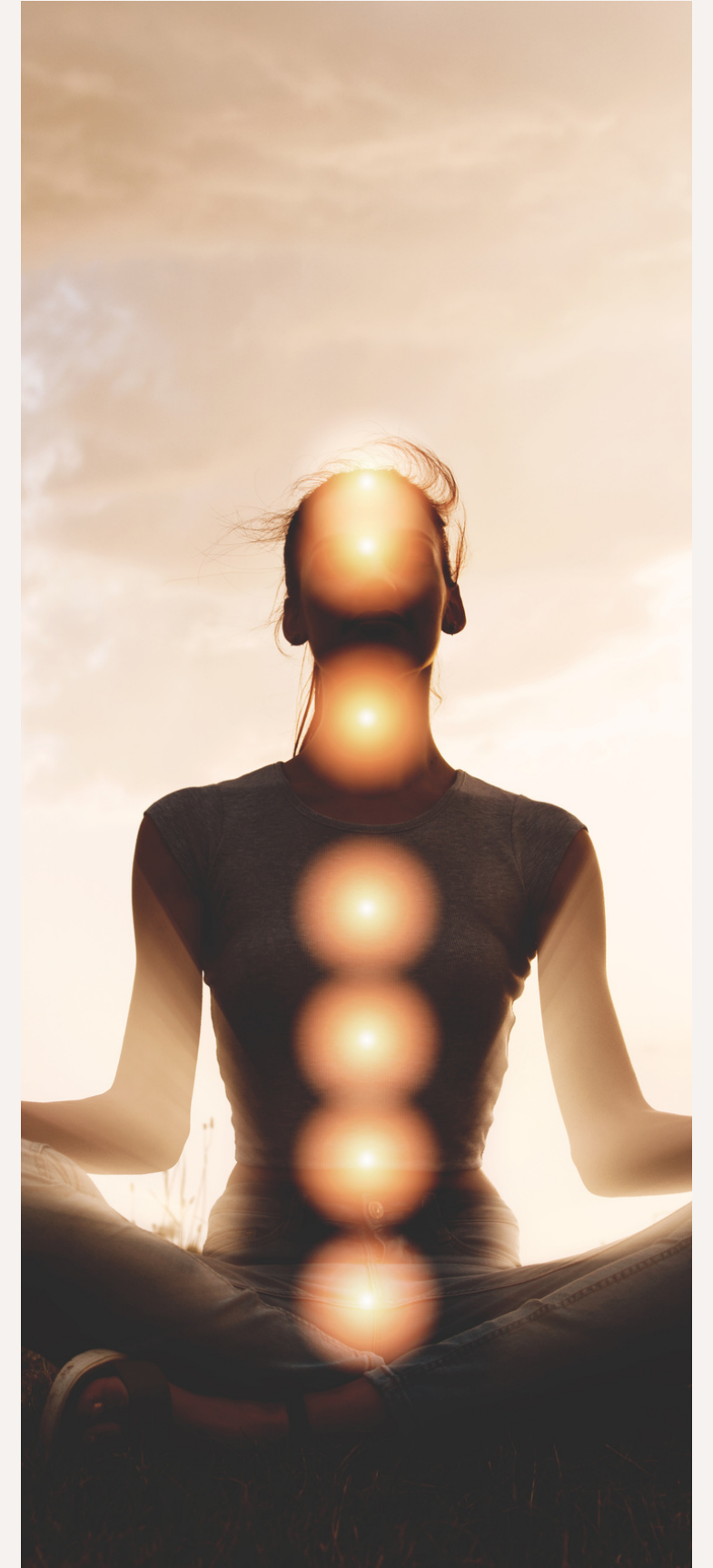


# YOUR HIGHER SELF IS WAITING

I will be presenting you with the foundational steps and ideas for you to implement in your own life that are bound to make a massive positive impact. From cutting out toxins, to boosting your immune system and positive gene expression through diet and moving your body, there are many ways you can begin to dramatically improve your life by taking your power back.



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## Endocrine (Hormone) Disrupters

Phthalates, Sulfates, Parabens, BPA, atrazine, Non-Stick pans, and more. They're in almost every normal consumer product.

## "Fragrance"

"Fragrance" or "Parfum" is an FDA loophole. This ingredient is typically at least 150 different combined chemicals that haven't been tested for safety or they have and they are known toxins that are unregulated.



## Carcinogens (Causes Cancer)

Glyphosate, food dyes, Hormonal Birth Control, alcohol, smoking, etc

## Heavy Metals

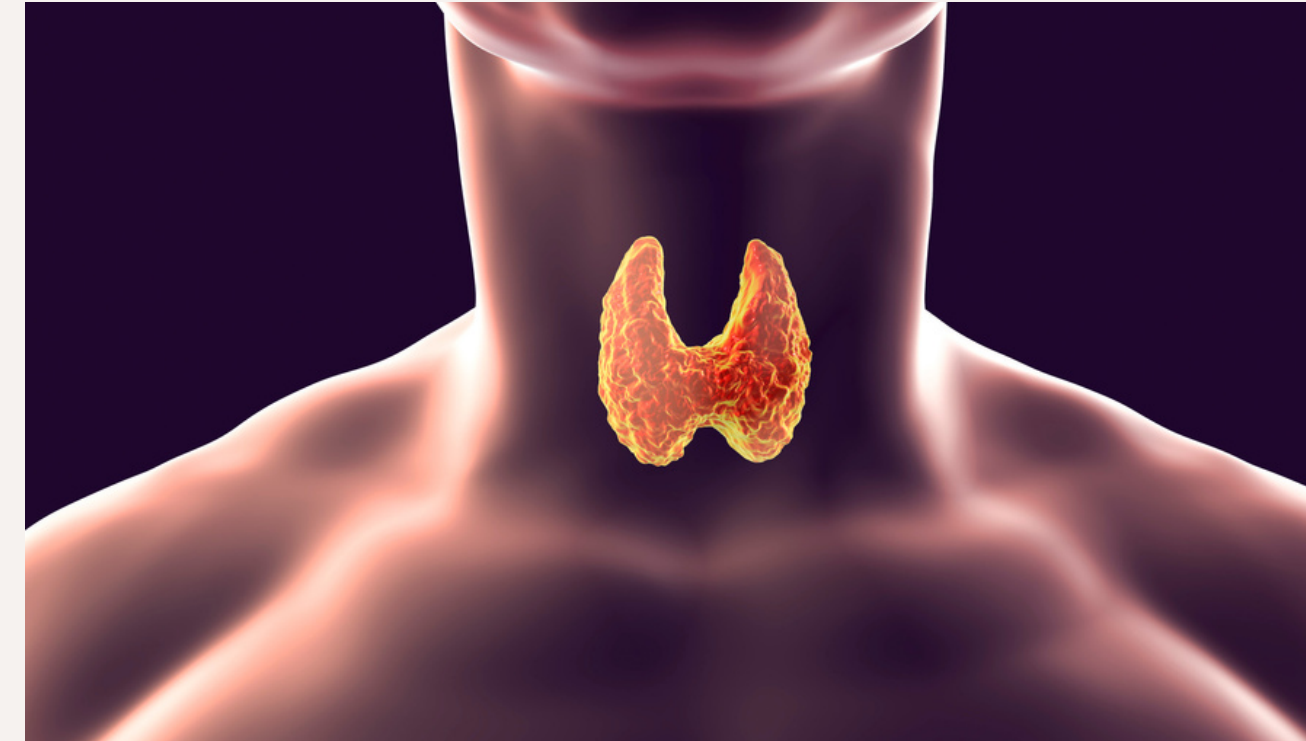
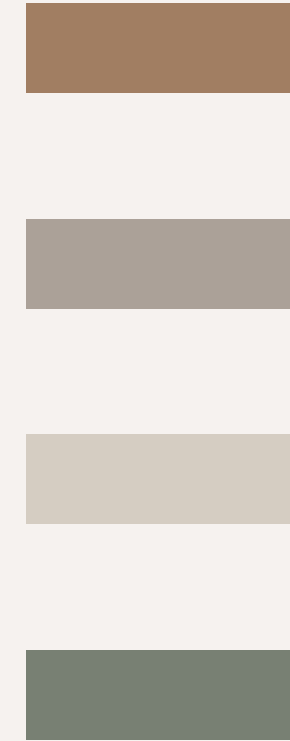
Aluminum, mercury, arsenic, lead and more can be in your tap water, your soil, your food, your beauty products, etc. These can damage DNA leading to cancer as well as autoimmune diseases, kidney & liver disease, and many more.

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# CUT OUT TOXINS

I've briefly listed some of the biggest and most common offenders. More environmental toxins you should avoid are fluoride, chlorine, artificial dyes and flavors, harsh cleaning products, unnatural sunscreen, etc. These toxins can be hindering you from achieving your healthiest and happiest form. Don't expect your hormones to be in balance or your cognitive/mental health to be high performing if you still allow these things in, on or around you. You can indeed make an incredible positive impact on your mind and overall health by mitigating your exposure as much as you can. This will give your body a much greater chance at excreting the toxins effectively because it's not bogged down with too much to filter out.

# PROTECT YOUR HORMONES



Your endocrine system plays an unfathomable role in your overall health and function of your body as well as your mind. It is the control center for pretty much every function in the body. The hormones created and released by the glands in your body's endocrine system control nearly all the processes in your body. These chemicals help coordinate your body's functions, from metabolism to growth and development, emotions, mood, sexual function and even sleep. Please hear me out, DO NOT let anyone sentence you to a life of thinking you cannot heal. The way you take care of your body affects everything down to a cellular level and gene expression. YOU CAN HEAL.

# MITIGATE STRESS



When you are constantly stressing out about things that are either in the past or things that haven't even happened, you send your body into fight or flight mode by stimulating the sympathetic nervous system and triggering the production of stress hormones like cortisol and adrenaline and this is NOT sustainable long term. This allows space for dis-ease to creep in. Breathing deeply and mindfully can stimulate the para-sympathetic nervous system (rest and digest) and tell your body and brain that you are safe. Meditation is another wonderful tool for lowering stress. Exercise, adequate sleep, nutrient dense diet and elimination of toxic foods and chemicals will all dramatically help to lower stress levels. Your thoughts have have a major effect on your health so choose them wisely. Practice makes perfect.





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### Food Is Energy

The quality of your food can have a high or low vibration that affects your electromagnetic frequency.

What you put into your body has an unfathomably profound impact on your hormones, cognitive function, sleep patterns, mental health, energy level, electromagnetic frequency and overall health, period. You're going to want to move towards a very nutrient dense diet in the most bioavailable form so that your body can return to homeostasis. Foods such as homemade bone broth, liver, raw milk, eggs, non-starchy vegetables, fermented foods and more are going to be your best best when healing your gut microbiome and hormones.

# FOOD IS MEDICINE

# ORGANIC IS BEST



Consuming food that has been stripped of its phytochemicals that protect from and prevent disease and that help our immune systems operate at highest function because of GMOing is a no no. Sprayed with pesticides and herbicides that disrupt hormone function and cause cancer, inflammation along with other issues is another big no no. Consume locally, organically and sustainably if possible. This alone can make a huge difference.



# FOOD PREP



SUCCESS • SUCCESS

Cooking every day can be a major hassle not to mention all those dishes every day can be a major time and energy consumer! Set up one or two days out of your week to prep nutrient dense organic meals that make you feel good and promote hormone balance. Make your life easier by setting yourself up for success!



Inflammatory Foods



Processed Foods



Carcinogenic Foods



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DETOXIFY YOUR LIFE.



When healing your gut microbiome and any underlying health issues you may have, it's imperative to remove foods such as gluten, refined sugar, inflammatory oils (sunflower oil, canola oil, safflower oil, etc), processed & carcinogenic foods, and more.

# CUT OUT TOXIC FOODS

# READ THE INGREDIENTS



Reading the ingredients label on everything will be a major skill you need to acquire. Seed oils, artificial colors & flavors, preservatives, refined sugars, etc have got to go. Try and stick to whole foods ingredients, meaning ingredients that are edible exactly the way they are. This is a beneficial habit to pick up even before you're able to switch over to organic foods.



This can look like yoga, running, biking, lifting weights, hiking, or whatever gets you moving your body regularly.

# MOVE YOUR BODY

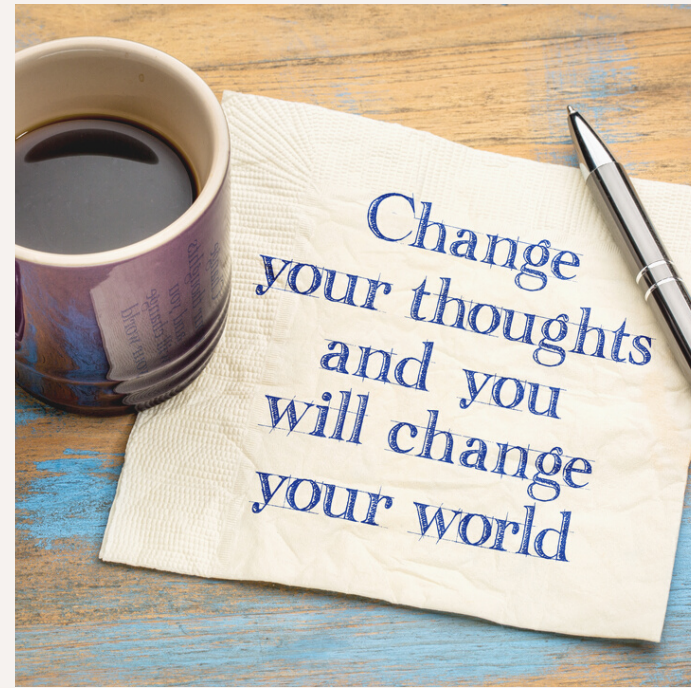


EXERCISE • EXERCISE • EXERCISE • EXERCISE

There are so many reasons that we should be active every day as a species. Exercise helps alleviate the body's stress response and can improve depression as well as anxiety. Nature's antidepressant! Being active can help to maintain a healthy metabolism and it's also a way to prevent dis-ease later in life. Exercise is one hell of a way to boost your energy as well. Do you like waking up in the morning with a ton of energy and enthusiasm when starting your day? Yea, me too! If you also love restful sleep, high level cognitive function, and living with little to no pain then here is a place to begin!



Social Media



Thoughts



Time With Others



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Create and consume wisely.



What you consume should be like a religion to you. Everything has an energetic frequency that affects whatever is around it so be weary of what you are consuming and absorbing because there are negative energies that will prevent you from reaching your highest potential because it directly affects your own life force down to a cellular level. Don't let low vibrating forces weigh you down.

CONSUME  
WISELY

# YOU HAVE THE ABILITY TO HEAL YOURSELF

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Activate Your Power



These may be concepts that you already know but maybe have yet to fully implement because you didn't have a clear idea of what to do and where to start. You do not need to make all of these changes all at once because that could be quite overwhelming if you are not doing any of these at the moment. Be patient with yourself and be proud of yourself for finding your way to the next chapter of your life. This chapter will be one of great triumph and divine healing. Stay strong and get excited for what you're about to achieve.