



You Don't Need a Bubble Bath

**3 simple shifts to replenish
what burnout has stolen**

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Hi, I'm Krystal!

I've been there. I experienced gut issues, period problems and fatigue. My irritability, especially towards my kids, added to my sense of guilt for not being able to show up as the mom I had wanted. I desperately wanted to feel like myself again.

By God's grace, I found Functional Diagnostic Nutrition, which revealed that my symptoms were not random but connected to how my body was coping with depletion. Through functional testing and adopting holistic lifestyle changes, I began to regain my well-being, and I believe you can, too.

It can be challenging to take a moment to pause and think about how to truly care for ourselves. We often carry a beautiful but heavy load. That's precisely why I put together this guide. To give you a starting point for shifting your daily habits in ways that nourish you.

Small steps have a significant impact.

In Wellness,
Krystal Settlemaier, FDN-P



Let's Be Real:

When you're running on fumes, the last thing you need is another "self-care" tip that involves lighting a candle and pretending the laundry pile doesn't exist.

You're a good mom. You're doing all the things. But if anxiety, exhaustion, and brain fog are running the show, it's time to get your body the kind of fuel it actually needs to heal.

That's why I made this guide. To give you three simple, mom-proof habits that don't require a babysitter, a yoga retreat, or even more willpower. Just small, strategic shifts that help your body calm down, recharge, and show up for the people you love (including yourself).

Let's start with my favorite free tools that God built right into creation...



SUNLIGHT

I know... you don't have time to "lay out" like it's summer break. But a few minutes of the right light at the right times can flip the switch on your mood, sleep, and energy.

It lifts your mood

Morning light tells your brain to make serotonin, your natural "feel good" chemical, so you're calmer and more focused all day.

It helps you sleep like a human

The same morning light sets your body clock so your brain makes melatonin at night (hello, actual rest).

Fuels Your Happy Hormones

Sunlight helps your body make Vitamin D, which is like a mood-stabilizing best friend. When your levels are low, stress and anxiety can creep in faster. A little daily sunshine can help keep your mind steady and your emotions in check.

It tames stress hormones

Consistent sunlight helps your adrenals stop overproducing cortisol so you're not living in fight-or-flight mode.

Say hello to the new, calm you.

Helps You Truly Unwind

A few minutes outside in the sun can melt the tension right out of your body. Kick off your shoes, let your feet touch the grass, and notice the sounds, smells, and colors around you. This simple pause calms your mind, eases inflammation, and pulls you back into the present moment where your body can finally rest.

Your easy action step:

- Within an hour of waking, step outside or open a window and face the light for 3–5 minutes. Pajamas are totally allowed.
- Bonus points: Step out again around sunset to help your body shift into rest mode.

It's not "one more thing" to add to your list: it's a 5-minute reset that makes the rest of your list feel lighter.



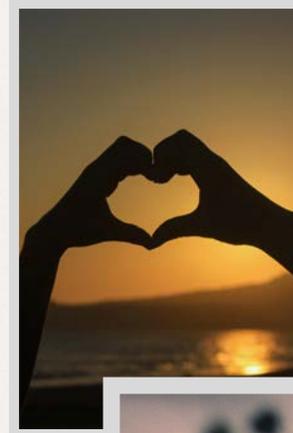
SUNLIGHT

The 3 Sunlight Moments Your Body Loves Most

Sunrise (or close to it)

Step outside within an hour of waking, even if it's just to sit on the porch in your robe. Three to five minutes is enough to tell your body, "We're awake now, let's do this."

- This light signals your brain to start a healthy cortisol rhythm (so you're alert in the morning, not wired at night).
- It also nudges your body to start making pregnenolone — the "mother hormone" that helps balance stress and sex hormones, including progesterone, your calm hormone.



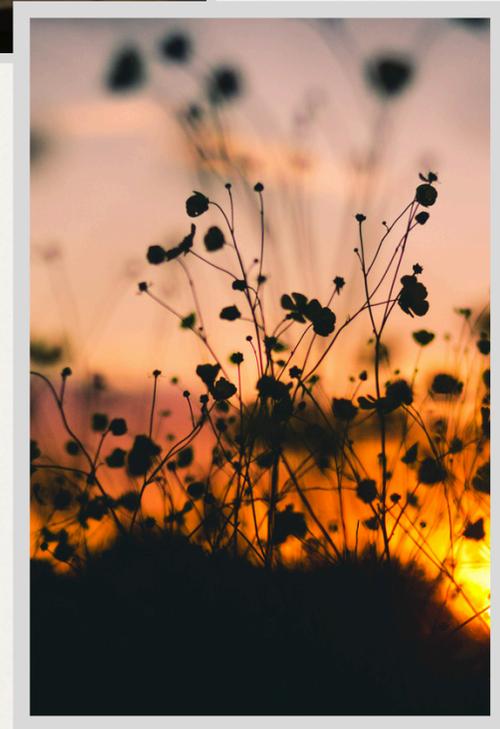
UVA Light

If you can, get outside again for 15–20 minutes before noon. This light helps your thyroid run smoothly, boosts serotonin for a happier mood, and sets the stage for deep, restful sleep later.

Sunset

Just a few minutes outside as the sun goes down tells your body it's time to wind down. Melatonin starts to rise, cortisol starts to fall, so your whole system can shift into rest mode.

- After sunset, avoid bright blue light from screens (or throw on blue-light blocking glasses) so you don't accidentally hit the "pause" button on melatonin production.



Pro tip: Cold morning? Grab a blanket or jacket and make it cozy. The point is consistency, not perfection.





how to work with your body's natural clock

You don't have to overhaul your whole life, just start stacking small light habits into what you already do:

1. **Get light in your eyes as soon as you wake up.** Open a window or step outside for a few minutes, even if it's cloudy.
2. **Bundle up if it's chilly.** Keep a cozy sweater, blanket, or jacket by the door so you don't talk yourself out of it in winter.
3. **Find your light times.** Apps like Circadian can tell you exactly when sunrise, UVA rise, and sunset hit where you live.
4. **Block the blue.** After the sun goes down, swap your phone for a salt lamp glow or wear blue-light blocking glasses so your melatonin can do its job.
5. **Focus on consistency, not perfection.** Some days will look different. The goal is more days with light at the right times than without.

These tiny tweaks can help your body relearn when to wake, when to rest, and when to repair, making everything from your mood to your metabolism work better without you hustling harder.



NERVOUS SYSTEM REGULATION

Calm your body and mind on purpose

Think of your nervous system like your phone battery. When you're stuck in fight-or-flight mode, it's like having a dozen apps running in the background, draining your energy before you've even had breakfast.

When you intentionally shift into "rest and digest," it's like closing those extra apps. Suddenly, you have more power for the things that actually matter (like being patient with your kids, thinking clearly, and feeling grounded instead of frazzled).

Why It Matters:

- Less anxiety, more peace: you're not just "managing stress," you're teaching your body how to feel safe again.
- Better digestion and hormones: calm mode signals your gut and hormone system to do their jobs properly, which means better nutrient absorption.
- More patience with your people: you respond instead of react, and the tone in your whole house shifts.



NERVOUS SYSTEM REGULATION

Simple practices you can do anywhere.

Box breathing

Inhale for 4, hold for 4, exhale for 4, hold for 4. Repeat 3–5 times.

Grounding

Step outside barefoot. Feel the grass, dirt, or sand under your feet and notice your surroundings.

Hands on Heart

Close your eyes, place your hands over your heart, and take 3 slow breaths.

Humming or Singing

Gentle sound vibrations stimulate your vagus nerve and send a “we’re safe” signal to your brain.

How to make this a daily habit:

- **Set reminders:** Add a 1-minute pause to your morning, lunch, and evening routine.
- **Stack it:** Pair a nervous system reset with something you already do: brewing coffee, waiting for the bath to fill, sitting in the car before school pickup.
- **Involve your kids:** Make breathing or grounding a family thing so they learn right alongside you.
- **Anchor it to triggers:** Every time you feel your jaw clench, shoulders tense, or heart race, pause for one of the above practices.

This isn't about doing it perfectly. It's about giving your body regular moments to remember what calm feels like. The more you practice, the easier it becomes to live there.



MINERALS

Nourish your body with the right sparks.

You can get all the sunlight and nervous system resets in the world, but if your mineral tank is empty, your body will keep running on low power.

Minerals are the spark plugs of your cells. They run everything from hormone production to energy creation to how calm (or chaotic) your brain feels. And the fun part? Stress burns through minerals fast. That means every school pickup meltdown, sleepless night, or busy week at work depletes your reserves even more.

Why Minerals Matter for Stress + Energy

- **Magnesium**: It helps your cells actually use the fuel you eat, while keeping your nervous system steady so you don't burn through energy in stress mode.
- **Potassium + Sodium**: These two are your body's battery chargers. When they're balanced, you feel steady power all day instead of sharp highs and crashes. When they're off, it's like your body is running on a dying battery.
- **Calcium + Phosphorus**: These minerals are key for turning food into fuel. When they're in sync, you feel clear, focused, and physically capable. When they're not, you can eat well and still feel sluggish.

When these are in balance, you think clearer, sleep deeper, and have more emotional resilience. When they're low or imbalanced, everything feels harder.



how to replenish minerals

You don't have to overhaul your diet or live in the kitchen to give your body the minerals it's craving. Here are simple, mom-proof ways to keep your levels steady so your energy stays steady too:

1. Eat mineral-rich foods at every meal.

Think: simple swaps, not major changes.

- Magnesium – cooked leafy greens, avocado, cacao, beans, dairy
- Potassium – potatoes, squash, coconut water, tomatoes, mango
- Sodium – sea salt, bone broth, fermented veggies
- Calcium – dairy, sardines, canned salmon, bone broth



2. Upgrade your salt.

Swap out table salt for mineral-rich sea salt or Himalayan pink salt. The trace minerals help with hydration and energy, not just flavor.

3. Soak it in.

- Take an Epsom salt bath or foot soak a few nights a week
- Use magnesium lotion or spray before bed for deeper sleep and calmer mornings



Let's get you the exact map your body has been missing

You've got sunlight, nervous system resets, and mineral support in your back pocket now, but your body's needs are as unique as your fingerprint.

That's where working 1:1 comes in.

When we run a mineral test, it's like opening your body's dashboard. We can see exactly which minerals you're low in, which ones are out of balance, and how that's affecting your energy, mood, hormones, and sleep.

No more guessing. No more wasting money on random supplements or chasing "tips" from the internet. Just a clear, targeted plan that works with your body instead of against it.

Here's what happens when we work together:

- You get answers you can actually trust
- You know exactly what to focus on (and what to stop worrying about)
- You feel supported instead of overwhelmed

If you're ready to stop patching the symptoms and start fixing the roots, let's do this together. We'll talk through what's going on, I'll share exactly how I can help, and you can decide if it's the right next step. No pressure. Just answers.

Because you don't need another thing to "try." You need a plan that actually works for your body.

[BOOK A
FREE CALL](#)

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The information provided in this guide is for educational purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. Please always consult your healthcare provider before making any changes to ensure they are appropriate and safe for you.