

MIRACLE HEALTH BLUEPRINT

UNCOVER YOUR HIDDEN FOOD INTOLERANCES

If you're eating foods that you are intolerant to, they can wreak havoc on your body, resulting in inflammation, fatigue, poor focus, and even weight loss resistance. Use **The Virgin Diet** to go through your personal discovery process by eliminating the top 7 culprits from your diet for 21 days, then re-introducing them one at a time. Then you can connect the dots between your diet and your health and create a plan that will work for you.

[The Virgin Diet Online Program](#)

LOWER YOUR SUGAR IMPACT

Sugar is sneaking into your diet in places you'd never suspect. By looking at your sugar impact, you'll be able to easily identify where it's hiding and learn how to replace high-sugar impact foods with lower sugar impact foods to break through your cravings, improve your mood, and support a healthy gut and immune system.

[Sugar Impact Diet Online Program](#)

BURST TRAIN

Endurance training can tax your adrenals and stress out your body, age you faster due to increased oxidative stress, lower your immune system, and break down muscle. And it takes a lot of time to do! Save time and get better results by incorporating burst training instead.

Burst or HIIT (high intensity interval training), helps retrain your sympathetic nervous system to handle stress better. It also boosts your metabolism and your anabolic hormones to help you burn fat and build and maintain lean muscle. Burst training also raises endorphins and can be done in just minutes a day, which means you feel great without spending all that time at the gym!

When I was spending 12 hours a day in the hospital with Grant, I would burst train on the hospital stairs. You should incorporate 4-8 total minutes of burst training 3 days a week into your schedule.

[Read more about Burst Training](#)
[Get a free Fast Blast Workout](#)
[X-iser](#)

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START THE DAY WITH A SHAKE

Don't blow it at breakfast! When you eat the typical breakfast foods – cereals, muffins, toast, bagels, etc. – you set yourself up for blood sugar instability all day long. Be sure that you get clean protein, healthy fats, and filling fiber within an hour of waking up. The easiest way to ensure this happens consistently is to make it a habit to start your day with a shake.



[Get Your Shakes](#)
[Shake Recipe Guide](#)

SUPPLEMENT

You want to make sure you are taking the basics, and then add extra supplements and nutrients as needed.

Basics - Daily Essential Packets, Vitamin D, additional Omega Plus if needed

Gut Support - Microbiome Balance, Leaky Gut Support

Sleep Support - Sleep Candy

Digestive Support - Digestive Enzymes

[Supplement Store](#)

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SURROUND YOURSELF WITH SUPPORT

One of the first things I did after Grant's accident was to reach out to my close friends. The next morning, I emailed my entire database for even more support. There were and still are dark times, and having a community of support and lifelines to call has made all of the difference.

[Get active in the Miracle Mindset Facebook Community](#)

KEEP HYDRATED

Even mild dehydration (1-2%) can raise stress hormones. Plus, drinking water throughout the day can boost your metabolism by as much as 30%. Your needs will vary based on your weight, activity level, diet, and climate, but a good rule to follow is 64 ounces per day.

**See the Water Guidelines
Lemon-AID Recipe**

MAKE QUALITY SLEEP A PRIORITY

Just one poor night of sleep can lower your immune system, raise stress hormones, and make you hungrier and better at storing fat. The most important thing you can do to stay on top of your game is to get 7-9 hours of quality sleep per night. I recommend taking 1-3 **Sleep Candy** lozenges if you struggle with falling asleep or staying asleep. They're all-natural and hangover-free.

[Learn about Sleep Candy
Sleep Tips](#)

EAT BY THE CLOCK KEEP EMERGENCY FOOD WITH YOU

The hospital's idea of "farm to table" healthy food was an apple, so I made sure to bring my own food for Grant and me. I also kept a stash of my bars on hand so that I would never be stuck and tempted to hit the cafe or vending machines.

[See our selection of Bars](#)