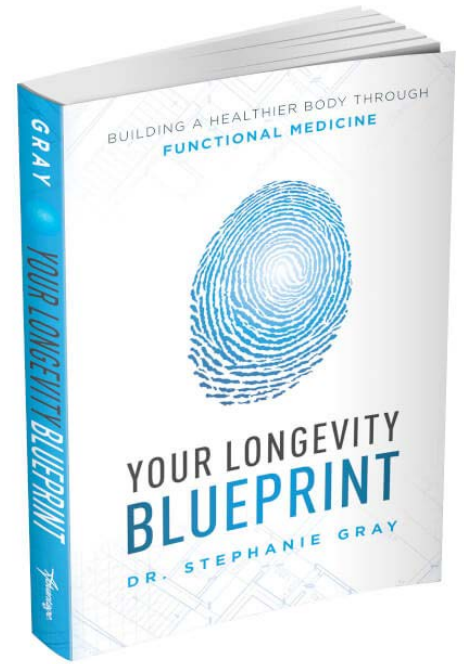


YOUR LONGEVITY BLUEPRINT

Your *Longevity Blueprint* is a resource to help you find the answers to your personal health situation. Regardless of your symptoms: headaches, irritable bowel syndrome, psoriasis, tachycardia, and even fatigue, this book will help. In her book, Dr. Gray shares the most progressive functional medicine testing options currently available, as well as Longevity Blueprint (LB) nutraceutical products. Each chapter discusses how your organs and the systems of your body work together to build your longevity. It's a lot like building a home; you need a blueprint to ensure the home is a place you can live for a long time. The same with your body; you need a blueprint to ensure every system of your body is addressed to have a long and healthy life. Discover your Blueprint... Get started now!



Learn more at www.YourLongevityBlueprint.com



“Dr. Gray skillfully guides you through a comprehensive system to alleviate resistant symptoms and improve your health and quality of life. Following this Blueprint will empower you and give you the ability to live a longer and healthier life.”

-Dr. Joseph Collins, ND, RN,
author Discover Your Menopause Type



CHAPTER # AND TITLE	
1	YOUR FOUNDATION: RESTORING GUT HEALTH
2	MAINTAINING YOUR FRAMEWORK: KEEPING YOUR SPINE IN LINE
3	ELECTRICAL WORK: INFLUENCING YOUR GENETICS
4	HAVING THE KEYS TO UNLOCK DOORWAYS: REPLETING NUTRITIONAL DEFICIENCIES
5	TACKLING THE LAUNDRY: DETOXIFYING THE BODY
6	MANAGING YOUR HEATING/COOLING: OPTIMIZING YOUR HORMONES
7	CLOG FREE PLUMBING: REDUCING CARDIOVASCULAR DISEASE
8	MAINTAINING ROOF INTEGRITY: STRENGTHENING THE IMMUNE SYSTEM
9	GETTING STARTED: FINDING A CONTRACTOR, OR PROVIDER WHO CAN HELP WITH YOUR BUILDING PROCESS



DR. STEPHANIE GRAY

Stephanie Gray, DNP, MS, ARNP, ANP-C, GNP-C, ABAAHP, FAARFM, has been working as a nurse practitioner since 2009. She completed her doctorate focusing on estrogen metabolism from the University of Iowa in 2011. Additionally, she has a Masters in Metabolic Nutritional Medicine from the University of South Florida's Medical School.

RECOMMENDED FUNCTIONAL MEDICINE HORMONE LAB TESTING OPTIONS

- Adrenal Stress Index: 4-5 point saliva cortisol testing
- Thyroid panel: TSH, Free T4, Total T4, Free T3, Total T3, thyroid peroxidase antibodies (TPO), thyroglobulin antibodies (TG), Reverse T3, ferritin, iron
- Urine Iodine loading test
- Male blood sex hormone panel: FSH, LH, free and total testosterone, estrone, estradiol, CBC, CMP
- Female blood sex hormone panel: FSH, LH, estrone, estradiol, progesterone, testosterone, CBC, CMP (to be drawn 1 week after ovulation if cycling)
- Urine Hormone Metabolite Assessment

TOP THREE TIPS TO BOOST YOUR HORMONES NATURALLY

REDUCE STRESS

- Stress is your body's biggest hormone hijacker. In times of stress, you may experience the fight-or-flight response. This is initiated by the sympathetic nervous system. The adrenals then secrete cortisol, adrenaline, epinephrine, and norepinephrine. This is often followed by a "crash and burn."
- When the adrenals are stressed, they can't effectively help with sex or thyroid hormone production. Managing your stress is critical for optimal cortisol and neurotransmitter production. Your adrenals need "down time." They need recovery and healing time. Your body can't function well under continuous stress.
- Consider lifestyle changes like: meditation, yoga, deep breathing, and resting, allowing for mental downtime for your adrenals to recover.

REDUCE YOUR TOXIN EXPOSURE

- Toxins are another stressor on our bodies that can impact hormone production and can bind to hormone receptors.
- Work to remove toxic chemicals from your home and from your personal care products.
- One of the common toxins is plastics. Think of how often you use plastic on a daily basis. That cough spray, baby formula, peanut butter, and ketchup likely also came from a plastic bottle. Plastic often contains bisphenol A (BPA), an endocrine disruptor that can have negative effects on our reproductive organs and hormones, specifically the breasts in females and prostate in males.
- Some personal care products also contain parabens and phthalates (more endocrine disruptors), so read the labels and avoid products that simply list added "fragrance," since this catch-all term sometimes means hidden phthalates.

FIX NUTRIENT DEFICIENCIES

- Vitamins and minerals act as cofactors for every single metabolic reaction in the body including hormone production.
- Your hormone and detox pathways require nutrients to work.
- Your body will struggle to product hormones without nutrients, even healthy fats!
- Consume nutrient dense organic foods of various colors and varieties.
- Consider supplementing with omega 3s, Vitamin D, magnesium, and selenium.

