




The Self-Honoring Woman

presents...



Endless Energy

**The Secret to Creating
Unlimited Energy & A Resilient Body**

So You Can Build Your Dream Business without
Pushing Harder, Neglecting Yourself, or Burning Out

WHERE DID THE SECRET TO ENDLESS ENERGY COME FROM?

After nearly dying while I was giving birth to my son, I struggled for years with a long list of health issues and crippling fatigue. Western medicine didn't have any answers for me, and alternative therapies only took me so far.

Even though I was doing everything I knew to heal, I was still struggling, desperate, and scared.

So, I deepened my daily health practices. These became the 6 Pillars of Endless Energy, and remain an important part of how I continue to cultivate vibrant health today.

But I also realized I needed to get to the root of the unconscious patterns in my life that were depleting my energy and holding my health hostage.

This was when *the secret* to Endless Energy was born.

Over several years I met what I now call the **Self-Honoring Archetypes**. They taught me how to hold myself in the highest regard, interrupt the unhealthy patterns in my life, reclaim my energy, and heal.

As I took up this call to honor myself...

- ✦ Caring for myself became a privilege instead of a burden.
- ✦ My strength, endurance, and resilience returned.
- ✦ Clear thinking and decision making became effortless.
- ✦ My vitality was restored and my health dramatically improved.

I realized then that reclaiming one's energy is a twofold process of learning how to honor all of who you are. In this twofold process you must learn how to:

1. Support and nourish your physical body, and
2. Finally address and rewire the toxic patterns in your life that have been exhausting you in the first place



The Self-Honoring Woman

presents...

ENDLESS ENERGY

Whether you are a professional woman who is trying to advance your career, a busy mom who is juggling so much on a daily basis, a business owner with big ambitions, or all of the above, learning to honor yourself fully is a skill set you must learn.

It's the only way you will be able to build your dream business and life, without pushing harder, neglecting yourself, or burning out.

This guide and the Self-Honoring Archetypes will show you *how* that is possible.

Are you ready?

Lots of love,

Alicia

PS: At the end of this guide I give you a powerful tool that you can print out and use to make sure you animate the Self-Honoring Archetypes inside of yourself every day. Keep reading to find out more!





The Self-Honoring Woman

presents...

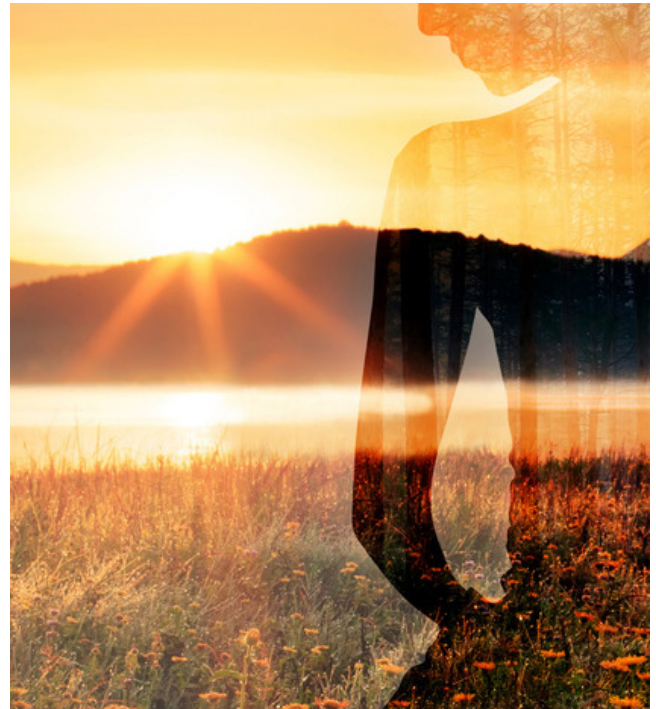
ENDLESS ENERGY

THE SECRET TO ENDLESS ENERGY

Many women aren't clear on what they need to be doing to support their bodies and health to the fullest. If this is you, don't worry! In this guide I will share the 6 Pillars of Endless Energy with you so that you can support your physical body to be its best.

But even if you *do* know what you should be doing, you might not be able to get yourself to do those things consistently. Or *at all!*

You might get stuck in a vicious cycle of self-sabotage that leaves you feeling drained, depleted, and miserable. So many of my clients end up in this place, even when they know very well what they could be doing to help themselves feel better.



What's really going on here is something that nearly all of us have experienced. There is a younger, more renegade part of you, that is sitting in the driver's seat of your life. She may be all about instant gratification, and not have your best interests, big dreams, and beautiful ambitions in mind.

If you want to feel better, you need to learn to embody a more evolved version of yourself, and let her sit in the driver's seat of your life. That more evolved aspect of you will give you the permission and guidance that you need to show up better for yourself.

How do you learn to embody a more evolved version of yourself? You learn to activate the energies of **the Self-Honoring Archetypes** in your life.

The Self-Honoring Archetypes already exist within you, but they've likely gone dormant, leaving you to navigate the complexities of your life *without* their indispensable wisdom.

But when you learn to connect with and activate each of them in your life, they show you how to fully express your vitality, beauty, and power. Because they are the antidote to a culture that expects you to neglect, override, and abandon yourself.



The Self-Honoring Woman

presents...

ENDLESS ENERGY

MEET THE 5 SELF-HONORING ARCHETYPES:



The Conscious Rebel: In a world that expects you to conform, be the Good Girl, play nice, and forever be subservient to who and what others expect you to be, the Conscious Rebel knows that self-silencing and suppressing your emotions will exhaust you. Empowering her in your life will help you better connect with what you value most, and what is true for you. She will give you the permission you need to choose what is best for you without apology, guilt, or shame.



The Awakened Alchemist: You came into this world with a unique orientation to yourself and life. The Awakened Alchemist knows that the stories you tell yourself have a big impact on your health. Unleashing her in your life will help you to re-envision and re-write your personal story from a place of altitude and gratitude. As a result, you become better at responding to life's challenges, and making life-giving choices that nourish and support all of who you are.



The Sentient Sage: You possess a deep and unshakable kind of knowing. But like many women, maybe you've buried, forgotten, or learned to mistrust it. Activating your Sentient Sage helps you create a clean, clear connection to that wisdom, so you can re-member who you are, and what you require to thrive in every way, and at every stage of your life. She will remind you of all that makes you unique and special, and help you to stop overriding your wants and needs.



The Intentional Lover: Too many women secretly feel they are not enough. They are living with deep layers of shame, blame, and toxic self-criticism, all of which perpetuate a nervous system and body that are at war with each other. Honoring your Intentional Lover helps you shed these layers of disconnection, and start believing you are worthy of *more*. She will show you how to raise your standards time and time again, and help you end the battle with your true self.



The Wise Warrior: To avoid burnout, you must learn to orient yourself and your life to your own north star - especially when doing so goes against the grain of what others expect of you. Redefining your Wise Warrior helps you disengage from the temptations, demands, and distractions coming at you from the outside world. She shows you how to honor your needs first, how to avoid the pitfalls of undervaluing yourself, and how to stop over-promising what you do not have to give.



ENDLESS ENERGY

Endless Energy isn't some fantastical idea that's only available to a select few. It's something that becomes available to all of us when we begin to re-member who we really are, and act accordingly.

It is exhausting to be anyone but yourself. The Self-Honoring Archetypes can help you re-member and live into who you really are.

When you are being who you really are, instead of who you've been taught you're supposed to be, holding yourself in the highest regard becomes as natural as breathing.

You'll no longer give from an empty cup or violate your own boundaries. Self-sacrifice begins to feel like an outdated, foreign, and irresponsible way of living you can't even pretend to have any interest in.

Many women secretly fear that if they prioritize and care for themselves like this, they'll be seen as high maintenance, self-absorbed, vain, and selfish. It's this fear that frequently keeps women in a pattern of over-giving, resentment, and exhaustion.

The Self-Honoring Archetypes will help you uncover the lies that have kept you depleted, and operating at a fraction of your true capacity. They will help you shed the Good Girl, people-pleasing, perfectionistic personas you've been carrying until now, so that the true, powerful, beautiful you can emerge and finally be free.

I can't possibly share everything about the Self-Honoring Archetypes in this guide here today, but in the following pages I can show you how you can dive deep into the 6 Pillars of Endless Energy, and start connecting with the Archetypes every day.

The more nourished, supported, and resourced you are, the better you will be able to meet your responsibilities, pursue your boldest ambitions, and share your gifts with the world. You will also model a new way of being for the next generation.

In this guide I will also help you look at where you are currently out of balance with your natural energy, and we will touch in on the root causes of your fatigue.

Keep in mind that the 6 Pillars of Endless Energy include things you probably know you should be doing, but so very often, you don't!

Be sure to keep reading to the end where I share how you can connect with the Self-Honoring Archetypes throughout your week.

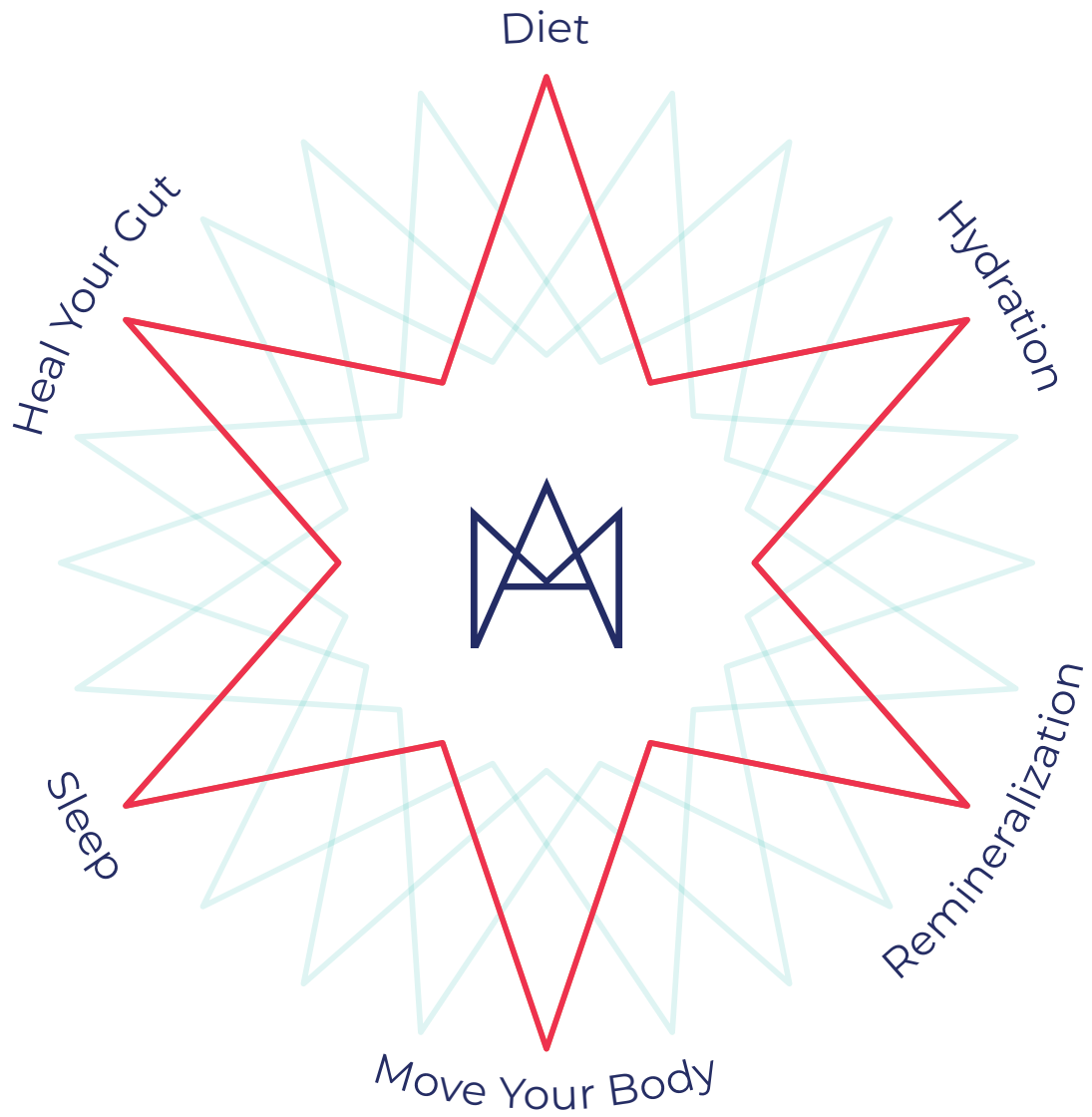


The Self-Honoring Woman

presents...

ENDLESS ENERGY

THE 6 PILLARS OF ENDLESS ENERGY





The Self-Honoring Woman

presents...

ENDLESS ENERGY

THE 6 PILLARS OF ENDLESS ENERGY

There is no avoiding it - there are regular things we must do to care for our physical bodies to help them to thrive.

As you read through the following pages, take note of how often and how well you are incorporating each of the 6 Pillars of Endless Energy into your daily routine. Adjusting your daily habits can help you reclaim your energy in significant ways.

PILLAR ONE: *Diet*

There is so much confusing information out there about what we should eat, what is considered “healthy”, and which way of eating is supposed to be “good” for you.

The truth is, there is no one size fits all diet. Everyone is unique, and your body’s needs will shift and change as you go through different phases of life, and place different demands on your body.

Some general rules to follow are:

- Eat at regular intervals throughout the day to maintain healthy blood sugar levels
- Eat mostly colorful fruits and vegetables, nuts and seeds, whole grains and legumes
- Eat humanely raised, antibiotic, and hormone free meats and wild-caught fish
- Avoid processed foods with difficult to pronounce ingredients, food coloring and additives

Beware of dietary trends that demonize certain foods or food groups (note: junk food is not a food group, so minimize it as much as possible).

An example of this is the current dietary trend that is against carbohydrates. Sure, processed foods, sugar, and most baked goods will put you on an energy roller coaster that will exhaust you. But healthy complex carbohydrates (like fruits, whole grains, root vegetables, legumes, etc.) are a fantastic source of energy for the body.

Glucose is the primary source of fuel your body uses, and 75% of what you eat goes to directly fueling your brain! Don’t avoid these foods. Your body needs them to function properly and maintain healthy blood sugar levels and cognitive function throughout the day.





The Self-Honoring Woman

presents...

ENDLESS ENERGY

PILLAR TWO: Hydration

A woman's body is made up of 55%-60% water. It's our job to replenish that water every day. But up to 50% of women are walking around with mild to moderate dehydration, and don't even know it.

Hydration is important for many reasons. It helps every single organ and system in the body function more effectively and efficiently, and it does wonders for the health of your muscles, connective tissue, and skin.

Even mild dehydration can lead to feelings of tiredness and decreased energy levels. It can also negatively impact concentration, memory, and overall mental clarity.

Other symptoms and body changes associated with dehydration include:

- Thirst
- Muscle Pain
- Dry Mouth & Skin
- Reduced Urine Output
- Headaches
- Increased Heart Rate
- Dizziness or Lightheadedness
- Muscle Cramps
- Digestive Issues
- Impaired Cognitive Function

Some general guidelines to follow are:

Aim to drink half your body weight in ounces of water every day - more if you sweat a lot, drink caffeine and/or alcohol.

Carry a water bottle with you to encourage yourself to drink. Avoid plastic water bottles whenever possible. Use glass or steel, instead.

Sip water throughout the day to stay hydrated. It can be very helpful to drink larger quantities of water at 2 different times during the day to get your "ounces" in. I like to drink a majority of my water first thing in the morning before I eat breakfast, and again at mid-afternoon (between 3-4:30pm).

Quality of water matters. Use a water filter at home to remove chlorine, lead, arsenic, and other contaminants. There are many affordable high quality filters to choose from today.





The Self-Honoring Woman

presents...

ENDLESS ENERGY

PILLAR THREE: *Remineralize*

We require minerals like calcium, magnesium, potassium, and phosphorus to maintain strong bones, regulate muscle contractions and nerve signals, maintain fluid balance in the body, support metabolic and energy production in our cells, and preserve brain health, mood regulation, emotional wellbeing, and cognitive function.



To prevent becoming depleted or deficient in electrolytes and minerals, you can regularly restore the mineral content of your body in several ways:

- **Diet:** Eating more fruits and vegetables, nuts and seeds, whole grains, seaweed, and leafy greens is a great place to begin. Never underestimate the power of a colorful, fiber-rich, whole-food dense diet.
- **High quality electrolytes:** You can easily replenish lost minerals, especially after exercise, exposure to extreme temperatures, or illness, by purchasing a high-quality electrolyte powder to add to your water. Electrolytes are crucial for transmitting electrical signals in the muscular and nervous systems, which allow the brain and the body to communicate well with each other. They are crucial for overall health and wellbeing, and consistent energy, and can be easily incorporated into your daily routine.
- **Supplements:** Very often dietary sources of minerals are not enough to replenish what our bodies need to perform at their best. Most women are deficient in magnesium and other minerals. It is best to consult a health professional, request lab testing to uncover deficiencies, and discuss which supplements might be best for you.
- **Bone broth:** Many people love the taste of bone broth, and it can be a great source of minerals. Make your own, or purchase one that uses organic and simple ingredients.
- **Herbs:** Many herbs like nettle leaf, horsetail, dandelion leaf and root, tulsi (and others), along with superfoods like spirulina and chlorella are all high in minerals and can be easily incorporated into a meal, added to a smoothie, or taken as supplements.
- **Reduce your caffeine, soda, and alcohol intake:** Regular use of caffeine, sodas, and alcohol can leach minerals from your body and bones. Reducing your intake can help your body maintain better mineral levels.
- **Adjust your cooking methods:** Steaming or simmering can help preserve the mineral content of the foods you are preparing. Consider “gentler” cooking methods to better maintain the nutritional value of your meal.



The Self-Honoring Woman

presents...

ENDLESS ENERGY

PILLAR FOUR: *Move your body*

Exercise contributes to better energy levels in several ways. Physical activity boosts circulation throughout the body, which delivers more oxygen and nutrients to the tissues in your body and brain. It also increases the overall metabolic rate of the body, which helps the body convert the food you eat into energy more efficiently.



Exercise also stimulates the production of mitochondria inside of your cells. Mitochondria are the powerhouses that generate energy in each of your cells so your body can function. More mitochondria means more energy!

In addition to all of the above, moving your body reduces the effect that stress has on the body. It builds muscle and improves stamina, too. Regular exercise often leads to improved sleep patterns, which in turn will enhance your overall energy levels throughout the day.

Physical activity has also been shown to boost cognitive function and focus. This means you will feel more awake, alert, and energized when exercise is a regular part of your day and week.

Some general guidelines to follow are:

- Experiment with different forms of movement, and find what feels good to you. Exercise gets to be fun. It doesn't always have to be grueling work!
- Plan for it. Block off time in your busy calendar to move your body, and make it a priority.
- It can be helpful to have different forms of exercise to meet your changing energy levels, time constraints, and changes in weather. Hot yoga on a cold and blustery day can feel divine. A gorgeous hike in nature on a crisp fall morning is a wonderful way to start the day. Something more vigorous like spinning or kickboxing when you're feeling feisty can be the perfect thing to let off some steam. Yin yoga is great to de-stress and relax.
- Variety is queen!

Moving your body is one of the ways your body's circulatory system gets a workout. It's one of the best ways the body releases toxins from the body via your breath and sweat, too. Movement is a powerful way to elevate your body's happy neurotransmitter levels, which is a fantastic way to naturally boost energy.

Let's not forget the endorphin effect! Physical activity triggers the release of endorphins into the bloodstream, which magnifies that felt sense of vitality and vigor we all love. You can't go wrong with moving your body on a regular basis!



The Self-Honoring Woman

presents...

ENDLESS ENERGY

PILLAR FIVE: Sleep

Most women are expecting their bodies to feel rested, rejuvenated, and ready to rock their full-tilt schedules on 5 - 7.5 hours of sleep a night. This estimate doesn't include all those times when you pushed harder, stayed up with your sick kids, pulled an all-nighter for work, and asked *a lot* of your body without adequate recovery time afterward.



Some things that are having a significant impact on your body's circadian rhythms and your ability to get good quality sleep are:

- Decades of caffeine and sugar to keep yourself going
- Years of breastfeeding and/or raising children
- Hormone fluctuations and imbalances with life changes
- Unprocessed trauma that has hijacked your nervous system
- Lack of natural morning light exposure
- Blue light bombardment from excessive screen time
- Declining natural melatonin production in the body
- Erratic wake up and bedtimes

Here are some things for you to consider:

Stop drinking caffeine and eating chocolate after 4pm. This gives your body enough time to metabolize those stimulants so you can fall asleep and stay asleep.

Reduce screen time as you get closer to bed. Turn all screens off at least 30 - 45 minutes before you close your eyes. Alternatively, wear blue light blocking or red glasses if you must stare at a screen.

Cool your bedroom down before you get into bed. Your body temperature needs to drop one degree to fall and stay asleep.

Plan to eat your final meal for the day at least 3 hours before you go to bed. This helps your body better digest your food and not disrupt your sleep in order to do so.

Sleep hygiene practices are essential to re-establishing healthy circadian rhythms and retraining your body to sleep when it is supposed to. As you establish a healthy sleep practice, you will have easy access to your body's natural energy when you're awake.



The Self-Honoring Woman

presents...

ENDLESS ENERGY

PILLAR SIX: *Heal your gut*

When you were in utero, the cells that create your digestive system and the cells that create your brain were one and the same. Even today, they communicate directly with each other through the master nerve in your body - the Vagus nerve. This is known as the gut-brain connection.



If you want to have consistent energy throughout the day, think more clearly, and have stable and resilient moods, tending to the health of your gut is one of the most powerful and effective ways you can do that.

The health of your gut impacts your energy levels in multiple ways:

- Poor gut health can lead to malabsorption of nutrients, which can cause fatigue.
- An unhealthy gut can lead to increased inflammation in your gut and throughout your body - both can drain energy levels in significant ways.
- Poor gut health can lead to sleep disturbances which directly affect your energy levels during the day.
- A healthy gut can promote better mood and cognitive function, which can lead to higher energy levels and greater mental clarity throughout the day.

Approximately 90% of the body's serotonin (the "happy" neurotransmitter) is produced in the gut, and about 50% of the body's dopamine (the "reward" neurotransmitter) is also created in the gut. These statistics highlight just how important the role of the gut is in the production of neurotransmitters, natural energy, and your overall health.

Some general guidelines for you to consider are:

Follow the previous 5 Pillars of Endless Energy - all of them support gut health, too!

Start paying attention to which foods help you to feel amazing, and which foods make you feel tired or like crud. Eat more of the former, and less of the latter.

There are many signs of a gut health imbalance that don't seem to be related to your gut at all. These include: skin conditions, fluctuating moods, irritability, fatigue, brain fog, memory issues, and more.

Your gut is very responsive to dietary and lifestyle changes, so it's never too late to heal your gut!

Check out my [5-Day Gut Health Reset](#) - for just \$7 you can learn the basics for how to better care for your gut!



The Self-Honoring Woman

presents...

ENDLESS ENERGY

WHERE ARE YOU OUT OF BALANCE WITH YOUR NATURAL ENERGY?

Many women have to get to the point where they are in a major health crisis before they realize they've been operating from a place of exhaustion for weeks, months, and even years.

If this is you, it's not all your fault. Our culture rewards productivity and profit above all else, and encourages us to override and ignore our body's cries for rest in the process.

To make things worse, we tend to glamorize pushing hard and going fast, even when it hurts us. And we've become addicted to the adrenalized rush of accomplishment when we get things done.

It's no wonder we've become consumed with meeting the high demands of our lives at all cost. But in that process of speeding up and going hard, we become disconnected from ourselves, our bodies, and our inner wisdom. It's an inevitable outcome of pushing ourselves to a painful place.

Now, very few of us were ever taught how to give our bodies and our psyches the level of attention, care, and rest we truly require to thrive.

Instead, we were shown how to chase our exhaustion with a toxic combination of convenience foods, sugar, caffeine, criticism, judgment, guilt, and shame. Even still, we keep pushing, doing, giving, and going.

Before we know it, we discover that our well is dry, our cup is empty, and our bodies are breaking down. We have type-A'd our way into bone-deep fatigue, and we believe we have to type-A our way out of it.

I don't have to tell you that this way of operating in your life and business is not sustainable. There is a better way!

You must address the deeper reasons why you're so exhausted in the first place, and question if those things are truly serving you, or not.

On the following page, let's take a look at the physical, emotional, and energetic roots of your fatigue.

How many of these "Energy Drains" do you recognize in your life?



The Self-Honoring Woman

presents...

ENDLESS ENERGY

Check the box next to each of the “Energy Drains” below that apply to you - even if you only experience or practice them once in a while.

- You regularly, or even occasionally, eat processed carbohydrates and sugar** to keep yourself going, even (and especially) when you’re tired but you can’t stop.
- You regularly, or even occasionally, skip meals, engage in strict dieting, over-exercising and/or calorie restriction** to lose or maintain weight.
- You use household, cleaning and/or body care products that contain toxic ingredients.**
- You are postponing or avoiding blood tests and lab work to identify glandular and hormonal imbalances,** especially thyroid, adrenal, and cortisol dysfunction.
- You are guessing which vitamins and minerals you need** without proper testing and accurate information to help you know exactly what your body needs to thrive.
- You spend most of your time indoors, staring at a screen, and rarely go barefoot.**
- You regularly, or even occasionally, eat foods you know *your body* doesn’t like or do well with.**
- You consider yourself “Type-A”, an overachiever, or you feel overworked, overbooked, and out of touch with your body’s need for stillness, quiet, and rest.**
- You identify as “an empath”, “highly sensitive”, “someone with PTSD”, or you have been impacted by trauma, abuse and/or neglect** at some point in your life.
- You play “roles” and/or wear different “masks” to placate and please people, avoid ruffling feathers, fit in, be liked, and/or caretaker the people around you.**
- You stare at an electronic screen for more than 4 hours a day** without blue-blocking or red lens glasses.
- Your “default” is to always do, work, produce, prove, and earn** - especially when you are avoiding feelings or difficult circumstances, feeling bored, or there is no real reason for you to be doing so.

Reducing or eliminating as many of these “Energy Drains” as possible will dramatically reduce your fatigue, give you access to your body’s natural energy, and help you feel better, fast.



The Self-Honoring Woman

presents...

ENDLESS ENERGY

ROOT CAUSE HEALING

Learning to activate the 6 Pillars of Endless Energy in your life is no small thing. Doing so asks you to shift your daily choices and rhythms, and how you are living.

If you've struggled to shift your behaviors and patterns, you're not alone! It takes time and concerted effort to shift our behaviors. More often than not, we also require support.

It's not unusual to talk yourself out of doing the things you know you need to do to care for yourself. And there will be moments when activating the 6 Pillars of Endless Energy might feel like yet another thing you have to add to your never-ending to-do list.

But caring for yourself isn't the real problem. Giving away too much of your own energy for too long *IS!*

You may have never learned how to say no, prioritize yourself, set and maintain healthy boundaries, ask for what you need, and be okay with disappointing others.

It's time to learn these essential skills! And if you're reading this, you are more ready than you think you are.

It's time to stop giving your energy away when you don't really have it to give.

It's time to learn how to preserve your energy for yourself, first and foremost.

We need guidance, support, and above all else, *permission to prioritize ourselves* - especially when the demands and responsibilities of our lives make us believe we can't.

Where do we find that guidance and permission? And how do we learn to place ourselves at the top of our to-do lists?

The Self-Honoring Archetypes can help you interrupt the self-sacrificing patterns in your life that are depleting your energy - especially when you are caring about others *more* than you are caring for yourself.

They will help you stay centered in your inner experience, and help you better respond to the needs of your body, heart, mind, and spirit.

They can show you how to fill your cup to overflowing **FIRST**, and give only from that overflow - *when and if you want to*.



The Self-Honoring Woman

presents...

ENDLESS ENERGY

Learning how to hold yourself in the highest regard is the essence of what it means to truly honor yourself. Think of the Self-Honoring Archetypes as your expert guides on this essential inner journey.

On the following page, I have created a handout that will help you connect with each of the Self-Honoring Archetypes throughout your week. You'll also be reminded to practice the Pillars of Endless Energy in gentle, yet inspiring ways.

Feel free to print out a copy of the “Self-Honoring Archetypes Daily Check-In” for yourself. Post it someplace where you can see and use it every day.





The Self-Honoring Woman

presents...

ENDLESS ENERGY

SELF-HONORING ARCHETYPES DAILY CHECK-IN

VIBRANT ENERGY. BEAUTIFUL BODY. POWERFUL LIVING.

The secret to becoming a Self-Honoring Woman is twofold: 1) Nurturing & empowering your inner landscape & wisdom, & 2) Nurturing & empowering your physical body.

Your Daily Check-In: Spend at least 3 minutes each day answering the question from each of the Self-Honoring Archetypes below. You could journal, meditate or simply think about it. Then try the health practice for that day & check off the box when you're finished. At the end of the week, notice how much better you feel!

MONDAY

Empower your *Conscious Rebel* - Where am I caretaking others at the expense of myself & my health?

Caretake yourself by drinking at least one extra glass of water today.

TUESDAY

Unleash your *Awakened Alchemist* - How are other people's expectations of me stopping me from living life on my terms?

Shake off those expectations with at least 10 minutes of movement today.

WEDNESDAY

Activate your *Sentient Sage* - What does my inner wisdom have to say about my life today?

Support your Sage today by eating a veggie with every meal and fruit for dessert

THURSDAY

Honor your *Intentional Lover* - Where am I being overly critical about myself this week, and how is that impacting my health and my sanity?

Love yourself today by going to bed at least 15 minutes earlier tonight.

FRIDAY

Redefine your *Wise Warrior* - What have I been avoiding this week that needs to be addressed or confronted?

Fortify your Warrior with electrolytes & minerals today.

www.SelfHonoringWoman.com | Support@SelfHonoringWoman.com



The Self-Honoring Woman

presents...

ENDLESS ENERGY

ARE YOU READY TO GO DEEPER TO CREATE ENDLESS ENERGY & VIBRANT HEALTH?

Establishing healthy eating and lifestyle practices through the 6 Pillars of Endless Energy is the first key to giving your body the strong, self-honoring foundation you need to reclaim your energy, and feel better fast.

Addressing the unconscious patterns that have been exhausting you is the second key to creating the lasting vitality you require to build your dream business without hurting yourself.

It might sound like a lot, but it doesn't have to be hard. You don't need to push or force or stress yourself out in the process.

But, you may need some additional support.

I can help!

As a thank you for grabbing this guide I want to offer you a complimentary consultation with me.

In this free, private call we will...

- Get clear on the vision you have for your health, body, & life
- Identify the biggest roadblocks & obstacles stopping you from achieving that
- Create a clear plan for you to move forward



Don't wait until you're hurting and exhausted.

Schedule your free consultation with me here:

www.SpeakWithAlicia.com

Lots of love,

Alicia



The Self-Honoring Woman

presents...

ENDLESS ENERGY

MEET ALICIA

Alicia Morrow is the founder and creator of the Self-Honoring Woman. She helps busy moms, entrepreneurs, and professional women release weight, reclaim their energy, navigate chronic illness, and end the battle with their body and food.

Alicia's work is different from most nutritionists, dieticians, and health coaches. She believes diet and lifestyle changes are foundational to health - but they aren't always enough to create true and lasting transformation in your body, energy, and life.

Her Self-Honoring Woman System uses practical health and lifestyle protocols in tandem with deep archetypal wisdom and root cause healing. Her clients consistently reclaim their beauty from a place of renewed wholeness, passion, and power.

One of the reasons Alicia's clients work with her again and again is because she is known for her authenticity, courage, depth, irreverent sense of humor, and integrity. Alicia walks her talk, and inspires her clients simply by being who she is.

With nearly 25 years of experience as a healthy living expert, and her own journey with long-standing chronic illness, stubborn weight, and disordered eating, she understands the path to wellness from the inside out.

She is a wealth of practical wisdom, grounded intuition, and potent transformational techniques based on decades of study, lived personal experience, and deep compassion for the unique trials that come with body, weight, and health challenges.

Alicia nourishes herself with time in nature, delicious home cooked meals, deep inner work, movement practices, travel, art, activism, writing, sisterhood, a good book, and playing with her community of loved ones. She lives in beautiful Colorado with her son, Ocean.

Connect with Alicia at:

www.SelfHonoringWoman.com | Support@SelfHonoringWoman.com

 [@thealiciamorrow](https://www.instagram.com/thealiciamorrow) |  [aliciammorrow](https://www.facebook.com/aliciammorrow)





The Self-Honoring Woman

presents...

ENDLESS ENERGY

COPYRIGHT & DISCLAIMER

COPYRIGHT:

Alicia Morrow clearly states her right to be identified as the author of this work in accordance with U.S. Copyright Law, as amended from time to time.

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, mechanical, electronic, photocopying, recording or otherwise, without the prior written permission of the author, Alicia Morrow.

Copyright 2024 - present © Alicia Morrow International, LLC Lafayette, Colorado, USA

DISCLAIMER:

Alicia Morrow is a board-certified holistic health and nutrition coach through the American Association of Drugless Practitioners (AADP) and is not a medical doctor or physician. None of the advice herein is to be used for diagnosing or curing any disease or medical illness.

The techniques and advice described in this book represent the opinions of the author based on her experience and study. The statements herein have not been evaluated by the Food and Drug Administration. This guide is not intended to diagnose, treat, cure, or prevent any disease.

The author clearly disclaims any responsibility, loss, or risk, personal or otherwise, which is incurred as a result of using any of the techniques, recipes, or suggestions herein.

If in any doubt, or if requiring medical advice, please contact the appropriate health professional. By participating in this program, you understand that your choices in ALL areas are ultimately your responsibility.

