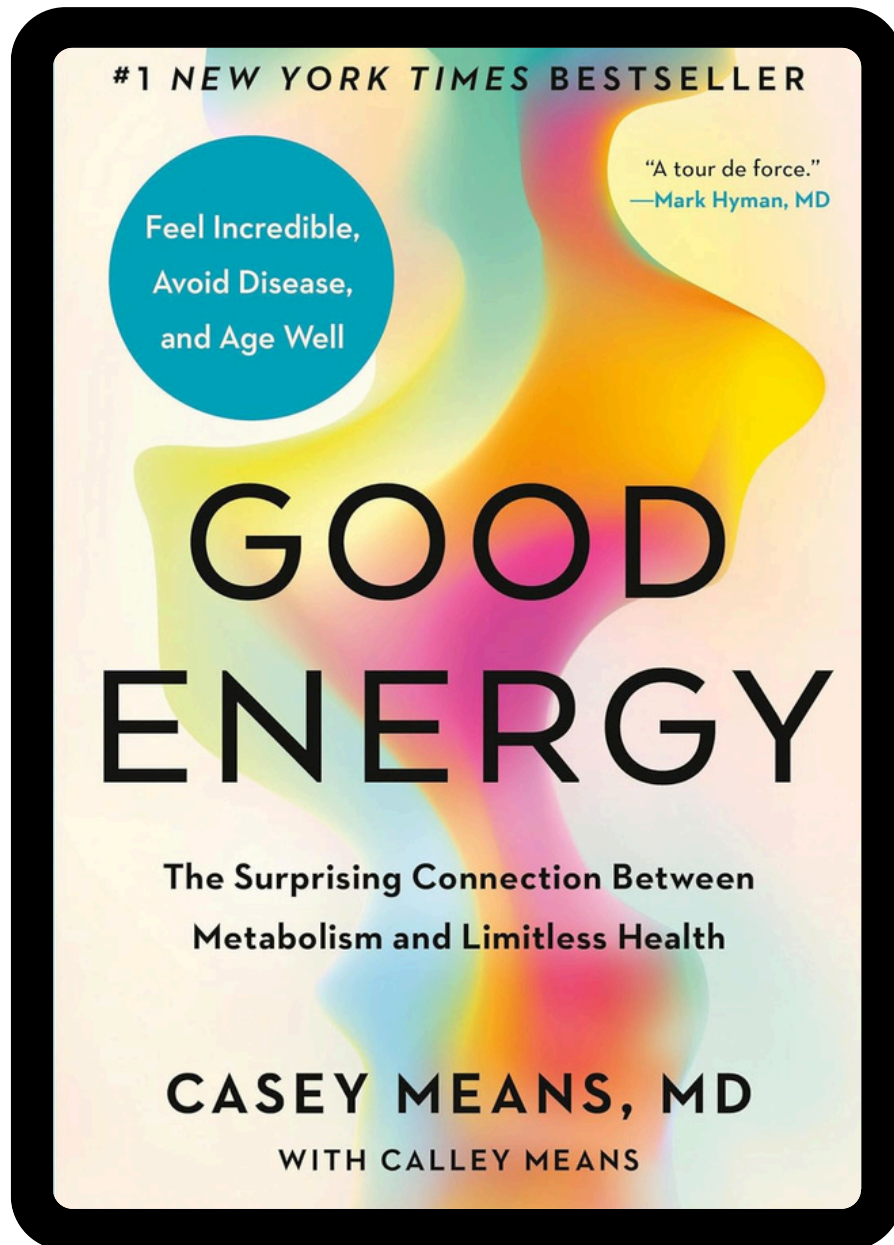


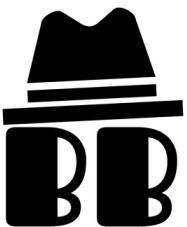
by Book Butter Club

Action Steps

Handbook



What are the Good Energy Habits for
metabolic health, and how can you
implement them in our lives?



<https://bookbutterclub.com>

Action Steps: “Good Energy”

“**Good Energy**” by **Dr. Casey Means** is book provides a unifying framework for understanding what causes symptoms and diseases, and how to feel amazing now and in the future. It offers a new, cutting-edge understanding of the true cause of illness that until now has remained hidden.

The book is centered around metabolic health, which is described as the key to achieving incredible health for ourselves, our children, our parents, and the planet. It explains that nearly every health problem we face can be explained by how well the cells in our body create and use energy.

“**Good Energy**” offers a clear, **step-by-step action plan for optimal metabolic health and glucose control.** It includes the 13 key blood tests everyone should get and the optimal ranges to target, 25 Good Energy Habits for metabolic health, and how to implement them in your life, and the wearables, tools, and at-home testing that you can use to understand your body and tailor lifestyle and dietary choices.

In this Action Steps Handbook, we will provide practical steps grounded in the insights presented in the book that will help you **take immediate control of your mental, emotional, physical, and financial destiny.**

Step 1: Understand Your Body

This involves using health trackers or wearables that monitor various health metrics such as heart rate, sleep patterns, and activity levels. Regularly check these metrics to understand your body’s responses to different activities and situations. This can help you make informed decisions about your lifestyle and diet.

Step 2: Follow Good Energy Eating Principles

The book outlines six principles of Good Energy eating that apply to any dietary pattern or philosophy. These principles guide you on what to eat, when to eat, and how to eat. Gradually incorporate these principles into your daily eating habits. This might involve making small changes like adding more vegetables to your meals or reducing your intake of processed foods.

Step 3: Take Key Blood Tests

Regular blood tests can provide a wealth of information about your health. The book recommends 13 key blood tests everyone should get and the optimal ranges to target. Discuss these tests with your healthcare provider and make sure you understand what each test is for and what the results mean.



Action Steps: “Good Energy”

Step 4: Implement Good Energy Habits

The book provides 25 Good Energy Habits for metabolic health. These habits cover various aspects of your lifestyle, from your diet and exercise routine to your sleep habits and stress management techniques. Start by picking a few habits that resonate with you and gradually add more as you become comfortable.

Step 5: Regular Exercise

Regular physical activity is crucial for metabolic health. It helps regulate your blood sugar levels, improve your cardiovascular health, and boost your mood. Find an activity that you enjoy and make it a part of your daily routine. It could be anything from a brisk walk in the park to a yoga class or a workout at the gym.

Step 6: Adequate Sleep

Good sleep is crucial for metabolic health. It's when your body repairs itself and consolidates memories. Make sure you're getting 7-9 hours of quality sleep every night. Create a sleep-friendly environment (dark, quiet, and cool) and establish a regular sleep schedule.

Step 7: Stress Management

Chronic stress can wreak havoc on your metabolic health. Find healthy ways to manage stress, such as meditation, yoga, deep breathing exercises, or hobbies that you enjoy. Even a few minutes of relaxation each day can make a big difference.

Step 8: Stay Hydrated

Water plays a crucial role in various bodily functions, including digestion and nutrient absorption. Make sure you're drinking enough water throughout the day. A general rule of thumb is to drink eight 8-ounce glasses of water a day, but this can vary depending on your activity level and climate.



Action Steps: “Good Energy”

Step 9: Limit Processed Foods

Processed foods often contain added sugars, unhealthy fats, and sodium, which can harm your metabolic health. Try to eat whole, unprocessed foods as much as possible. They're more nutritious and better for your metabolic health.

Step 10: Regular Check-ups

Regular check-ups allow you to catch potential health issues early before they become serious. Make sure you're getting regular check-ups and discussing any health concerns with your healthcare provider.

In summary, achieving optimal health and energy involves understanding and improving metabolic health. By focusing on key habits such as regular exercise, balanced nutrition, adequate sleep, stress management, and staying hydrated, individuals can enhance their overall well-being. Utilizing tools like wearables and regular blood tests can provide valuable insights into one's health, allowing for personalized adjustments to lifestyle and diet.

If you want to improve your metabolic health and energy levels, you can use the template on the next pages. It will help you assess your current habits and make necessary adjustments to achieve optimal health and well-being.

Disclaimer: The action steps provided in this document are based on our own experience and understanding of the book. They are not endorsed by the author and are not intended to replace the original book in any way. These action steps should give you an idea of the concepts presented in the book if you have not read it yet, or provide guidance if you have finished reading the book but are stuck and not sure where to start.



Action Steps: “Good Energy”

Step 1: Understand Your Body

- **Guidance:** Use health trackers or wearables to monitor metrics like heart rate, sleep patterns, and activity levels.
- **Your Notes:**
 - Health tracker used:
 - Metrics monitored:
 - Observations and insights:

Use a fitness tracker like a Fitbit or Apple Watch to monitor your daily steps, heart rate, and sleep patterns. Check these metrics regularly to see how your body responds to different activities and adjust your routine accordingly.

Step 2: Follow Good Energy Eating Principles

- **Guidance:** Incorporate the six principles of Good Energy eating into your daily habits.
- **Your Notes:**
 - Changes made to diet:
 - New foods added:
 - Processed foods reduced:

Start by adding more vegetables to your meals and reducing your intake of processed foods. For instance, replace your afternoon snack of chips with a handful of nuts or a piece of fruit.



Action Steps: "Good Energy"

Step 3: Take Key Blood Tests

- **Guidance:** Schedule regular blood tests and discuss the results with your healthcare provider.
- **Your Notes:**
 - Blood tests taken:
 - Results and optimal ranges:
 - Actions based on results:

Schedule an appointment with your healthcare provider to get blood tests for glucose levels, cholesterol, and other key markers. Discuss the results with your doctor to understand what they mean and how you can improve your health.

Step 4: Implement Good Energy Habits

- **Guidance:** Start with a few habits that resonate with you and gradually add more.
- **Your Notes:**
 - Habits chosen:
 - Progress and adjustments:

Choose a few habits to start with, such as drinking more water and getting more sleep. Track your progress in a journal or an app, and gradually add more habits as you become comfortable.



Action Steps: “Good Energy”

Step 5: Regular Exercise

- **Guidance:** Incorporate physical activity into your daily routine.
- **Your Notes:**
 - Activities chosen:
 - Frequency and duration:
 - Benefits observed:

Find an activity you enjoy, like walking, cycling, or yoga, and make it a part of your daily routine. Aim for at least 30 minutes of moderate exercise most days of the week.

Step 6: Adequate Sleep

- **Guidance:** Ensure you get 7-9 hours of quality sleep each night.
- **Your Notes:**
 - Sleep schedule:
 - Sleep environment:
 - Quality of sleep:

Establish a regular sleep schedule by going to bed and waking up at the same time every day. Create a sleep-friendly environment by keeping your bedroom dark, quiet, and cool.



Action Steps: "Good Energy"

Step 7: Stress Management

- **Guidance:** Find healthy ways to manage stress.
- **Your Notes:**
 - Stress management techniques:
 - Frequency of practice:
 - Impact on stress levels:

Practice stress management techniques like meditation or deep breathing exercises. Set aside 10 minutes each day to relax and unwind, whether it's through reading, listening to music, or taking a walk.

Step 8: Stay Hydrated

- **Guidance:** Drink enough water throughout the day.
- **Your Notes:**
 - Daily water intake:
 - Changes in hydration habits:
 - Effects on health:

Carry a reusable water bottle with you and aim to drink at least eight 8-ounce glasses of water a day. Set reminders on your phone to drink water regularly throughout the day.



Action Steps: “Good Energy”

Step 9: Limit Processed Foods

- **Guidance:** Reduce intake of processed foods and eat whole, unprocessed foods.
- **Your Notes:**
 - Processed foods reduced:
 - Whole foods added:
 - Impact on health:

Plan your meals around whole, unprocessed foods like fruits, vegetables, lean proteins, and whole grains. Avoid foods with added sugars, unhealthy fats, and high sodium content.

Step 10: Regular Check-ups

- **Guidance:** Schedule regular check-ups with your healthcare provider.
- **Your Notes:**
 - Check-up dates:
 - Health concerns discussed:
 - Follow-up actions:

Schedule annual check-ups with your healthcare provider to monitor your overall health. Discuss any concerns you have and follow up on any recommended tests or treatments.

