



# Mitigate Stress

## HYDRATION GUIDE

Hydration

Reduce Pain

Optimal  
Nourishment

Education



Improved Posture  
& Performance





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WELCOME

# This guide is designed to influence the deepest cellular hydration through:

**Our guide is supposed to teach you how to create a sustainable routine** that will begin to resolve most of the issues we deal with as a collective society on a daily basis. Hydration is the number one missing link to everyone's issues. If you are not systemically hydrated, you can never experience optimal wellness.

**We will cover what is fascia & hydration,** how to begin making your fascia more malleable and hydrated, what we recommend to eat & supplement for optimal hydration, lifestyle tools, and environmental awareness.

**All of these key points are essential for deep cellular hydration,** missing one or more of the components, which most people are, is detrimental to your overall well-being.

**So take your time, pay attention,** and read all of these categories to start understanding and most importantly applying this simple knowledge to start achieving true, optimal hydration on a systemic, deep, cellular level.

WHY DO WE WANT TO HYDRATE OUR FASCIA?

## Do You Want:

- to move and live pain-free? Hydrate your tissues...
- to perform faster, stronger, more explosively?
- optimal digestion, less bloating?
- less inflammation and edema/water retention?
- better sleep, mood & energy?
- to stop feeling you have to drink gallons of water to quench your “thirst”?
- optimal mineral/electrolyte balance?
- a better overall quality of life in this short time we have on God’s green earth?

**Then you must be stacking these hydration habits.**



## HYDRATION HABITS

- Trigger-Point Release Therapy
- We perform this through trigger-point tools such as lacrosse balls, softballs, barbells, or advanced tools such as the boomstick or pain pill (body tempering). Like a sponge, we must apply pressure deeply to wring out the old 'dirty' water and replace it with nutrient-rich 'clean' water.
- Corrective Exercise & Movement
- Correctives are postural holds or movements that respect the length/tension relationship within the fascial system, we focus on stretching through the full range of motion and applying tension in the right areas to unlock and hydrate even deeper when combined with trigger-point release therapy and frequent (correct) walking.
- Hydrating Foods
- Hydrating, Enzyme Rich, Bacterial Rich, Raw Animal Foods are some of the most hydrating foods on the planet. We focus on specific, realistic food combos & supplements that can make a huge difference in how much you feel hydrated.
- Environmental Stress
- We will be covering some of the tools and tips we recommend for mitigating stress and lessening your overall response to stress itself. Sometimes it's the environment we need to change to allow healing to take place.



## WHAT IS FASCIA & HYDRATION?

**Let's start with fascia.** It seems to be a word everyone in the fitness community is talking about lately. What is it, and what does it have to do with movement? The fascial system holds 70 trillion wet cells together by weaving the cells into strong pliable nets of collagen. Fascia accounts for roughly 60-65% of your body's total water distribution/storage. Your tendons, ligaments – all the “tough stuff” – are predominantly made out of collagen. If you look at a steak, it is the white, kind of spider-web-looking sheath that covers meat/tissue.

**Our cells are harmoniously living among each other** within a three-dimensional spider web of gluey and fibrous moist proteins that are bound together in proper alignment. At least they should be. Fascia is the Biological Fabric that holds our entire body together, the connective tissue network.

**Understanding fascia is essential to anyone's health journey.** Many overlook it and prefer simpler, less time-consuming solutions such as supplementation, easy diet fixes, or environmental “biohacking”, while all of these may seem obvious and effective, and perhaps are effective in combination, it is still merely scratching the surface of deep cellular hydration.

**Fascia is everywhere,** it goes around the organs (coelomic bags), the spinal cord, the peripheral nerves, plus all the other very similar tissues arrayed in different fashions around the tendons, ligaments, bursae, and all the tissue around the muscles (endomysium, perimysium, epimysium.)



## TRAUMA, HIDDEN STRESS

**Most of us go through our day with a dominant chosen spiral line** (inefficient/damaging movement patterns) influencing every synapse, emotion, thought, movement, organ function, digestive dysfunction, basically every psychological and physiological process within the human body. Sure our body is resilient and adapts with time, but this dysfunction provides inefficiency and further stresses the nervous system. It's basically as if we are stuck in a deficient position, literally stuck. One side is overactive, one side is weak, oftentimes it is much more complicated than that.

**Oftentimes we find ourselves physically stressed as a result of trauma** from physical, chemical, or emotional sources. Our body then rearranges its structure to accommodate these dysfunctions/traumas. This is also viewed as body language, many individuals speak with their insecurities unknowingly as they hold their posture perhaps more tilted, caved in, compressed, ecstatic, etc.

**You are storing trauma within your physical embodiment** and that trauma is influencing every aspect of your life. You cannot supplement this away, you cannot diet this away, you cannot ask any doctor to cut this away. This goes back to the day you were born and before that. This is a lineage of dysfunction that has engraved its complexity within your DNA from generation to generation.

**Imagine you are trying to build a house without the blueprints**, a plan, a foundation, and without guidance. This is your body, your body doesn't know what optimal posture is because it may have never had a chance to experience it. It may very well have had a chance, but it wasn't too long until your parents started molding your dysfunctionality with shoes, backpacks, eating, and writing only with one dominant side, and more.

**The fact of the matter is, again, fascia influences every aspect of your life**, and if you do not know how to make your fascia more malleable, hydrated, balanced, spacious, decompressed and more functionally inclined, then you will be always behind with your health & fitness journey. Many individuals promote isolated training therapies, when in context help greatly, but we simply don't move often enough and explore various new movement patterns to not only challenge and develop our nervous system but also to provide deeper cellular hydration like a sponge, which needs squeezing, stretching and twisting/wringing to expel the dirty water and accept new, clean water (new water with nutrients).

GAG'S, THE LUBRICATION FOR YOUR FASCIA

# We are basically held together by mucous.

If we are able to grasp the facts, the term “Musculoskeletal” system is obsolete as it does not respect fascia. Instead, this terminology should be the “Neuromyofascial Web”.

The majority of injuries are fascia-related injuries, not muscular injuries. If we look at the statistics this is called “connective-tissue related injuries”.

Most individuals look for quick fixes or “hacks” to “release” fascia. The fact is, there is no quick fix to release fascia. We must instead look at the bigger picture and approach this spider web mess with a systemic mindset. We need deep-tissue trigger-point therapy release, corrective exercises that aren't isolated (context) but rather apply a stretch from head to toe respecting the length/tension relationship.





# As Thomas Meyers states, there are 3 categories that Fascia is composed of:

1. **Fibers:** The fibers are strong and pliable and made primarily of 12 types of collagen. Elastin and reticulin separate compartments and binds them together.
2. **Glue:** The glue-like substance found in fascia is made up of heparin, fibronectin, and hyaluronic acid, which are colloidal gels that allow for better sliding & mobility during movement while providing protection for nerve and epithelial cells.
3. **Water:** This fluid surrounds and permeates the cells as means of exchange. The water mixes with the glue (mentioned earlier) to create different materials while keeping the fibers moist and mobile.”

The fibers (collagen) mentioned earlier require a substance known as “Glycosaminoglycans (GAGs), in order to bond together like glue. GAGs are mucopolysaccharides. As Meyers states, these are just long words for snot. We are basically held together by mucous. Depending on the variation of chemistry within each of our body’s, the substance can vary from a watery, lubricating fluid to a thick and sticky substance.

When we understand the Length + Tension relationship between fascia, we have to understand the “Length” or “Stretch” aspect first. This is actually not the collagen fibers stretching, but the fibers sliding along each other on the Glue of the hydrated GAGs mentioned earlier. (Sbriccoli et al. 2005).

If we take the water out of the GAGs, the results simply lead to tearing and making it virtually impossible to stretch (Schleip 2003). As we discussed earlier, the fascia is predominately made up of 3 categories. (Dr. J-C Guimbertau)

Every action has an equal reaction. When you walk, one side is always lengthening (stretching/gliding) and the opposite side is always contracting (shortening). Movement should respect this, hence why we recommend unilateral, reciprocating movements predominately for everyone’s exercise routine.

Let’s focus on how important hydration is for fascia, and how critical it is to apply deep, sustained myofascial release and proper fascia stretches.

The fibers (collagen) are not stuck together, rather glued by proteins known as Glycosaminoglycans (GAGs). These are mucopolysaccharides, also known as snot. It’s this mucous which holds us together, the colloidal substance mentioned earlier. The chemistry of this mucous determines whether it is thick/sticky or fluid/lubricating. The molecules of the mucous act like a fern, which opens up to absorb water (hydrophilic). If water is absent this substance will bind together and close up. (Meyers).

Once again, depending on the chemistry, the hydrated substance required for your fascia/entire body to function optimally, will either get stuck together (layers) or permit the fibers to slide efficiently (Meyers). To explain this even further, the fibers aren’t actually lengthening as much as they are sliding along each other (GAGs), ONLY when the fascia is properly hydrated.

Proper Movement, correctives, play and trigger-point release is essential for maintaining healthy fascia and a healthy nervous system, as it is a way of deeply rehydrating the bodily tissue, so they will slide and glide into movement. Hydration is a matter of water filling in all the tissues. That is a matter of “squeezing the sponge” of those tissues, and that’s what playing and fascial stretching can do – systematically and with increasing challenge as you become more adept. Many approaches to “functional movement” are designed to open the water mains in the body and irrigate the entire crop of cells – muscles, nerves, and the many surfaces of epithelia.







# If Our Fascia Is Dehydrated (GAGs), You Will Experience:

- Inability To “Stretch” Optimally
- Risk For Injury
- Less Performance & Recoil
- Systemic Dehydration + Electrolyte Imbalance
- Pain & Inflammation
- Dampened Electrical Current (Dysfunctional Nervous System)
- Poor Digestion & Nutrient Utilization
- Calcification & Layers of Scar Tissue

**So How Do We Begin to Unravel This Mess?**

## Movement is Medicine

- Deep Tissue, Sustained Trigger-Point Therapy
- Corrective Exercises / Fascial Stretching (Length/Tension)
- Moving More Frequently Daily Walking, Hiking & more.
- Playing, Exploring, Tinkering with movements.
- Hydration through Raw Foods
- More Bacteria Exposure (Lacteal System - Feeds every cell in the human body - except for red blood cells.)

CONVERSATION ABOUT FASCIA

## Q&A with Thomas Meyers, Author of *Anatomy Trains* and Mitigate Stress

**Question:** Does fascia affect the mind or emotions?

**Thomas Meyers states,**

- "I doubt very much that fascia contributes directly to mental ability or emotional stability, but emotional instability projects or discharges into the body as muscular tension. The muscular tension puts the "knots" in the fascia, which leads to the downward spiral of dry and ineffective areas within muscles, joints, and even organs. As we open these tissues, we have the chance to "remake" those emotional instabilities. So working on the fascia – through corrective exercise, moving more often, and trigger-point release therapy – can open the tissues to make way for an inner state change that would be difficult if the tissue were dry and gluey."

**Mitigate Stress adds,**

- The most important part of injury prevention in new movements is to move slowly, especially if you are exploring/tinkering. Dry tissue can tear if moved too quickly or too strongly. With sufficient patience, even the driest tissue will hydrate, expand, and begin to glide on its surroundings. Obviously, this is where we must tie in the lifestyle habits, hydrating foods, thoughts, and much more, all very key ingredients for deeper hydration.

**Question:** Can you briefly describe how myofascial manipulation can help with stress, past trauma (stored emotions), and physical pain?

**Thomas Meyers states,**

- "Whatever pain you may be aware of at any given moment, far more pain is "stored" in the inert tissues. You begin to feel that "sweet pain" as you stretch beyond your common sphere of movement. Exploratory Movement (like a child once you understand the basics) is not the only way to achieve this, but it is a highly organized and developed way of finding your whole self. And your whole self makes better decisions – on a physiological level, and consequently on an emotional and developmental level as well."



**Question:** I understand from the Anatomy Trains book that fascia has a lot of fluid in it. What I cannot figure out is what type of fluid this is, where it comes from, and where is it drained out? I wonder if the fluid in the fascia can be the same as the lymphatic fluid?

**Thomas Meyers states:**

- "The main fluid in the body is water. I suppose the generic for the whole 'inner sea' would be 'interstitial fluid', but it flows freely between lymph (when it's in the lymph vessels), to plasma (when it's part of blood), to cytosol (when it's inside a cell) to other specialties like the cerebrospinal-spinal fluid (CSF), ovarian fluid, etc. But a lot of water – the majority – is tied up in the fascia."

**Mitigate Stress adds,**

- The water in the fascia has been divided into 'bound' and 'free' though this designation is still a little controversial. 'Free' would be fluid (again, largely water) just passing through the fascia, as interstitial fluid passes by all the cells – to deliver food and pick up the garbage (UK: rubbish). Bound water, though, is very interesting – it is 'bound' to the glycosaminoglycans (GAGs – snotty mucus) part of the fascia, which binds water in the same way Jell-o binds water – to fern-like molecules that can bind a lot of water molecules (and affect millions more nearby).

- The molecules that hold the water look like ferns (someone else said a toilet brush – how unaesthetic!), and each 'frond' dog the GAGs binds water. The controversy is that some assert that all water in the body is bound in some way, that none of it is free, but I still think it's a useful distinction to make between water passing through, and water-bound into the tissue.

- Whatever the case in this regard, the water like the water in the goldfish bowl – needs to be changed frequently. Drinking good water is helpful, but what really squeezes the old water (and impurities and cytokines) out of the fascia is 'wringing the sponge' of the tissue, which occurs with stretching, exercises, and upping the core body temperature.

**Great answer! Last question:**

- What I still can't figure out is "wringing the sponge" (of fascia).... Will the fluid indirectly or directly be picked up by the lymphatic capillaries/lymphatic system? Or other ways?

**Thomas Meyers states,**

- "When tissue is squeezed – and it is squeezed through tension or compression, stretching or exercising, both do it – it is like wringing out your dishcloth at the end of the dishes. By wringing it out, you disperse all the dreck in the cloth and let new clean water in. It's the same with the tissue. A chin-up wrings out certain tissues, a squat wrings out others. Then the waste gets carried toward the liver by the lymph and vascular system, and the blood supplies new fluids to the tissue – whatever tissue it is."

**Mitigate Stress adds,**

- The trick is to make sure you're going through your body in a fairly systematic way Specific fascia stretches (length/tension), corrective exercise, trigger-point release. The other trick is to get into unusual places in your body and make sure they are wrung out as well – which means varying your routine to find new places in your body that need a good squeeze. Bodyworkers and teachers can help you see the 'forgotten' places if they are skilled, but you can also find them yourself by doing unusual things.

- Bacteria & Raw Foods for Hydration... Also note, the lacteal system, which during digestion, breaks down food into a milky substance transferring to the lymphatic system, which feeds virtually every cell in your body, is dependent on bacteria. Same with keeping your foods mostly uncooked, this avoids losing water content, when water is bound with nutrients it delivers into the cells rather than wasting away and possibly causing more dehydration/mineral loss. We will discuss this in further detail later.



**This is a starting point** we recommend our followers and customers to begin, no matter their goal or health journey.

## Sustainable Weekly Routine (*Lifetime*)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<a href="#">TRP Frontal</a> 30-90m  <b>Walk</b> 10-30' 1-3x Daily	<a href="#">Correct</a> 30-90s 3-4 Sets  <b>Walk</b> 10-30' 1-3x Daily	<a href="#">TRP Lateral</a> 30-90m  <b>Walk</b> 10-30' 1-3x Daily	<a href="#">Correct</a> 30-90s 3-4 Sets  <b>Walk</b> 10-30' 1-3x Daily	<a href="#">TRP Posterior</a> 30-90m  <b>Walk</b> 10-30' 1-3x Daily	<a href="#">Correct</a> 30-90s 3-4 Sets  <b>Walk</b> 10-30' 1-3x Daily	<b>Correct (Any)</b>  <a href="#">TRP Extras Explore</a> 60-90+ m  <b>Walk</b> 10-30' 1-3x Daily

### Sustainable Routine (Lifetime, Also 1-3 Month Starting Period)

Designed to be sustainable enough, yet effective as a life-long routine. You will continue to see results as you explore deeper into each trigger-point, corrective exercise, and improve your walking performance over time. It's not always about the time you spend doing each habit or exercise, it's also the intensity, focus, and understanding, which will improve as you become more advanced over time. Some individuals may need to modify the sustainable routine to their needs, starting with less is best.

## Accelerated Weekly Routine (*7 Day Routine*)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<a href="#">TRP Frontal</a> 60-90m  <a href="#">Correct</a> 30-90s 2-4 Sets  <b>Walk</b> 10-30' 2-3x Daily	<a href="#">TRP Lateral</a> 60-90m  <a href="#">Correct</a> 30-90s 1-3 Sets  <b>Walk</b> 10-30' 2-3x Daily	<a href="#">TRP Posterior</a> 60-90m  <a href="#">Correct</a> 30-90s 2-4 Sets  <b>Walk</b> 10-45' 2-3x Daily	<a href="#">TRP Extras</a> 60-90m  <a href="#">Correct</a> 30-90s 1-3 Sets  <b>Walk</b> 10-30' 2-3x Daily	<a href="#">TRP Frontal</a> 60-90m  <a href="#">Correct</a> 30-90s 2-4 Sets  <b>Walk</b> 10-30' 2-3x Daily	<a href="#">TRP Lateral</a> 60-90m  <a href="#">Correct</a> 30-90s 1-3 Sets  <b>Walk</b> 10-30' 2-3x Daily	<a href="#">TRP Explore</a> 90+ m  <b>(Optional) Correct</b> 1-4  <b>Hike:</b> 45+ Minutes. 2-3x Daily

### Accelerated Routine

7 Day Blocks 1-2 weeks in a row, always return to the sustainable routine for at least a month or 2 before doing another week, adjust your routine accordingly.

Perhaps you may find yourself in dire need of relief. The accelerated routine is for those who are more serious or able to endure more trigger-point therapy, as there is more time spent under the corrective exercises with more frequency. It is best to avoid this routine if you are just beginning. Corrective exercises are great, but they are intense, start slow and attack this routine weeks or months down the road when you feel ready.



# Trigger-Point Therapy

Trigger-Point therapy will greatly enhance your walks and correctives making it easier to 'flow' and achieve certain ranges of motion without pain and inflammation.

[Click to watch video.](#)

**Schedule...** We will be performing trigger-points on a daily basis, for those who "do not have time", you can start with 10-30 minutes daily, but the more you put into it, the more hydrated, fluid and mobile you will be. You can also perform 60-90 minute sessions 2-7x per week if you prefer longer sessions, but less frequency, we have found both to be efficacious. It is purely dependent on your schedule/preference. Try your best to stick to the Mitigate Stress Routine.

**Go Deep...** The goal is to apply deep, sustained pressure, small micro movements are recommended, but the goal is to find those hot spots by slowly exploring and manipulating the fascia on a deeper level. Most individuals are in too much pain, so go light as you begin and build up slowly. Breathe deep and slow into each trigger-point. Do your best to not compromise your posture, instead, focus on extending and getting taller.

**Avoid...** Any instantaneous sharp pain, focus on scanning/searching for dull, achy hot spots that radiates pain or rather, sensation outwards. Try your best to follow that pain. Avoid any bone contact, but get close to each muscle (ligaments & tendons), be gentle when you explore new hot spots, especially the neck, abdominals and other sensitive areas.

If your lymph nodes are found to be extremely calcified/hardened, avoid any deep pressure, this can break up toxins and release them into the bloodstream, instead utilize a guasha blade, or gentle hand massage to gradually loosen and release your lymph nodes over time. Consider your diet & lifestyle as a huge influence for deep lymphatic drainage.

## "Starter" Trigger-Point Tools

- [Softball](#)
- [Lacrosse Ball](#)
- [Theracane](#)
- PVC Pipe (2-4 Inch Diameter)
- Foam Roller (Extra Firm)
- Guasha

## "Advanced" Trigger-Point Tools

- Boomstick (Kabuki Strength)
- Pain Pill (Kabuki Strength)
- Barbell

**Questions?** Curious about tools or techniques you have found and are interested in utilizing? Please contact us first, and we will be happy to guide you in the right direction. [Support@MitigateStress.com](mailto:Support@MitigateStress.com)

**Frontal Lines:**

[Pectorals \(Pec Minor, Upper Pecs, Inner Pecs\)](#)  
[Upper Rectus Abdominis](#)  
[Serratus Anterior](#)  
[Rectus Femoris \(Front Thighs/Quads\)](#)

**Lateral Lines:**

[Latissimus Dorsi / Rear Deltoids](#)  
[Obliques \(Side Abs\)](#)  
[TFL \(Side Hip\)](#)  
[Lateral Quads/I.T. Band \(Outer Thigh\)](#)  
[Peroneals/Lateral Calf \(Outside Calf\)](#)

**Posterior Chain:**

[Upper/Mid Back + Traps](#)  
[QL](#)  
[Glutes](#)  
[Hamstrings](#)  
[Calves \(Soleus + Gastrocnemius\)](#)

**Extras:**

[Front Deltoids](#)  
[Psoas](#)  
[Adductors \(Inner/Medial Thigh\)](#)  
[Inner Calves \(Along the Inner Tibia Bone\)](#)  
[Feet](#)

**Explore:**

We recommend exploring at least weekly, eventually as you become more familiar with your fascia and dehydrated hot spots, you will develop a desire to explore/freestyle almost daily. At the same time, try not to develop the habit of only trigger-pointing when you “feel” you need it. This can create the illusion that you have completely resolved your issues. Over the years, you will discover that you won’t need to trigger-point as much, and the correctives will begin to replace trigger-point release more and more. We never recommend fully cutting out trigger-point release therapy; most individuals that are quick to say trigger-pointing is pointless or not needed once you’ve acquired the baseline or correctives are greatly misled. Trigger-point therapy should always be incorporated into your routine. Try to never drop below 2 sessions per week at any point in your life.

Most individuals who assume trigger-point therapy is not effective have never utilized professional tools. We hope to elevate your skills and bodily awareness enough for you to soon have the ability to utilize tools such as the boomstick, pain pill (kabuki strength equipment), and a more advanced functional exercise program.



# Corrective Exercises

## **Activating the Length-Tension Relationship along your fascia.**

Corrective Exercises are by far the most important aspect of your movement. These will greatly enhance every aspect of your life, just like the other components, but this one activates deeper, more restricted, bound-up fascia that is hidden and cannot be accessed otherwise. Correctives force your body into new ranges of motion, by activating certain muscles/fascial slings to deeply lengthen the fascia, which it is pulling. Far greater than any standard form of stretching. Always be sure to trigger-point deeply on your off-days and/or before each corrective. Start slow when exploring new ranges of motion and corrective exercises.

**Each Corrective will be performed for roughly 30-90 seconds**, you can do less if needed, but oftentimes if you find yourself able to do more than 90 seconds, you most likely will need to adjust your focus and intensity on the exercise itself. Technique is the main focus with corrective exercises, your main focus should be feeling the stretches deep within the overly tucked hamstrings and glutes, and throughout your entire posterior chain. Sometimes you may come across weird, or unique sensations such as cramping, jamming the joint, or crossing over a tendon/ligament uncomfortably.

**Be aware** of any sharp, overly tight sensations that bring instantaneous pain, avoid fatiguing too much, and causing unnecessary stress on the lower back (not enough tension on the hamstrings and glutes or just fatigued). Less is best when it comes to corrective exercises, perhaps even more frequency and less time would be ideal.

## **You will have 3 Corrective Exercises for this starter guide:**

[Hinge 1.1 \(Seated Hinge\)](#)

[Hinge 1.2 \(Hanging Hinge\)](#)

[Hinge 1.3 \(Bilateral Unsupported Hinge\)](#)

**Start with Hinge 1.1**, and work on achieving a base level of proficiency before attempting 1.2, feel free to watch all the videos, eventually you will want to prioritize Hinge 1.3 over the other exercises, but you can always perform the other exercises as well. As always our aim is to allow you to understand the basics, what to avoid and what to focus on.



WALKING

# Why Are These Walks So Important?

Posture is the essential focus for making these walks not only extremely effective but efficient with your time. The ROI on these walks, when properly executed consistently, is exponential, with hundreds of health benefits.

With each walk, you will create more circulation, better sleep, digestion, activation, and hydration among your entire fascial system. Each walk will stimulate your entire nervous system while providing long-term posture changes if performed correctly, which affect virtually every cell in the human body.

There are many cues, but the main focus is to perform a hinge hold corrective before every session if possible and apply a healthy amount of reciprocating (twist) movement in the T-Spine/Torso. The more you trigger-point and perform correctives, the better your walking will be. Of course, we have to understand the queues within walking as well.

Walking 10-20 minutes 3x a day speeds up the metabolism, digestion, provides space and circulation, lowers the stress response, excellent for weight loss compared to its cardio cousin (excessive amounts of endurance cardio). When we provide the awareness, cueing, posture, prep work, then it is a consistent postural habit that will create permanent results. It's Walking with Awareness, Intention & Correction. It's Conscious Walking.



# Daily Walking Cue's

- **Always Begin** With a Corrective Exercise and/or Trigger-Point...
- **Work on being** tall, shoulders up and out, chest-up, and pushed forward/out.
- **Work on engaging and rotating** your thoracic spine, do this by swinging your arms, and twisting/rotating your torso/chest.
- **You should focus on** taking bigger steps, pulling through the ground, pulling the ground towards you, engaging your hamstrings, glutes, calves, and toes.
- **We are working on** our Length + Tension relationship along our fascial lines, so be aware of both stretching and activation.
- **Do you feel a decent stretch** in your abdominals, ribs & obliques every step?
- **Do you feel a good stretch** in your hips, quads, hip flexors, even hamstrings every step?
- **Do you feel a stretch** in your shoulder blades, chest & torso?
- **All of these muscles** should stretch and activate during the walk, each step, trying to create unity among the muscular (fascial) connections.
- **Be sure to be wearing** barefoot shoes such as Vivo Barefoots, Lems, Xero Shoes, and other wide toe-box, zero-drop, minimalist footwear.



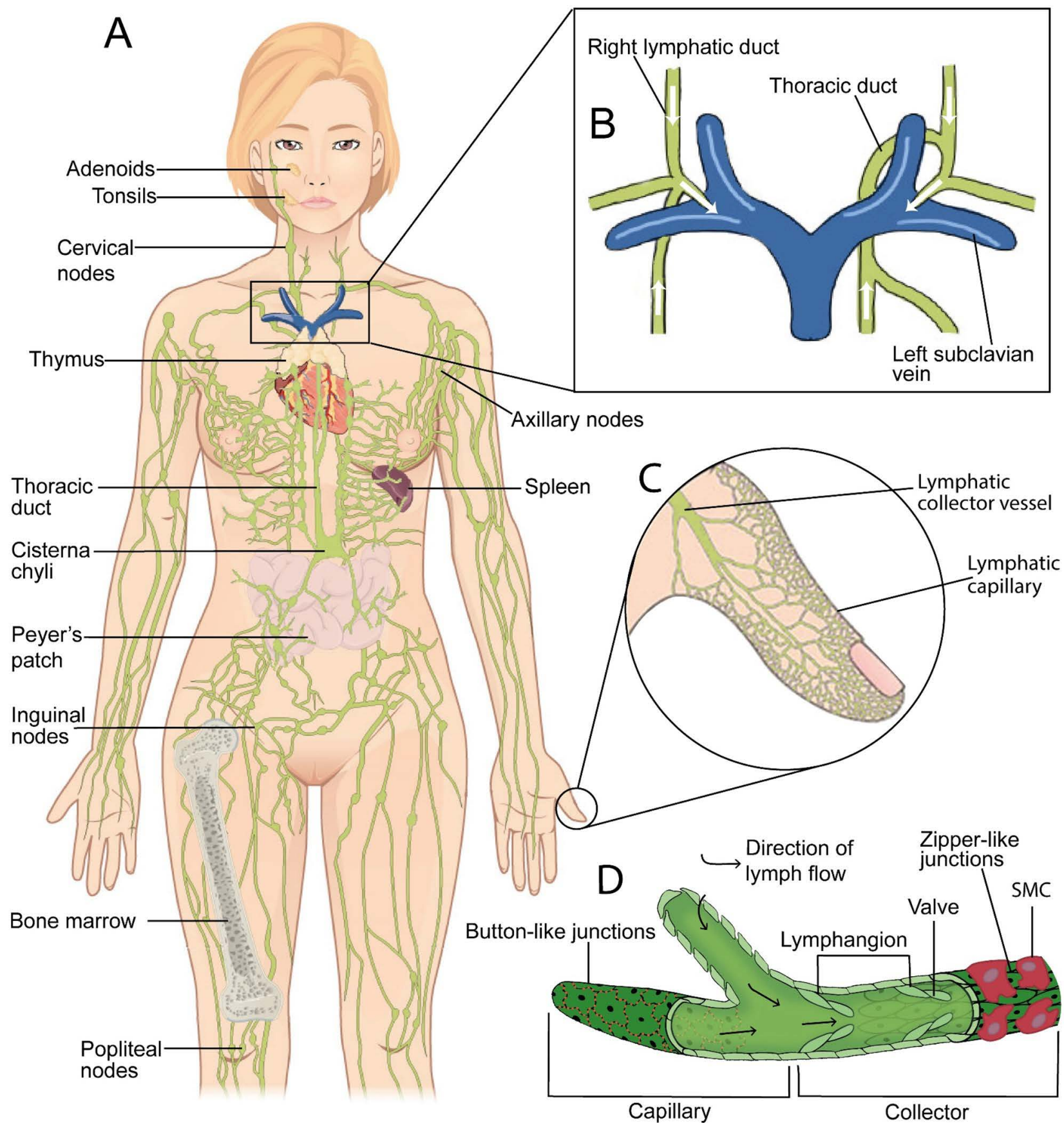
# Lymphatic System

Click the Videos Belows For Basic Info About Bacteria, Viruses & Our Immune System

- [Raw Milk - The Immune System - Lymphatic System](#)
- [Bacteria, Parasites, and Virus Fear Mongering - The Hidden truth on Bacteria, Parasites and Virus](#)
- [Bacteria, Parasites and Virus Fear Mongering Pt.II - The Hidden truth on Viruses and Disease](#)
- [Pasteurization - The cause for modern chronic disease? A brief history and A1 vs A2 milk controversy](#)
- [Do We Really Need Vegetables? - The Natural Human Diet](#)
- [150 U.S. Public Health Service Experiments From 1919 Prove That Disease Is Not Transmittable](#)

**The Major Lymph Glands** are in the Neck, Armpits, Breast, and Groin areas. The lymphatic system is your immune system; it becomes very congested. Consistent walking, trigger-pointing, corrective exercises, infrared saunas, hot baths, dry brushing, guasha, massage therapy are all (especially the first 3) incredibly effective for draining the lymphatic system.

We also forget sometimes that applying the right nutrition is first and foremost when unclogging this incredibly vast system. One of those big nutritional components is raw, saturated fat. Fat itself absorbs and buffers toxins from attacking the brain, nervous system, and various parts of the body that would otherwise wreak havoc.





**We are not herbivores,** herbivores contain a digestive tract that is 2.5x the length of ours. Herbivores mean any vegetation; leaf, stalk, and roots. They have 2-4 stomachs, we have 1 with 2 compartments, they have up to 10 compartments. They are built to disassemble the cellulose molecule, they have 60,000x the enzymes to digest and disassemble the cellulose molecule to acquire the necessary nutrients, proteins, and fats. It takes vegetation 48 hours to pass through their system 75% digested. The rest is digested by bugs, ground worms, and a good portion becomes utilized as rich topsoil.

**Herbivores also regurgitate their foods** 3-7x, re-chew, then swallow several times during each eating window. We have a very acidic system, they have a very alkaline system. If you have a rare health condition that is discharging a vast amount of acidic compounds a short-term alkaline diet may be permitted. 99% of individuals on an alkaline diet will destroy their digestive systems long term. If you are human you will always have an acidic system, disregarding this is disregarding basic human physiology and can be detrimental to long-term "thrivability".

**What Do We Recommend to Eat? Predominantly Animal Foods, Raw.**

**This may sound crazy,** in-fact every other diet and nutrition plan that we have experimented with over the last 20 years has been crazy itself. Yet, society accepts this as the standard, although most of these foods are non-existent and/or very difficult to find in nature. What diets are we speaking about? The Vegan/Raw diet, Vegetarianism and all of its variations, Keto, Cooked Carnivore, Standard American Diet, Mediterranean diet, even the Ray Peat Diet have extreme limitations and place you in a box.

**Observe your environment,** what is natural and readily available? If you were to have your food supply shut down tomorrow, how would you survive and thrive at the same time?

**Unfortunately, society has been conditioned** to believe that germs and bacteria are the enemies and therefore we must overly sanitize everything, everywhere we are, but purchasing overpriced supplements such as probiotics, which contain dead bacteria and do absolutely nothing long-term, yet is one of the most highly recommended supplements in the country.

**If you want to reverse the damage** done caused by vaccinations, antibiotics, an all cooked diet, the wrong kind of diet and more than your main focus should be reintroducing live, enzyme and bacteria rich foods that balance the gut naturally. Raw Animal products provide the most hydrating and lubricating foods for our fascial system. Focusing on Raw, Grass-Fed, Organic, Pastured, Animal foods is the key for recharging the nervous system and breaking down endotoxins and unwanted debris stuck within our intestines. Most individuals can be anywhere from a week to over a month backed up of stool/feces.





**When we begin to eliminate this debris,** we begin to feel more energy, our return (ROI) on our nutrition becomes greatly enhanced. We begin to be able to absorb and utilize the full spectrum of bioavailable nutrition, which raw, quality sourced animal foods supply. Raw Animal foods digest themselves and are very compatible with our stomach acid. They provide very little if any endotoxin build-up and are by far the most complete and highest concentrations of nutrition per calorie over any food on the planet.

	Energy Required to Digest & Absorb	Energy Gained Animal Foods	Return On Investment   Energy Efficiency
Animal Foods	1/10	10/10	10/10
Vegatables	10/10	1/10	1/10







# Dieting & Fads

## *& How to Break out of the “Box”*

We do not necessarily “condemn” diets or food groups per se. We simply believe there is a hierarchical system of nutrition. We provide our experience, our understanding, our research and come to an organized approach, but by no means are we an authoritative presence that you “must” listen to us. We are recommending protocols and modalities that have worked for thousands of individuals including ourselves, our clients, and our family members.

Just like our fitness recommendations, we want to give you the platform, blueprints, and the understanding to think outside the “box”. We want to give a general understanding of how the body works and experiment and come to your own conclusions as to what works for you. Movement and nutrition aren’t necessarily linear or one-size-fits-all. This is why we have many modifications to each individual’s lifestyle and needs.

The nutrition information we are presenting is something that you can simply add to your nutrition program already. You can eliminate certain things and add in certain things, because at the end of the day what you are doing may not be working.

For example, raw milk smoothies, blue steaks, homemade sashimi, fresh-pressed juices, better-sourced foods, undercooking certain foods for nutrient retention. You may need to add starches and more sodium depending on the state of your adrenals (exhaustion).

You may need to add in more raw honey every single meal if you are severely deficient in enzymes. Perhaps more local fresh raw seafood for bioactive minerals. Maybe various foods containing an even richer source of bacteria from years of antibiotics and vaccinations. Perhaps you will want to consume copious amounts of raw grass-fed unsalted butter to soak up poisons, toxins and heavy metals recirculating in the digestive tract, and displace years of damaging poly-unsaturated fats you have consumed your entire life.



# Suffering

When we hear suffering, we think of pain, and many of us are afraid of pain, but we have to look at pain as part of the learning process in life. We don't know about you, but pain has always led to breakthroughs. It's when the pain is chronic, and we cannot figure out a solution that it becomes a problem.

Pain grounds us; it reminds us, and it often follows up with a release of something that was stored as trauma within the body. As discussed earlier, this trauma could have been stored since childbirth, or perhaps more recently. Sometimes it doesn't release, and it can stay as stubborn, deep-seated trauma within the body.

This is when it becomes a problem. Then many of us begin to mask the symptoms or find a 'short-term fix' which can be a half-truth, a piece of the puzzle, part of your solution you are looking for, but this does not mean it is the root cause or will fix your 'problems' or resolve your hidden traumas per se.

We believe that we are called to endure the long-suffering. The Tao & Ancient Christianity both teach that we are to die of the self, the passions that bind us to this world. An addictive personality is far more toxic than a non-addictive one. We must learn to control our worldly passions; be willing to let them go at any point in our life.

We are just beginning to find joy in the suffering rather than approaching life with a hedonistic mindset. A mindset that focuses on self-pleasure, a mindset of modern cultural influence centered around the self, basically your joy being dependent on consumerism.

Self-help is great, and what we think of self-help may be entirely different from one another's perspective, but constantly feeding into your passions, the self, leads to a mindset absent of reality. It's an escape, and we are not called to an easy life. We are called to learn, grow, love, and guide others as we mature and cultivate wisdom through experience and spiritual guidance by submitting to those who have more experience than ourselves.

Love is a free gift of self. You cannot be selfish and loving. You have to be willing to give for others, your loved ones, and others in need. This is synergistic with suffering. The proper way to suffer is to do so for the sake of helping others. Your elders, your family, friends, clients, employees, perhaps people you've just met.



When you begin to embrace the suffering rather than trying to hide it, band-aid it, or even run from it, then we begin to feel a resistance fade away. We submit to God, the essence of which is immovable, unchanging, fixed, & immutable. As far as suffering goes, suffering can manifest in our lives in so many different aspects. This is why we are not to judge others and their experiences of suffering. Context is key, and we can never fully understand what someone else is going through or has gone through.

### **Fevers & Detoxification Symptoms, Sore Spots, etc. (Healing Crisis)**

One form of physical and possibly mental suffering (many would consider and constantly interfere with) is going through a fever, which is generally accompanied by fatigue, dehydration, soreness, stiffness, and more. A fever is the body's natural detoxification process, sustained and elevated internal heat is essential for removing deep-seated cellular waste, metals, industrial pollutants, endo-toxins, and more. When we begin to stop the fever or mask the "pain", we avoid the healing benefits that shortly follow after a fever. We highly recommend the usage of a sauna because of this. (We recommend Relax Saunas.)

Believing that someone else is the "cause" of your sickness, disease, fever or flu symptoms allows you to place the blame on someone else rather than taking ownership for your lifestyle, environment, dietary habits, and foods you consume daily, and your life-style since as early as you were born.

When you begin acquiring more bacteria through your environment, whether externally or internally, you can expect to experience multiple fevers per month. If this something you are afraid of, then start by slowly introducing bacteria from raw animal foods, stepping barefoot outside, playing or working in the dirt, and even around farm animals outside.

None of this is medical advice, but we highly encourage individuals to embrace fevers. Do your best to not suppress the symptoms you experience, but rather encourage the heat, sweating, some movement, and release therapy. Also, nourish and replenish vital fluids, minerals, and regenerative proteins. Going over 105 degrees is not recommended and should be avoided, but experiencing fear during trauma and sickness can, and usually does, make the matter worse.







# Ancestral Sin

In the Old Testament account for creation, God created mankind and established a place for him called Paradise. He also gave him a commandment regarding the tree of the knowledge of good and evil:

“And the Lord God commanded Adam, saying, ‘You may eat food from every tree in the garden; but from the tree of knowledge of good and evil you may not eat; for in whatever day you eat from it, you shall die by death.’” *Genesis 2:16-17*

In that Adam and Eve did not physically die the day they ate from the tree, the words “you shall die” indicate a spiritual death through separation from God.

Ancestral sin is the disobedience of Adam to God’s command regarding the tree of knowledge of good and evil. Adam willingly disobeyed this commandment and diverted himself, or fell, from God’s path to perfection, thus separating himself from His Creator, the Source of life.

## **What are the consequences of the Fall?**

1. The fall of Adam caused mankind to become subject to mortality. While this is often seen mainly as a punishment or penalty, the emphasis concerning God’s judgments on Adam and Eve at the Fall is best understood in terms of His mercy.

So, for example, concerning man’s mortality (Gn. 3:19), St. Gregory the Theologian states, “Yet here too He provides benefit--namely death, which cuts off sin, so that evil may not be everlasting. Thus His punishment is changed into a mercy.”

2. We, who are of Adam’s race, are not guilty because of Adam’s sin, but because of our own sin. However, because all of mankind fell away from the grace of God through Adam’s disobedience, man now has a propensity, a disposition, an inclination towards sin, because just as death entered the world through sin, now sin enters through fear of death.

3. Mankind’s strong propensity to commit sin reveals that in the Fall the image of God in man (Gn 1:26,27) is also fallen. However, the ancient Fathers emphasize that the divine image in man has not been totally corrupted or obliterated. Human nature remains inherently good after the Fall; mankind is not totally depraved.

People are still capable of doing good, although bondage to death and the influence of the devil can dull their perception of what is good and lead them into all kinds of evil.

4. Adam’s Fall not only brought mortality and sin into the world, but also sweat, toil, hunger, thirst, weariness, sorrow, pain, suffering, sickness, tribulations, tragedy, and tears.

5. Even after the Fall, the intellectual, desiring, and incensive (forceful or driving) aspects of the soul are natural and therefore neutral. They can be used in a good way, or in a bad, harmful way. For instance, desire is very good when one directs it towards God. But when desire is out of control, one may use it in very inappropriate ways, such as becoming gluttonous or desiring another person’s spouse. The classic analogy is that these powers of the soul are like iron, which can be made into a pillow to help grow food, or into a sword to be used to kill someone.

Christ, by His Death and Resurrection, conquered the devil and death, freeing mankind from the fear of death (Heb 2:14-15) and making possible a more complete communion between God and man that was ever possible before. This communion allows people to become “partakers of the divine nature” (2Pt 1:4), to transcend death and, ultimately, all the consequences of the Fall.

*\*From The Orthodox Study Bible*

*Nelson, Thomas. The Orthodox Study Bible: Ancient Christianity Speaks to Today’s World. United States, Thomas Nelson, 2008.*



RAW, NUTRIENT-DENSE RECIPES

# Healing the Body From Within

Start with 1 or 2, gradually increase intake of raw foods if desired.



# Foods We Recommend

## **Raw Grass-Fed Dairy**

- Raw Cheese (Mozzarella, Swiss Cheddar, Parmesan, Etc.)
- Raw Milk (Goat, Sheep, Cow (A2), Colostrum)
- Raw Milk Kefir
- Raw Yogurt (Greek + Raw Cream, Whole)
- Raw Sour Cream (Best with Raw Meats & Fish)
- Raw Heavy Cream (Best with Raw Fruits)

## **Raw, Pasture Raised Eggs**

- Raw Whole Egg Drink
- Lubrication Formulas (Eggs, cream, lemon, kefir, honey)
- Soft Boiled (Very Undercooked)

## **Grass-Fed Raw Meat (Undercooked and Smoothies are Optional)**

- Organ Meats (Liver, Heart, Etc. Smoothies Help)
- Red Meats (Blued Steak, Steak Tartare, wild game: elk, deer, bison)
- Fowl (duck, goose)
- White Meats
- Raw Glands (if needed)

## **Wild-Caught Raw Seafood**

- Raw Oysters + Lime
- Raw/blued Cod
- Raw/blued Haddock
- Raw/blued Orange Roughy
- Raw Tuna
- Raw/blued Scallops
- Raw/blued Swordfish

## **Organic Coconut Products**

- Coconut Cream
- Extra Virgin or Young Thai Coconut Meat
- Coconut Water

## **Organic Fruits & Raw Honey/Bee Products**

- Raw Honey
- Royal Jelly
- Honey Comb
- Bee Pollen (Bee Bread)
- Bee Propolis
- Papaya
- Pineapples
- Oranges
- Grapefruits
- Lemons & Limes
- Melons (in season)
- Avocados
- Tomatoes
- Cucumbers
- Stone-Pressed Olive Oil
- cooked potatoes/ organic white rice (1-2x weekly)

## **Nut Formula**

- 2- 4 ounces Raw Pecans, or walnuts, or pine, or hazel, or sunflower, or pumpkin seeds
- 4-8 TBSP Raw Butter
- 1-2 Raw Eggs
- 1.5-2 TBSP Unheated Honey





# Lubrication Formula

- 1-2 raw eggs
- 2-4 ounces raw butter, cream, or coconut cream
- 1-2 TBSP lemon juice
- 1-2 Tsp unheated honey

All ingredients should be room temp. Blenderize at medium speed for 10 seconds. It is most effective when consumed with or shortly after a meat meal.

Most bodies are so starved for healthy, raw fat that when they get that fat in their diet, the organs, blood, glands, and nervous system consume it. The lymph, bones, joints, connective tissue, and skin continue to starve and shrivel with dryness unless we get enough fat. Aajonus Vonderplanitz, the developer of the Primal Diet, suggests eating this daily, even up to two times a day.





# Nut Formula

- 2-4 ounces raw walnuts or pagans, pine or hazel nutes, sunflower or pumpkin seeds
- 4-8 TBSP unsalted raw butter
- 1-2 raw egg
- 2 TBSP unheated honey

Blenderize nuts in an 8-12 ounce jar on high speed until they are the consistency of flour. Add remaining ingredients and stir. Benderize on medium speed for 20-25 seconds, until smooth. This should be used and eaten only 1-2x per week.





# Cajun Chicken

2 TBSP unsalted raw butter  
1 TBSP raw cream  
1 chilled raw egg  
1 pinch freshly grated nutmeg  
1 pinch fresh ground mixed peppercorns  
6-8 ounces raw chicken (lightly seared)  
½ diced tomato

Blenderize egg, nutmeg, pepper, butter, and cream in a 4 ounce jar on low speed for 4-6 seconds. Dice chicken. Fold sauce with chicken and top with tomatoes.





# Steak Tartare

- 6-8 ounces raw sirloin steak or New York steak
- 2 TBSP red onions
- 2-3 TBSP raw butter
- 1 raw egg
- 1 tsp mustard
- 2 pinches freshly ground caraway seeds
- 2 pinches freshly ground peppercorns
- 1 sprig cilantro or parsley
- 1 tsp horseradish (optional)

Cut steak into cubes. Blend meat and all ingredients together in a food processor for 5-15 seconds, depending on the desired consistency.





# Fruit/Green Juice

- 2 bunches fresh celery stalks
- 1 bunch fresh parsley
- 1 ounce unheated honey
- 2 medium carrots
- 1 large orange or grapefruit
- 2 TBSP raw dairy cream or 2 eggs (added at the end)

\*Helps regulate body salts, remove toxic salts, and increase oxygen absorption

Put all vegetables and fruit through juicer or put through food processor and strain through nutmilk bag or fine mesh bag. Add cream or eggs and blend well.





# Coffee Substitute

- 3-4 ounces clean filtered water or juice
- 1/2 - 1 serving Mitigate Stress Magnesium
- 2 TBSP unheated honey
- 2 TBSP lemon or lime juice
- 1 TBSP raw apple cider vinegar
- 2 TBSP raw cream

Blenderize all ingredients except cream, in an 8-ounce jar on medium speed for 5-10 seconds. Pour in cream and stir.





## Liver Booster (Power Drink)

- 4-8 ounces Grassfed liver
- 4-8 ounces raw milk
- 2-4 TBSP raw honey
- 1-2 pastured raw eggs
- 1 squeezed lemon/orange (optional)

Cut liver into small chunks. Blenderize all ingredients adding the eggs at the last few seconds.



TOOLS WE RECOMMEND

## Enhance Your Life With These Tools...

Click each link to learn more.

### Sleep

[Magnetico Sleep Pad](#) Code: Mitigatestress for 15% off

[Red Light Therapy \(GembaRed\)](#) Code: MGS10 for 10% off

[True Dark Blue Blocking Glasses](#) Code: MGS for 10% off

### Lymphatic + Hydration

[Relax Saunas](#) or Hot Tub (Clean Water)

Guasha Blade (30-50 Strokes)

### Supplements

[Magnesium Bicarbonate](#) Code: firsttime for 15% off

[Magnesium Bath Soak](#) Code: firsttime for 15% off

[Shilajit](#) Code: firsttime for 15% off

### Air Quality

[Air Filtration System](#) Code: MGS10 for 10% off

### Water Quality

[Shower Filter](#) Code: 3ROANS for 10% off

[Water Filtration System \(8-Stage\)](#) Code: 3ROANS for 10% off

[Water Filtration System \(12-Stage\)](#) Code: 3ROANS for 10% off

[Watch Our Review Here](#)



# Final Thoughts

By no means is this a list we expect individuals to complete in a day, week, month or a year. Do the best you can and understand the more you knock off the list, the more efficient your body can become at regenerating and healing.

## STOPS

- Stop Using Poly-Unsaturated Fats (PUFA), Fried, Vegetable/Seed Oils (sunflower, canola, etc.)
- Stop Taking Multivitamins
- Stop Taking Calcium Supplements
- Stop Using Fluoride/Chlorine (toothpaste, shower/drinking water)
- Stop Taking Vitamin D3 (Synthetic)
- Stop Using Plastics, BPA, BPS
- Stop Using Processed, Refined Carbohydrates, & HFCS
- Stop Taking Iron Pills (Switch to Beef Liver Pills)
- Stop Using Omega-3's & Omega-6's (HUFA's / PUFA's)
- Stop Skipping Breakfast, Intermittent Fasting & Extreme/Restrictive 'Fad' Diets
- Stop Negative Thoughts / Self Talk & Stop Living in Fear
- Stop Poor Posture Habits, Sedentary Living, Orthotic support shoes
- Stop Poor Breathing Habits i.e. Mouth Breathing, Chest/Neck Breathing.
- Stop Eating Out, Fast Food & Restaurants.
- Stop Eating Soy, Legumes, Beans, Nuts, Seeds, Cereals, Granolas, Cookies, Pastries, Cakes, Breads (Except Organic Sourdough, Einkorn, & Cassava containing ingredients), Raw Vegetables (Except for Shredded Carrot Salads)
- Stop Sleeping Late (Past 11)
- Stop Using Conventional Shoes & Orthotics, (Transition to Barefoot Shoes)
- Stop Excessive nn-EMF Exposure (Wi-Fry, Cell-Phones, Cell-Towers, etc.)
- Stop Excessive Blue-Light Exposure (TV, Cell-Phones, Computers, Artificial Lights, etc.)
- Stop Entertaining Toxic Friends, Family & Other Acquaintances
- Stop Using Toxic Deodorants, Body Washes, Oral Products, Hair Products, Birth Control, Cleaning Products, Detergents, etc.
- Stop taking zinc, copper, selenium & ascorbic acid-containing supplements
- Stop Spiritual Sin: Lying, Stealing, Fornication, Lust, Hate, Adultery, Idolatry, Drunkardness, Sodomy, Unforgiveness, Blasphemy, Gluttony, Greed, Boasting, Pride.



# Stay In Touch

## Stay In Touch! Tag, Follow & Share Us!

Instagram:

- [@MitigateStress](#) (Business)
- [@LamannaFitness](#) (Nick)
- [@Colonna\\_Fitness](#) (Nathan)

Youtube:

- [@MitigateStress](#)
- [@MitigateStress2.0](#)

## Keep us Updated on your progress:

- Any Results?
- Less Pain?
- Anything At All?

## Read our Top Blogs On Our Website:

Covering topics including Stress, Magnesium, Posture, Supps, Nutrition, Water, & Air.

## Need Help?

Email: [Support@MitigateStress.com](mailto:Support@MitigateStress.com)

## Want to take your Health & Fitness to the Next Level?

- Want to schedule a 1 on 1? Email us [Support@MitigateStress.com](mailto:Support@MitigateStress.com) (limited spots available)
- Become an [AFFILIATE TODAY](#) for our products!

If you have seen value in our free content or recommendations given and want to support us, please donate here. Thank you! By doing so, we will send you a special 25% discount code you can use on all our products.

In Christ,

*Nick & Nathan*

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