

Gentle Wellness Guide

Hey friend,

If you've been feeling run down, weary, or like you're stuck in survival mode, I want you to know: you're not alone. This little guide is a gentle starting point. A place to breathe. A space to be kind to your body and your story. You don't need to overhaul your life overnight. Healing can begin with one simple shift.

xo, Angie

p.s. This is my story with tools and resources that have helped me, but not medical advice by any means. Please check with your primary care provider about your personal medical decisions.

✨ My Story: Healing Isn't Linear

A few years ago, I was surviving on caffeine, naps I couldn't avoid, and the belief that I just had to "push through." Living with narcolepsy, grieving deep losses, and still trying to show up for my family left me depleted. I didn't have the energy to hustle and grind. But I did need to start somewhere and do something. I was desperate for a change! That's when I started focusing on gut health and gentle habits that gave me just enough strength to rebuild.

I still have limits. But I also have more energy, more clarity, and more peace. That's why I'm sharing this with you.

**I also share a lot about my grief story on Instagram if you want to follow along!
<https://www.instagram.com/angierstroud/>

Why Gut Health Matters (Especially When You're Exhausted)

When your gut is out of balance, everything else feels off—your mood, energy, immunity, and sleep. Chronic illness, stress, or even grief can take a toll on your digestive system. Supporting your gut is not just a trend—it's foundational to long-term wellness.

Signs your gut may need support:

- Daily fatigue
- Brain fog

- Bloating or irregular digestion
- Mood swings or anxiety
- Trouble sleeping

A gentle gut health routine can help stabilize your energy and mood and reduce inflammation.

Have 3 minutes? Check out this video on the gut microbiome 👉 [Plexus Microbiome](#)

My Wellness Stack

I use Plexus supplements daily because they've helped me regulate my blood sugar, support my gut lining, and ease my inflammation.

My current routine:

- **Slim (pink drink)** in the morning for blood sugar balance and prebiotics
- **Probiotic** at night for gut flora support
- **BioCleanse** at night for magnesium (and keeping me regular 🐛)
- **VitalBiome** for mood and stress resilience

You can take a closer look at the starter kit (TriPlex) here→. <https://shareplex.us/share/726xieK>

Starter Habits for Gentle Healing

Here are five shifts that made the biggest difference for me:

1. **Hydration First** – A glass of water before coffee
2. **Sunlight Daily** – 5–10 minutes of morning light
3. **Slow Breakfast** – Protein + fiber to start the day
4. **One Gentle Walk** – Even 5 minutes counts
5. **Supplement Consistency** – Tiny but powerful support

Remember: Start with ONE. That's enough.

Encouragement for the Hard Days

There will be days when just showering feels like a win. That still counts! Healing isn't always visible, and sometimes rest is the most productive thing you can do.

You will need some encouragement everyday to ground yourself in God's truth to combat the lies of the enemy. Choose a scripture verse to memorize or use Bible Promises to say aloud - it really is powerful when you speak God's Word over yourself.

Just remember: you are worth caring for. Grab my free [Bible Promises pdf](#)

BONUS: My Go-To Comforts (for on the really tough days):

- [Favorite mug](#) w/ a hot drink
- Soft blanket and worship music ([my fave playlist](#))
- Gentle [yoga video](#) (or just child's pose)
- Psalms on audio ([YouVersion Bible Rest](#))
- 10-minute tidy-up while listening to fun music

Your Version:

- Favorite drink: _____
 - Comfort song: _____
 - Calming activity: _____
 - Encouraging verse: _____
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Ready to go deeper or want to try what I take? DM me "gentle" on [Instagram](#) or click [here](#)

Let's walk this out, together.

With so much grace,



Angie