

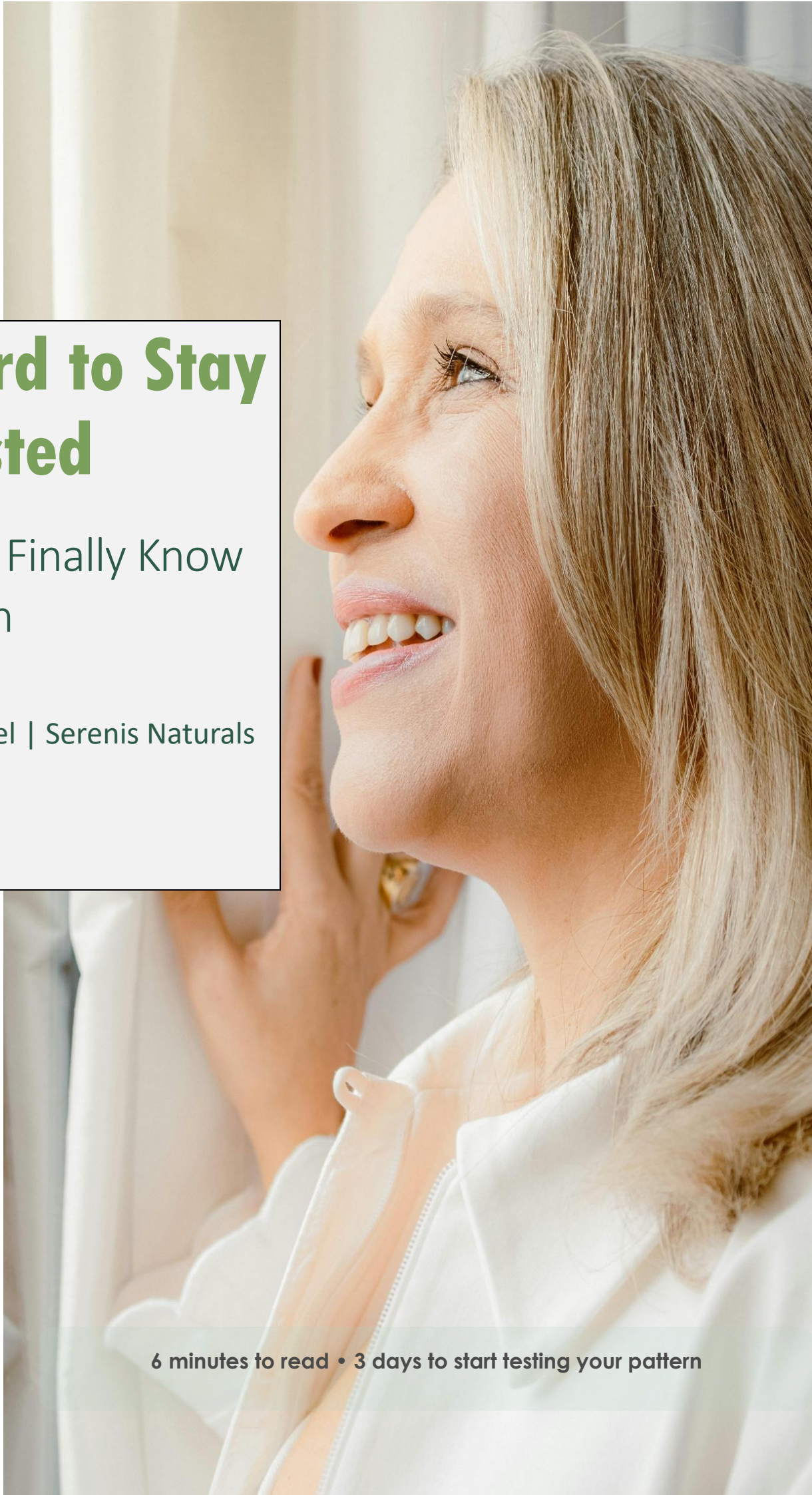


It's Hard to Stay Exhausted

When You Finally Know the Pattern

By Sarah Mitchel | Serenis Naturals

6 minutes to read • 3 days to start testing your pattern





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What's Inside This **Guide**

Part 1: Why You're So Tired

The three systems that control your energy—and why all three might be broken

(Pages 3-8)

Part 2: Find Your Pattern

Take the 5-minute quiz and identify what's really going on

(Pages 9-14)

Part 3: Your 3-Day Experiment

Test your pattern with simple changes you can start tomorrow

(Pages 15-21)

Part 4: The Foundation

Five habits that support every pattern

(Pages 22-23)

Part 5: What Happens Next

Whether your experiment worked or not, here's where to go from here

(Pages 24-28)

Estimated reading time:	Estimated testing time:	Estimated "aha moment":
6 minutes	3 days	This weekend

Let's figure out what your body's been trying to tell you.



You're Doing Everything **Right**.

And You're Still Exhausted.

If you've ever thought, "Maybe it's just me," this guide is here to prove it's not.

You've tried sleeping more. **Didn't help.**

You've tried eating better. **Still tired.**

You've tried "just pushing through." **Made it worse.**

You've asked your doctor. **Got "that's normal for your age."**

But deep down, you know... this isn't normal.

Not for you.

You're not broken — your body is sending signals worth listening to.

The Pattern Most Women Miss

Your energy depends on three CORE body systems working together:

Blood sugar stability
(your fuel delivery system)

Hormone rhythm
(your internal clock)

Nutrient absorption
(your supply chain)

When one breaks → You feel tired

When two break → You feel exhausted

When all three break → You feel broken and start thinking, "Something is really wrong with me."

Here's the part most women are never told:

Your exhaustion isn't the problem—it's the signal.

You weren't fixing the root cause.

You were trying to treat the symptoms.

Keep reading — your body's signals are about to make sense



Who We Are

(& Why We Made This Guide)

We're Serenis Naturals—a wellness research platform for women who know something's off but can't get answers. We spend our time reading health studies, breaking down complex science, and looking for patterns that actually help.

This guide came from noticing the same five patterns. Women describing their exhaustion in almost identical ways. Different words, same underlying issues.

Five distinct patterns kept appearing in research on women's fatigue: blood sugar instability, disrupted stress hormones, sluggish metabolism, low iron absorption, and gut inflammation.

Most health content treats these separately: *Thyroid OR blood sugar OR gut health*.

But your body doesn't work in separate departments — and neither does your exhaustion. Seeing the whole picture is what finally makes sense of your fatigue

We built this guide to help you identify which pattern matches your experience, so you can stop guessing and start testing what actually matters for YOUR body.

We're not doctors. We can't diagnose you.

But we can help you:

- Understand what the research says
- Identify patterns in your symptoms
- Ask better questions when you see your doctor
- Test what might actually work for your body

By the end of this guide, you'll know exactly which lever to pull first — the one that makes everything else easier.

But first—you need to understand why finding your ONE primary pattern changes everything



Why This Matters Right Now

You've probably tried fixing everything at once — sleep, food, exercise — and still felt exhausted. That's because most women dealing with chronic fatigue have 2–3 overlapping issues happening at the same time.

Here's what the research shows: it's not just one broken system, but multiple systems breaking down simultaneously.

The women who get their energy back? They start by identifying their *primary* pattern first.

Not by fixing everything at once, but by finding the main lever and pulling it.

That's why finding your ONE primary pattern really does change everything — because it makes every other step easier.

What This Guide Helps **You** Discover

In the next 6 minutes, you'll:

- ✔ **Identify which of the five patterns matches YOUR body**
(The quiz takes 2 minutes. Your gut already knows the answers.)
- ✔ **Understand WHY you've been so exhausted**
(It's not aging. It's not laziness. It's a specific, fixable pattern.)
- ✔ **Get a simple 3-day experiment to test your theory**
(No doctor appointment needed. No supplements to buy. Just simple changes you can start tomorrow.)
- ✔ **Know by this weekend if you're on the right track**
(If it helps, you'll know what to optimize. If it doesn't, you'll know what to try next.)

No guesswork. No wasting time on things that don't help. Just your pattern. And what to do about it.

Ready? Let's find out what your body's been trying to tell you. But before you start the quiz, here's what you need to know →



One More Thing

(Before You Start)

Every day you don't know your energy pattern, you're losing:

- 3-4 hours to afternoon crashes
- Nights to tossing and turning
- Mornings to brain fog
- Conversations to "I'm just so tired"
- Plans to "I don't have the energy"

Here's what changes when you know your pattern:

You stop wasting energy on things that don't help.

You stop second-guessing yourself.

You know what to test—and what to tell your doctor.

Most women report noticing shifts within days of addressing their primary pattern. Not magic.

Just finally doing the right thing for their specific body.

You can start testing tomorrow morning.

Or you can keep guessing what's wrong.

But guessing doesn't make exhaustion easier. It just makes it longer.

You deserve mornings that feel clear, not foggy. This guide is designed to get you there.

Turn the page — your pattern is waiting.



How to Use This Guide

(Without Overwhelming Yourself)

We get it—you're exhausted. The LAST thing you need is homework.

What you don't need to worry about:

- ✗ Read every single page
- ✗ Try all five experiments
- ✗ Overthink this

What will actually help:



Take the 2-minute quiz (next page) Check the boxes that sound like you. Your body already knows.



Read YOUR pattern explanation (1 minute) You'll understand why you feel this way.



Try your 3-day experiment (starting tomorrow) One simple protocol.

That's it. Total time: 6 minutes to read. 3 days to test.

By this weekend, you'll know if you're on the right track.

One important thing: This guide helps you identify patterns—it doesn't diagnose medical conditions. If something feels seriously wrong, don't wait—see your doctor.

Ready? Let's find your pattern.



PART 2: FIND YOUR PATTERN

Which Pattern Is Yours?

The 5-minute quiz; your body already knows the answers to. Just check the boxes that sound like you.

PATTERN 1: The 3 PM Wall



- ☐ I crash hard an hour or two after eating
- ☐ I crave sugar or carbs every afternoon
- ☐ I get shaky or irritable when meals are delayed
- ☐ I wake up between 2-4 AM for no clear reason
- ☐ My belly's getting bigger even though I'm eating less

If you checked 3 or more: Your blood sugar is probably on a roller coaster—spiking up, crashing down, and pulling your energy with it.

WHY THIS HAPPENS:

When you eat sugar or carbs without protein, your blood sugar shoots up (quick energy) then crashes down (fatigue, irritability + cravings).

That crash forces your body to release stress hormones to bring levels back up — which is why you may feel restless at night even though you're drained.

Your afternoon slump and your sleep problems? Same root cause, just different times of day.

⚠ This is a pattern you're recognizing, not a medical diagnosis. But it is valuable information — the kind that helps you know what to test and what to discuss with your doctor.



PATTERN 2: Tired But Wired



- ☐ I'm exhausted but can't fall asleep
- ☐ My mind races even when my body is spent
- ☐ I feel "on edge" or overwhelmed most days
- ☐ I crave salty foods or feel dizzy standing up quickly
- ☐ I wake up tired no matter how many hours I sleep

If you checked 3 or more: Your body's stuck in "alert mode"—even when you're exhausted. Your stress hormones won't turn off, so you can't fully rest.

WHY THIS HAPPENS:

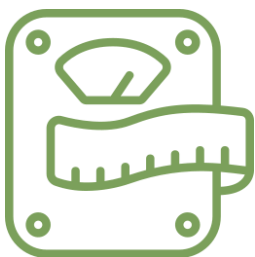
Stress hormones like cortisol are meant to rise in the morning (to wake you up) and fall at night (to help you sleep).

When that rhythm flips, you feel sluggish during the day and restless at night. Caffeine and late-night energy bursts only push the cycle further off track.

Your "tired but wired" pattern is your body's way of showing the stress response is stuck in overdrive. That's why you're exhausted but can't sleep — your body literally isn't registering that it's time to rest.

⚠ This is a pattern you're recognizing, not a medical diagnosis. But it is valuable information — the kind that helps you know what to test and what to discuss with your doctor.

PATTERN 3: Heavy & Cold



- ☐ My body feels heavy, not just tired
- ☐ I'm exhausted after very little activity
- ☐ I've gained weight eating the same—or less—food
- ☐ My hair is thinning (especially the outer third of eyebrows)
- ☐ I'm cold when everyone else is comfortable

If you checked 3 or more: Your metabolism might be running slower than it should—like your body's thermostat got turned way down.



💡 WHY THIS HAPPENS:

Think of your thyroid as your body's gas pedal. When it's not working quite right, everything slows down: your energy, your body temperature, even your hair growth and digestion.

Here's the frustrating part: standard blood tests often don't catch this.

Your doctor runs a TSH test, it comes back "normal," and you're sent home feeling like you're making it all up.

But you're not.

TSH is just one piece of the puzzle. Your body might not be converting thyroid hormone into the form your cells actually use (T3). Or your thyroid might be working overtime to maintain "normal" levels—but you're still feeling terrible.

This is why your symptoms matter more than you've been told.

If this pattern resonates, you'll want to ask your doctor for a FULL thyroid panel: TSH, Free T3, Free T4, and thyroid antibodies. Not just TSH.

Print this page. Bring it to your appointment. Say: "These are my symptoms. Can we check all of these markers?"

Important: These symptoms need a conversation with your doctor—especially if they're severe. This pattern helps you know what to ask for, but your doctor needs to be part of the solution. If you're experiencing significant weight gain, severe cold intolerance, or major hair loss, don't wait. Make that appointment.

⚠️ *This is a pattern you're recognizing, not a medical diagnosis. But it is valuable information — the kind that helps you know what to test and what to discuss with your doctor.*

PATTERN 4: Pale & Breathless



- ☐ I'm paler than usual (check inner lower eyelids—pale pink or white?)
- ☐ I get breathless with activities that used to be easy
- ☐ My heart races with minimal effort
- ☐ I crave ice, or my legs feel restless at night
- ☐ My nails are brittle or starting to "spoon"

If you checked 3 or more: Your iron levels might be low—which means your cells aren't getting enough oxygen to make energy.



💡 WHY THIS HAPPENS:

Iron is what carries oxygen through your bloodstream to every single cell. Without enough iron, your cells are basically gasping for air—which is why YOU'RE gasping for air doing things that used to be easy.

Here's the tricky part: You can go to the doctor, get your blood tested, and be told "you're not anemic"—while still feeling absolutely exhausted.

Why? Because standard blood tests check your blood count (hemoglobin), but they don't always check your iron STORAGE (ferritin).

You can have enough iron in your blood right now, but your storage tanks are empty—which means you're one heavy period away from feeling terrible.

Pay attention to this: If you checked 3 or more boxes here, call your doctor this week.

These symptoms—especially breathlessness and rapid heartbeat—need proper medical evaluation. Not just dietary changes.

The 3-day experiment for Pattern 4 will help your body absorb iron from food better while you're waiting for your appointment.

When you call, say this: "I'm exhausted, pale, and getting breathless easily. I want to check my iron levels completely—not just a CBC, but ferritin and iron saturation too."

⚠️ *This is a pattern you're recognizing, not a medical diagnosis. But it is valuable information — the kind that helps you know what to test and what to discuss with your doctor.*

PATTERN 5: Bloating & Foggy



- ☐ I'm bloated after most meals
- ☐ My digestion is unpredictable (constipation, diarrhoea, or both)
- ☐ I feel MORE tired after eating
- ☐ I've developed food sensitivities that weren't there before
- ☐ I have skin issues that won't resolve (acne, eczema, rosacea)

If you checked 3 or more: Your gut is probably inflamed—which means you're not absorbing nutrients from your food, AND your gut is sending "something's wrong" alarm signals to your brain.



WHY THIS HAPPENS:

Your gut does a lot more than digest food.

It makes 90% of your serotonin (your "happy" neurotransmitter). It houses 70% of your immune system. And it determines which nutrients from your food actually make it into your bloodstream.

When your gut gets inflamed—from food sensitivities, stress, medications, or inflammatory oils—everything breaks down.

You can eat all the "right" foods and still feel exhausted, because your gut isn't absorbing the nutrients.

Plus, inflamed guts send signals to your brain: "Something's wrong, conserve energy"—which shows up as crushing fatigue and brain fog.

The good news? Gut inflammation often responds quickly to the right changes.

If digestive symptoms are severe or you're losing weight unexpectedly, see your doctor for proper evaluation. But for most women, this pattern responds well to the 3-day experiment (see Your 3-Day Experiment section)

 *This is a pattern you're recognizing, not a medical diagnosis. But it is valuable information — the kind that helps you know what to test and what to discuss with your doctor.*



The 5 Patterns At A Glance

PATTERN 1: The 3 PM Wall

What's happening: Blood sugar roller coaster

You'll know by: Afternoon crashes, sugar cravings, waking at 2 AM

Test it with: Protein at breakfast + walks after meals

PATTERN 3: Heavy & Cold

What's happening: Metabolism running slow

You'll know by: Unexplained weight gain, always cold, hair thinning

Test it with: Brazil nuts + seafood/eggs + gluten break

⚠️ Talk to your doctor, especially if severe

PATTERN 2: Tired But Wired

What's happening: Stress hormones won't turn off

You'll know by: Exhausted but can't sleep, racing mind, anxious edge

Test it with: Morning sunlight + screens off before bed

PATTERN 4: Pale & Breathless

What's happening: Low iron or poor absorption

You'll know by: Breathlessness, paleness, heart racing

Test it with: Red meat or dark greens + vitamin C

⚠️ Call your doctor this week—needs medical evaluation

PATTERN 5: Bloating & Foggy

What's happening: Gut inflammation

You'll know by: Bloating after meals, unpredictable digestion, brain fog

Test it with: Ditch seed oils + add fermented foods + water

My pattern:

Starting my 3-day test on:

My accountability partner:

(Text them this page. Do it together.)

Now that you know your pattern, let's test it →



PART 3: YOUR 3-DAY EXPERIMENT

See What Shifts in 3 Days

You just identified your pattern. Now it's time to explore it. Not with a doctor's appointment. Not with expensive supplements. Just with simple changes you can start right away.

Why 3 days?

- Long enough to notice if something's shifting.
- Short enough that you'll actually DO it.
- If it helps, you'll know you're on the right track—and you'll want to keep going.
- If it doesn't help, you'll have useful information about what to try next.

Either way, you're learning your body's language. Find your pattern below and begin your experiment.

IF YOU HAVE PATTERN 1: The 3 PM Wall

Your 3-Day Experiment

Every Morning:

- ☐ Eat 3 eggs (scrambled, fried, boiled—any style) OR 1 cup Greek yogurt + 2 tbsp hemp seeds
- ☐ Try this within 1 hour of waking and before coffee if possible

Every Afternoon:

- ☐ Take a 10-minute walk after lunch (around the block, through your office—anywhere)
- ☐ Skip all liquid sugar today (no juice, soda, or sweetened coffee drinks)



What you're watching for:

- Steady energy from lunch to dinner (no 3 PM crash)
- Less brain fog in the afternoon
- Falling asleep easier at night
- Fewer middle-of-the-night wake-ups

Why this works:

Protein at breakfast keeps your blood sugar stable for 6-8 hours.

Movement after meals helps your body use the glucose in your blood instead of storing it (which would spike insulin and cause a crash later).

Skipping liquid sugar means you're breaking the spike-crash cycle that's been running your day.

After 3 days:

If you feel better

This suggests that blood sugar swings were part of the problem, you're now ready to optimize deeper.

If you feel the same

Try Pattern 2 experiment next (these often overlap).

Quick note: These are research-backed strategies for blood sugar stability. If you try this consistently for 2 weeks and notice zero change—or if things get worse—talk to your doctor about checking your fasting glucose and insulin levels.

IF YOU HAVE PATTERN 2: Tired But Wired

Your 3-Day Experiment

Every Morning:

- ☐ Get 10 minutes of sunlight within 1 hour of waking (even if cloudy, even through a window)
- ☐ Step outside or sit by a bright window while you drink your morning coffee

Every Evening:

- ☐ All screens OFF 1 hour before bed (yes, even scrolling "to relax")
- ☐ Try 5 minutes of box breathing before bed: breathe in for 4, hold for 4, out for 4, hold for 4



What you're watching for:

- Feeling more awake in the morning (not dragging yourself out of bed)
- Less "on edge" feeling during the day
- Falling asleep faster at night
- Waking up more refreshed (not groggy)

Why this works:

Your body's internal clock (circadian rhythm) depends on light signals. Morning sunlight tells your brain: "Make wake-up hormones now." Evening darkness tells your brain: "Make sleep hormones now."

When you skip morning light and add evening blue light from screens, your body gets confused about what time it is—so stress hormones stay elevated all day and all night.

After 3 Days

If you feel better

Your stress hormone rhythm was off. This simple reset is working.

If you feel the same

Your blood sugar might be crashing at night (which triggers cortisol).

Try Pattern 1's experiment alongside this one.

IF YOU HAVE PATTERN 3: Heavy & Cold

Your 3-Day Experiment:

Every Day:

- ☐ Eat 1-2 Brazil nuts each day (they're packed with selenium, which supports thyroid function—but don't go overboard. More than 3-4 nuts daily can actually be harmful, so resist the urge to eat the whole bag)
- ☐ Add one of these to any meal: wild-caught salmon, seaweed snack, or eggs
- ☐ Try going completely gluten-free for just these 3 days (read labels—it hides everywhere)

Quick note about gluten: If you're planning to get tested for celiac disease, DON'T eliminate gluten before the test—it can interfere with results. Get tested first, THEN try elimination if appropriate.



What you're watching for:

- Feeling slightly warmer (less cold hands and feet)
- Less muscle heaviness or sluggishness
- Slightly clearer thinking
- More energy for small tasks

Why this works:

Your metabolism (thyroid) needs specific nutrients to function: selenium (Brazil nuts) and iodine (seafood/seaweed). Many women don't get enough from regular food.

Some women's thyroids are also sensitive to gluten, which can slow everything down. This 3-day trial helps you see if that's you.

After 3 days:

If you feel better

You just learned something valuable—your body responds to thyroid-supporting nutrients.

Keep going with these changes and consider exploring more targeted thyroid support.

If you feel the same (and this pattern REALLY resonates with you)

Time for a conversation with your doctor. Print this page and bring it with you.

Say something like:

"I'm experiencing [your specific symptoms from the quiz]. I've been researching, and these symptoms are consistent with thyroid issues. Can we run a complete thyroid panel—not just TSH, but Free T3, Free T4, and thyroid antibodies? I want the full picture."

Why ask for all of that? Because TSH alone misses a lot. Many women have "normal" TSH but low T3—and T3 is what your cells actually USE for energy.

We created a guide for that conversation:

[SerenisNaturals.com/thyroid-guide](https://serenisnaturals.com/thyroid-guide)

It includes what each test means, what to ask if your doctor pushes back, and what to do if your labs are "normal" but you still feel terrible.



IF YOU HAVE PATTERN 4: Pale & Breathless

READ THIS FIRST:

If you checked 3+ boxes for this pattern, call your doctor before you do anything else. Breathlessness and rapid heartbeat need medical evaluation—not just diet changes.

The experiment below will help your body absorb iron better from food, and it's a great thing to do while you're waiting for your appointment. But it's not a replacement for getting checked out properly.

Your 3-Day Experiment:

Every Day:

- ☐ Eat red meat OR dark leafy greens with bell peppers or citrus (vitamin C helps absorption)
- ☐ NO coffee or tea within 2 hours of meals (they block iron absorption by up to 60%)
- ☐ Cook at least one meal in a cast iron skillet (yes, this actually adds iron to your food)

What you're watching for:

- Slightly more energy (things feel less effortful)
- Less breathlessness doing normal activities
- Better color in your face and under your nails
- Fewer heart palpitations

Why this works:

Iron carries oxygen to every cell in your body. When iron is low, your cells can't make energy—everything feels harder.

Coffee and tea contain compounds that grab onto iron in your gut and prevent absorption.

Vitamin C does the opposite—it helps your body absorb more. Cast iron cooking actually transfers small amounts of iron into your food.



After 3 days:

If you feel even slightly better:

Good sign. Your body was ready to use the iron you gave it.

But listen—feeling a little better doesn't mean you skip the doctor. Iron deficiency usually means something's causing it: heavy periods, absorption issues, or something else that needs proper evaluation.

Call and say: "I'm exhausted, pale, and getting breathless doing normal activities. I want to check my iron completely—not just a CBC blood count, but ferritin and iron saturation. I need to know if I'm absorbing iron properly."

Why both tests? Your blood count can look fine while your iron STORAGE is dangerously low. You need both pieces of information.

We created a guide for that appointment:

[SerenisNaturals.com/iron-guide](https://serenisnaturals.com/iron-guide)

If you feel the same (or worse):

Call your doctor today. Show them the symptoms you checked on page 6.

If you have heavy periods, mention it—it's the most common reason for iron deficiency in women.

IF YOU HAVE PATTERN 5: Bloating & Foggy

Your 3-day Experiment:

Every Day:

- ☐ Cook with ONLY olive oil or butter (throw out canola, vegetable, and soybean oil for these 3 days)
- ☐ Add 2 forkfuls of sauerkraut or kimchi to one meal (start small—fermented foods are powerful)
- ☐ Drink half your body weight (in pounds) in ounces of water (Example: 150 lbs = 75 oz water)

Pro tip on fermented foods: Start with just 1-2 forkfuls. If your bloating gets WORSE instead of better, stop immediately. That's your body telling you something—possibly SIBO or another gut issue—and that's valuable information to bring to your doctor.



What you're watching for:

- Less bloating after meals
- More energy after eating (instead of more tired)
- Clearer thinking by afternoon
- Better, more regular digestion

Why this works:

Industrial seed oils (canola, vegetable oil) are highly inflammatory for most people's guts.

Swapping them out for olive oil or butter reduces that inflammation fast—often within days.

Fermented foods feed the good bacteria in your gut—the ones that help you digest food and extract energy from it.

Water helps everything move through your system and reduces inflammation signals.

After 3 days:

If you feel better

Gut inflammation may have been driving your fatigue. Keep going with these changes.

If you feel the same

Food sensitivities might be involved. We have a guide for identifying trigger foods at: [SerenisNaturals.com/food-detective](https://serenisnaturals.com/food-detective)



PART 4: THE FOUNDATION

The 5 Universal Energy Habits

THE FOUNDATION - These help EVERY pattern—do these first, regardless

No matter which patterns you have, these five habits create the foundation for everything else to work.

Think of them as: Setting the table before you cook the meal.

01	02	03
PROTEIN AT BREAKFAST	WALK AFTER DINNER	SCREENS OFF BEFORE BED
The simple rule: Within 1 hour of waking, eat 30g protein Why it matters: Stabilizes blood sugar for 6-8 hours, supports your stress hormone rhythm, prevents afternoon crashes Easy options: • 3 eggs (any style you like) • 1 cup Greek yogurt + 2 tbsp seeds • Protein smoothie (1 scoop powder + ½ avocado + berries) • Last night's leftovers (yes, chicken at 7 AM is fine)	The simple rule: 10 minutes, any pace, after your evening meal Why it matters: Helps your body use the glucose in your blood (prevents insulin spikes), supports mitochondria (your cellular energy factories), signals "I'm safe, I have energy to move" Important note: This isn't intense exercise (which can worsen stress hormone issues). This is gentle movement that feels good.	The simple rule: 1 hour before you want to sleep, all screens off Why it matters: Blue light tells your brain it's daytime, which blocks the production of sleep hormones. Your brain can't make "rest" signals and "alert" signals at the same time—it has to choose. Try instead: Reading, stretching, conversation, journaling, that hobby you keep saying you don't have time for



04

DRINK MORE WATER

The simple rule: Half your body weight (in lbs) = ounces of water daily

Example: 150 lbs = 75 oz water (about 9 cups throughout the day)

Why it matters: Even mild dehydration mimics fatigue. Every process in your body—including making energy—requires water as the medium.

Bonus tip: Add a tiny pinch of sea salt to your water (you need electrolytes, not just H2O)

05

SWAP YOUR COOKING OILS

Remove these: Canola oil, vegetable oil, soybean oil, corn oil

Use these instead: Olive oil, avocado oil, coconut oil, butter, ghee

Why it matters: Those industrial seed oils are inflammatory for most people—and inflammation worsens every energy pattern. This one swap reduces systemic inflammation fast.

Action step: Check your pantry today. If a bottle says "vegetable oil," replace it this week.

Your Starting Plan

Days 1-7: Do these 5 foundation habits

Days 8-10: Add your pattern-specific 3-day experiment

Day 11: Notice what changed

Print this. Put it on your fridge.

When someone asks what you're doing differently, just point to this.



PART 5: WHAT HAPPENS NEXT

You Just Became an Energy Detective

Here's what you did in the last 6 minutes:

- ✓ You identified your primary energy pattern
- ✓ You understand why you've been so exhausted (it's not aging, it's not laziness)
- ✓ You have a 3-day experiment you can start tomorrow morning
- ✓ You have 5 foundation habits that support everything else

If Your Experiment Works

Here's what women commonly report:

"Day 1: Didn't really notice anything."

"Day 2: Wait...I didn't crash at 3 PM."

"Day 3: I actually SLEPT. I'm texting this to everyone."

(Your timeline might be different. Some women notice shifts in 3 days. Others need 2-3 weeks of consistency. But you'll know pretty quickly if you're testing the right thing.)

What this means:

- ✓ You confirmed your pattern
- ✓ Your body's responding to what it actually needs
- ✓ You're ready to optimize deeper Here's your next step:

Where to go next:



Want to understand the deeper science?

Read: "[Why Am I So Tired? 7 Hidden Energy Drains Women Over 45 Miss](#)"



Want to keep exploring together?

Subscribe at [SerenisNaturals.com/subscribe](https://serenisnaturals.com/subscribe) for weekly insights and next-level wellness strategies



See what's working for others:

Join the conversation at [#EnergyDetective](#)





If Your Experiment Doesn't Help Much

A few possibilities:

1. You have overlapping patterns

Many women have 2-3 patterns happening at once. Try the 3-day experiment for your secondary pattern. Stack them if needed.

Go back to page 14 ([The 5 Patterns at a Glance](#)) and identify your secondary pattern.

2. You need medical clarity

Some patterns need more than lifestyle changes. Bring this guide to your doctor and say: "These are my symptoms. Based on this pattern, what would you recommend we investigate?"

Explore our detailed conversation guides to help you prepare for appointments,

- Thyroid: [SerenisNaturals.com/thyroid-guide](https://serenisnaturals.com/thyroid-guide)
- Iron: [SerenisNaturals.com/iron-guide](https://serenisnaturals.com/iron-guide)
- Blood sugar: [SerenisNaturals.com/blood-sugar-guide](https://serenisnaturals.com/blood-sugar-guide)

3. There's a deeper root cause

Sometimes exhaustion signals something that needs professional evaluation—thyroid conditions, autoimmune issues, sleep disorders, or hormonal imbalances that require targeted treatment.

These experiments help you gather information for better conversations with your doctor. They're tools for discovery, not replacements for medical care when it's truly needed.

Trust yourself. If your gut says "something's really wrong"—not just "I'm tired" but "something is OFF"—don't wait. Don't try one more thing. Call your doctor.



The Woman You're Thinking of **Right Now**

Your sister. Your best friend. Your coworker who always says she's "fine" but you can tell she's struggling.

She's exhausted too. She thinks it's just her. She doesn't know about these patterns yet.

→ If this guide helped you see your fatigue differently, screenshot your favorite page and send it to her.



Say: "Read this. Try the 3-day thing. Tell me what happens."

One conversation at a time. When something finally clicks, you remember who else needs to hear it and understand what's going on.

Explore Deeper

This guide is your starting point. Here's where to go next:

 *Read the Deep-Dive Articles by visiting our blog for evidence-based deep-dives on energy, hormones, and metabolism: →*

[SerenisNaturals.com/blog](https://serenisnaturals.com/blog)

 [How blood sugar affects sleep \(the connection nobody talks about\)](#)

 [Why "normal" thyroid labs don't always mean optimal function](#)

 [The gut-energy-hormone triangle explained](#)

 [What actually works: Our supplement research guide](#)

 *Join the Conversation Share your pattern discoveries and see what's working for others: → #EnergyDetective*



What we believe:

We believe knowledge is power — especially when it's about your own body.

We believe science is most powerful when it's translated into everyday choices. And when those choices align with your body's signals, confidence follows.

That's why Serenis Naturals exists: to help you listen, learn, and trust yourself again.

What We **Focus** On:

Because clarity is only useful when it leads to action, we focus on the areas women most often struggle to get answers:

- Thyroid optimization (when labs are "normal" but you're exhausted)
- Gut healing (bloating, brain fog, food sensitivities)
- Hormone balance (perimenopause and menopause support)
- Sleep solutions (fall asleep faster, stay asleep, wake rested)
- Supplement research (what actually works vs. marketing hype)
- Natural approaches to inflammation and joint pain
- Stress management that goes beyond "just relax"

Learn more: [SerenisNaturals.com/about](https://serenisnaturals.com/about)



Credits & Resources

Research Foundation:

This framework draws from peer-reviewed research in endocrinology, circadian biology, metabolic health, inflammation science, and women's health studies published between 2015-2024. To ensure clarity and accessibility, portions of this research were organized with the assistance of AI editorial tools.

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For Questions or Feedback:

We'd love to hear what you discovered.

Reach us anytime through the **Contact Us** page at serenisnaturals.com/contact-us/

Share This Guide

You've just uncovered your own energy pattern and started an experiment that could change the way you feel every day. But here's the thing: you're not the only one who's been running on empty. Chances are, someone you care about is quietly struggling too — blaming age, stress, or even themselves.

Sharing this guide is one of the simplest ways to help. That small gesture could be the spark that helps them sleep better, skip the afternoon crash, or finally feel like themselves again. That's how we change the conversation — one tired woman at a time. #EnergyDetective

DISCLAIMER: This guide is for educational purposes and does not constitute medical advice, diagnosis, or treatment. These experiments involve generally safe lifestyle adjustments, but everyone's situation is unique. If you have existing medical conditions, take medications, are pregnant or nursing, or experience severe symptoms, consult your healthcare provider before making changes. The information here supports—but never replaces—professional medical care. When in doubt, always seek qualified medical guidance.