

# The Body *Liberation* WORKBOOK



# Welcome!



Welcome to your Body Liberation Workshop. In this workbook, you'll find actionable steps and insights to help you achieve your wellness goals and become the most vibrant version of yourself.

I'm Marie Poza - Functional wellness practitioner, women's hormonal expert, holistic nutritionist, and founder of Unstoppable.

With a passion for helping women achieve optimal wellness and become their fullest, highest, and most radiant selves, I'm here to guide you on your journey of body liberation and empowerment. Get ready to unlock your full potential and embrace a life of vitality and abundance!

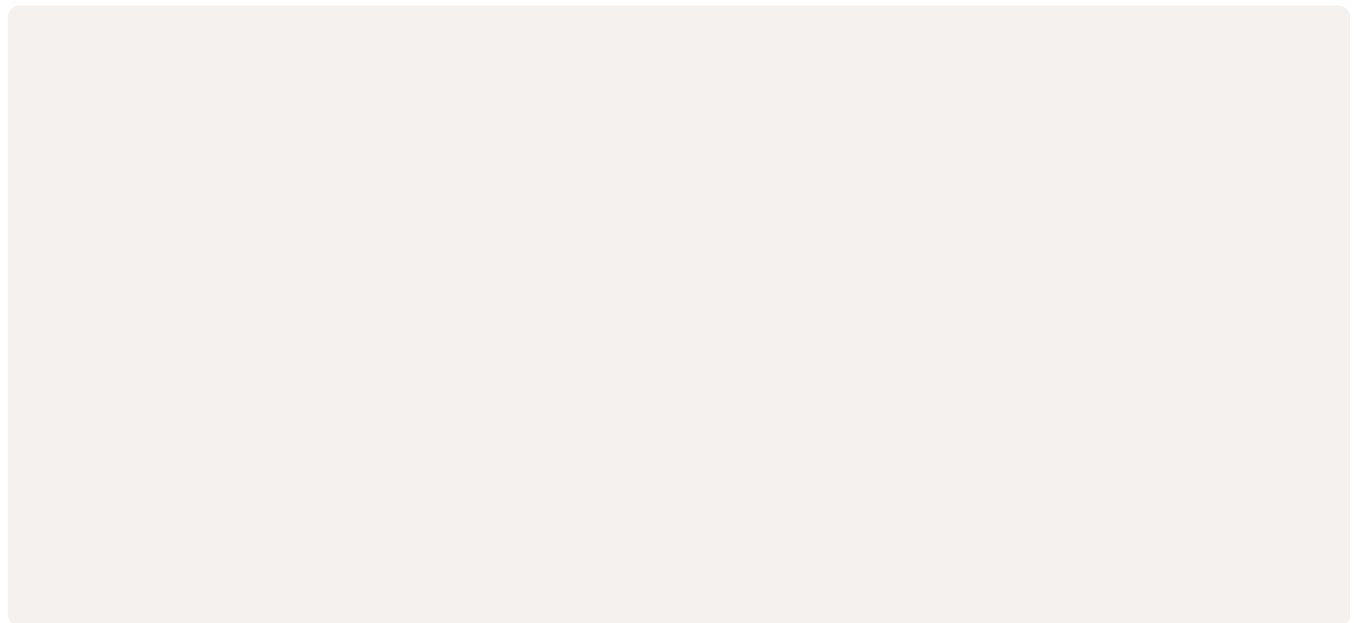
*xo,*  
*Marie*

# Unveiling the Connection Between Gut Health and Overall Well-being

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## The American Dream, Western Medicine, Toxic Diet Culture:

Take some time to reflect on the impact of the hustle culture, medical system, and diet culture on your own well-being. Consider how societal/familial norms and expectations have influenced your relationship with food, body image, and self-worth.



## On a positive note...

You get to CHOOSE how you want to think, feel, and respond. It takes some work to rewire your neurological pathways to see the positive or choose a healthier response - but it's possible!

The body is absolutely miraculous when you really listen in and give it what it is asking for at a deep down cellular level...and it gets to be far simpler than you think when given the right tools.

Plus, there are also so many incredible clean choices out there!



# Unveiling the Connection Between Gut Health and Overall Well-being

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## Identifying Toxic Exposures:

Explore the various sources of toxins and chemicals in your environment, including food, water, personal care products, and household items. Use the provided list to identify potential sources of exposure in your daily life. It's important to reduce toxic overload, but choose 1-5 things you can replace/get rid of this week (*and start from there!*):

### **Food and Beverages:**

- Processed foods with additives and preservatives
- Conventionally grown fruits and vegetables with pesticide residues
- Non-organic animal products treated with hormones or antibiotics
- GMOs in packaged foods
- Tap water contaminated with pollutants or heavy metals

### **Household Cleaning Products:**

- Conventional cleaners with harsh chemicals
- Air fresheners and scented candles with synthetic fragrances
- Laundry detergents and fabric softeners with artificial dyes and fragrances
- Dishwashing detergents/hand soaps with antibacterial agents and fragrances

### **Home Environment:**

- Furniture treated with flame retardants and other chemicals
- Carpets and rugs with stain-resistant coatings
- Paints and varnishes emitting VOCs
- Plastics containing BPA or phthalates

### **Personal Care Products:**

- Skincare products with parabens, phthalates, and sulfates
- Haircare products with synthetic fragrances
- Makeup with potentially harmful ingredients like lead and formaldehyde
- Deodorants and antiperspirants with aluminum

### **Electronics and Technology:**

- Electronic devices emitting EMF
- Appliances with nonstick coatings containing PFAS
- Cell phones and wireless devices emitting radiation

### **Outdoor Exposures:**

- Air pollution from vehicle emissions and industrial activities
- Pesticides and herbicides used in gardening
- Chemicals in sunscreen and insect repellent sprays
- Outdoor areas with potential contaminants

## Other resources to help:

[Marie & Dr. Carrie's Clean Product List](#)  
[EWG Skin Deep Product Search](#)  
[Clean/Dirty Dozen List](#)  
[Household Frugal Swaps](#)

[Easy Cleaning Product Swaps](#)  
[Clean Sunscreen & Bug Spray](#)  
[EMF Blocker Starter Pack](#) (use code: XOMARIE for 25% off)

# The Foundation - Fear vs. Love

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## Understanding Fear (Cortisol) and Love (Oxytocin):

Take a moment to reflect on the emotions and sensations associated with fear and love. What does fear feel like in your body? How does it manifest in your thoughts and actions? Contrast this with the sensations and experiences of love. Write down your reflections in the space provided.

## Your Environment Matters

Shift your focus to the positive aspects of reclaiming your health and well-being. Recognize that feeling sick, anxious, or unhappy in your body is not your destiny – you have the power to make empowering choices that support your vitality and resilience. Brainstorm a list of actionable steps you can take to prioritize your health and reduce toxic exposures. Be creative and think outside the box!

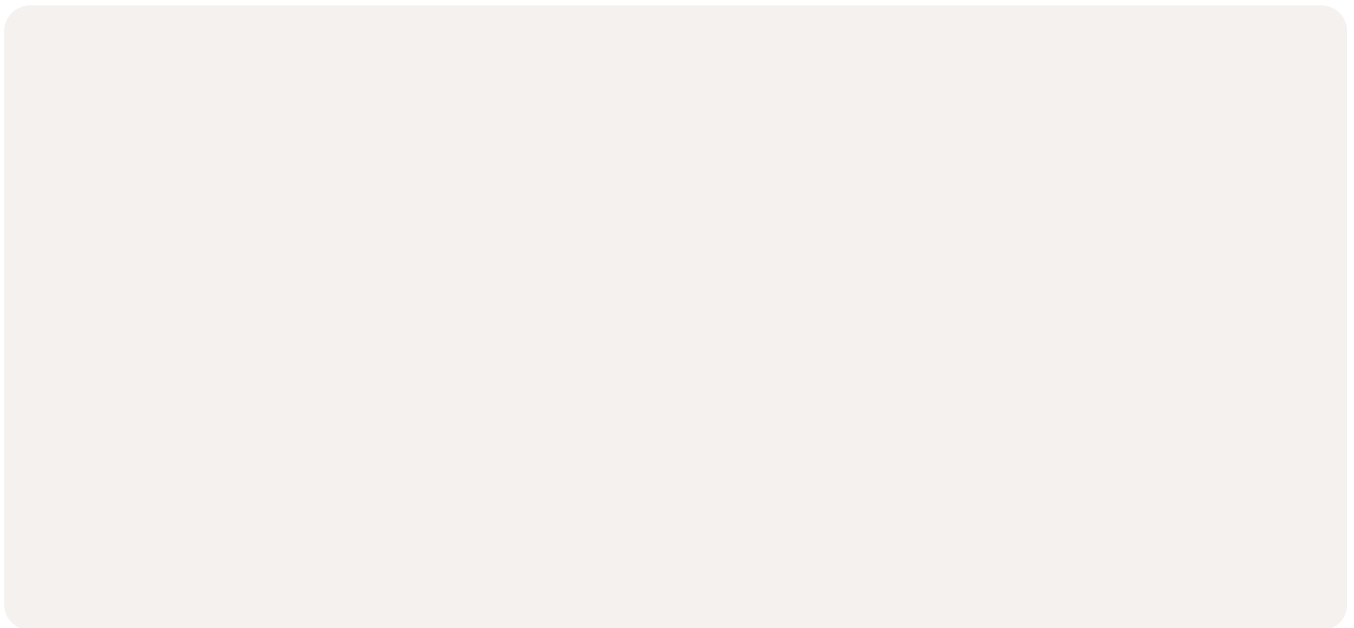
# The Body Scan

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1. Begin by taking a few deep breaths to center yourself.
2. Close your eyes and do a full body scan from head to toe.
3. As you scan, pay attention to any sensations or symptoms you may be experiencing.
4. Write down any symptoms or areas of discomfort in the space provided below.
5. Next, using the wheel provided, rate each health block on a scale of 1 to 10, with 1 being minimal and 10 being severe.
6. Be honest with yourself as you assess each area of your health and well-being.

## Symptoms & Discomfort

Write down any symptoms or areas of discomfort you identified during the body scan.



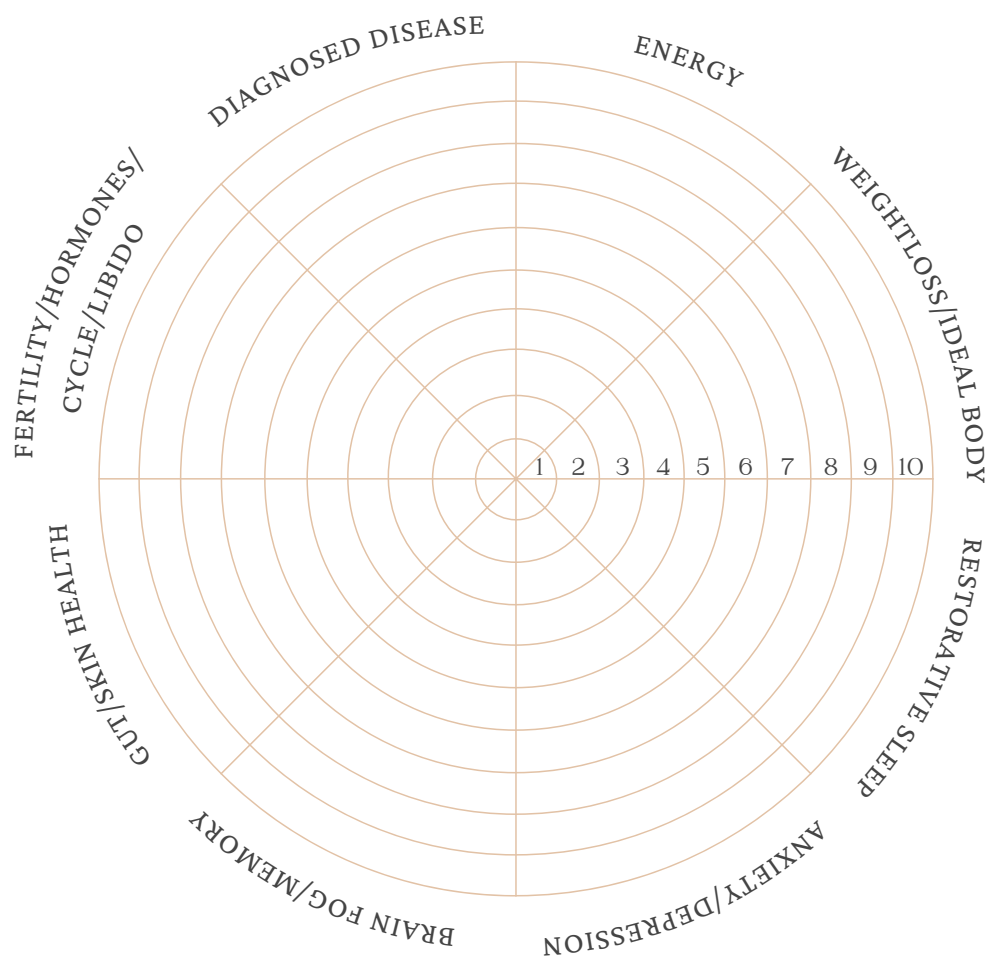
# The Wellness Wheel

What’s blocking you from feeling unstoppable in your mind and body?

Take a few mins to rate each one on a scale from 1 to 10.

Remember this isn’t about shaming. You need to know where you are so that you can do something about it!

Focus on your top 3 rated areas you want to thrive in for 2024.



# The 7 Layers

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'WHY' is it important that you transform this area of your life?

1. WHY IS \_\_\_\_\_ IMPORTANT TO ME?

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(Because...)

2. WHY IS THAT IMPORTANT TO ME?

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(Because...)

3. WHY IS THAT IMPORTANT TO ME?

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(Because...)

4. WHY IS THAT IMPORTANT TO ME?

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(Because...)

5. WHY IS THAT IMPORTANT TO ME?

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(Because...)

6. WHY IS THAT IMPORTANT TO ME?

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(Because...)

7. WHY IS THAT IMPORTANT TO ME?

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(Because...)

What I'm seeking to transform is so important to me, because...



# Top Tools

## FOR OPTIMIZED HEALTH

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### Peace Through Prayer, Meditation, and Breathwork

These practices offer tools to navigate challenges with grace and cultivate a deeper sense of inner calm - aka living in a parasympathetic state.

- **Deep Breathing During Triggers:** Practice deep breathing techniques during moments of stress or triggers to calm the nervous system and rewire neural pathways. Focus on slow, intentional breaths to center yourself and promote relaxation.
  - If triggered in public, retreat to a restroom/private space. Remind yourself you are safe and create a sense of security within yourself.
  - Use your notes app or journal to record triggers and address them at a later time with a counselor or through personal reflection. Triggers serve as mirrors to our soul, revealing areas for healing and growth.
- **Explore Prayer and Meditation Apps:** Experiment with various prayer and meditation apps to find one that resonates with your spiritual beliefs and preferences.
  - Some popular options include TBM, Headspace, Calm, Hallow, Balance, and Open.
- **Deep Breathing Exercises:** Incorporate deep breathing exercises into your daily routine for stress relief.
  - Practice belly breathing or alternate nostril breathing to calm the mind and body.
  - Try box breathing to regulate your breath and calm your nervous system. Inhale for a count of four, hold for four, exhale for four, and hold for four before beginning the next cycle.

Choose one prayer, meditation, or breathwork practice from the list above to incorporate into your daily routine. Set aside time each day to engage in this practice, and commit to it for at least one week.

# Top Tools

## FOR OPTIMIZED HEALTH

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### Optimize Your Lab Work

1. Learn how to advocate for yourself with your primary care doctor
2. Ask for your lab report, know your area's imbalances, and work with your practitioner to get you there.
3. Be sure your practitioner is looking at your labs from a holistic and functional perspective: The goal should always be to get to the root, heal and thrive...NOT survive.

### Labs to Have Tested

CBC  
CMP w diff  
A1C  
Lipid  
TSH  
Free T3  
Free R4  
Reverse T3  
Thyroid Antibodies (TPO + tgab)  
Vitamin B12  
Vitamin B6  
Vitamin B3  
Folate  
Vitamin D  
Iron/ TIBC  
Ferritin  
Fasting glucose  
DHEA  
AM Cortisol  
Homocysteine  
CRP- hs  
Insulin  
ANA

FSH  
LH  
estradiol  
progesterone  
Prolazctin  
Iodine  
Selenium  
Testosterone free/ total  
Sedimentation rate  
SHBG  
Zinc

#### OTHER TESTING THAT CAN BE HELPFUL:

- Salivary cortisol test
- 3 day stool testing by Genova
- ALCAT food sensitivity test
- NutrEval Genova test (underlying toxin exposure)

# Top Tools

## FOR OPTIMIZED HEALTH

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### Your Menstrual Cycle

Understanding how to eat and exercise in alignment with your menstrual cycle can optimize your overall well-being and vitality.

#### Phase 1: Menstruation (Days 1-7)

- Focus on replenishing iron and energy levels with nutrient-rich foods such as leafy greens and extra protein, with lower carbs and sugar.
- Incorporate warming and comforting foods to support the body's natural detoxification process.
- Do gentle movement like yoga, walking, or stretching for relaxation and discomfort relief.
- Try gentle fasting (if it works for you).

#### Phase 2: Follicular Phase (Days 7-11)

- As estrogen levels rise during the follicular phase, prioritize foods rich in vitamins and minerals to support hormone balance and energy levels.
- Include fresh fruits, vegetables, GF grains, and healthy fats.
- Try higher-intensity workouts such as strength training, cardio, or HIIT for increased stamina.
- Try gentle fasting (if it works for you).

#### Phase 3: Ovulation (Days 12-16)

- Focus on foods supporting hormone production and fertility, like omega-3 fatty acids, leafy greens, and cruciferous vegetables.
- Include antioxidants to protect against inflammation and support egg quality.
- Engage in moderate-intensity exercises such as swimming, cycling, or dancing to enhance mood.

#### Phase 4: Luteal Phase (Days 17-30)

- Prioritize foods such as complex carbs, protein, and healthy fats to stabilize blood sugar and reduce PMS symptoms.
- Include magnesium and vitamin B6-rich foods for relaxation and cramp alleviation.
- Focus on gentle, restorative exercises like yoga, Pilates, or walking to promote relaxation and ease tension.

# Top Tools

## FOR OPTIMIZED HEALTH

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### Your Menstrual Cycle - Listen To Your Body

- Recognize that everyone responds differently to various dietary approaches. Some thrive on a vegan diet, while others may feel better with animal products included.
- If it feels overwhelming, just focus on *seasonal whole foods that includes a variety of fruits and vegetables with a focus on protein and healthy fats with lower carbohydrates and sugar. Think of your plate as 1/4 carbs, 3/4 protein and veggies.*
- Minimize sugar and processed carbohydrates, opting instead for nutrient-dense options that support overall health and well-being.

### Intermittent Fasting for Women

Intermittent fasting can be very beneficial for women when you learn how to fast in accordance to your hormones and unique goals.

Tailor intermittent fasting protocols to your menstrual cycle, adjusting fasting windows during different phases to support hormonal balance and overall well-being. *We are not men and should not fast like them either.* Refrain from longer fasts a week prior to your expected period.

- Start with a gradual approach, incorporating fasting periods gradually to allow your body to adjust. If you're new to it, try a 10-12 hour window of fasting after dinner (so time it accordingly, try to eat before 8pm or earlier), and gradually increase.
- Listen to your body's hunger cues and adjust fasting periods accordingly, ensuring you're nourishing yourself adequately during eating windows.
  - Give at least 3 hours between meals
  - Limit/no snacking - please note this is achievable when fully nourishing your body at meal times
- Monitor your energy levels, mood, and overall well-being throughout the fasting process, making adjustments as needed to support your body's needs.
- Stop fasting or reduce fasting time 10 days before your cycle ends.

# Top Tools

## FOR OPTIMIZED HEALTH

### Supplements

Supplements play a crucial role in supporting your overall well-being, filling gaps in your nutrition and addressing specific health needs.

They are NOT meant to be a permanent solution, but rather a tool to support your journey towards optimal health!

While generic supplements can offer valuable support, personalized recommendations tailored to your individual needs yield the best results.

#### **Please note:**

- Fullscript is typically only available to US states. If you live in another country, you can find most products on [iherb.com](https://iherb.com).
- For Fullscript, you will need to make a free account [here](#). *(This link will automatically give you 15% off your supplements.)*
- Please be sure to consult your holistic practitioner before implementation, as our needs are all unique.

#### ADRENAL SUPPORT:

[Vitanica Adrenal Tonic](#)

[Herb Pharm Adrenal Support](#)

[HPA Adapt for Adrenal Support](#)

#### ASHWAGANDHA:

[Ayush Herbs Adult Ashwagandha Drops](#)

[Nutritional Fundamentals for Health Ashwagandha](#)

[SAP](#)

#### MULTI-VITAMIN:

[Pure Encapsulations O.N.E. Multivitamin](#)

[Trace Minerals Liquid Multi-Vitamin](#)

#### VITAMIN B:

[Quicksilver Scientific Liposomal Methyl B-Complex](#)

[Thorne Stress B-Complex](#)

#### VITAMIN C:

[Integrative Therapeutics Vitamin C w/Quercetin](#)

[Amy Myers MD Liposomal Vitamin C](#)

#### VITAMIN D:

[Douglas Labs Liquid D and K](#)

[NutraMedix Vitamins D3 & K2](#)

#### GI WELLNESS:

[Pure Encapsulations Digestive Enzymes Ultra](#)

[Patient One MediNutritionals GastroOne Gut Health](#)

[Innate Response GI Response](#)

[Amy Myers MD Leaky Gut Revive® - Strawberry](#)

[Lemonade](#)

[Klaire Labs Ther-Biotic® Leaky Gut \(Factor 6\)](#)

#### IRON:

[Vitanica Iron Tonic](#)

[Pure Encapsulations Iron-C](#)

#### INFLAMMATION:

[Pure Encapsulations Curcumin](#)

[Vitanica Turmeric Tonic](#)

#### COLLAGEN:

[Vital Proteins Marine Collagen](#)

[Vital Proteins Skin Hydration & Antioxidant Support](#)

#### MAGNESIUM:

[Innate Response Magnesium 300](#)

[Vitanica Magnesium Tonic](#)

[Trace Minerals Concentrace Trace Mineral](#)

# Top Tools

## FOR OPTIMIZED HEALTH

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### Holistic Detoxification: Nourishing Your Body Inside Out

Detoxification is a vital process that supports the body's natural ability to eliminate toxins and waste, promoting overall health and vitality. In this section, we'll explore holistic approaches to detoxification, targeting key organs and systems to optimize your body's cleansing mechanisms.

#### Starter Tips for Holistic Detoxification

- Prioritize 7-9 hours of quality sleep each night to optimize detoxification and rejuvenation. Adequate sleep supports cellular repair and regeneration.
- Begin your day with lemon water infused with minerals to alkalize the body and support hydration. Lemon water also stimulates digestive function and promotes detoxification.
- Incorporate cruciferous vegetables, turmeric, milk thistle, and glutathione-rich foods into your diet to enhance detoxification pathways. These foods provide essential nutrients and antioxidants that support liver health and detoxification.
- Consider complementary practices like feminine fasting, Epsom salt baths, dry brushing, infrared saunas, and deep breathing to further support detoxification. These practices promote relaxation and stress reduction, enhancing the body's natural detoxification processes.
- Tailor your exercise routine to support hormonal balance and adrenal health, focusing on activities that reduce cortisol levels and promote relaxation. Gentle forms of exercise like yoga, pilates, and walking can support detoxification and overall well-being.
- Aim to do a nutrient-dense seasonal detox 2x times a year, like the [Winter Detox](#).

Choose 1-3 detoxification strategies from the list above and begin incorporating them into your daily routine.



# Top Tools

## FOR OPTIMIZED HEALTH

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### Your Identity

- Visualize your highest self in your ideal body daily. Be her now.
- How does she show up?
- How does she feel inside her mind and body?
- How does she treat those around her?
- Who is she around?
- What does she wear?
- What actions does she take in her day-to-day routine?
- How is it different from your choices today?

Tapping into your highest self will help connect you to your intuition...showing you the unique action steps needed to reach your goal.

# Top Tools

## FOR OPTIMIZED HEALTH

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### Higher Self Meditation

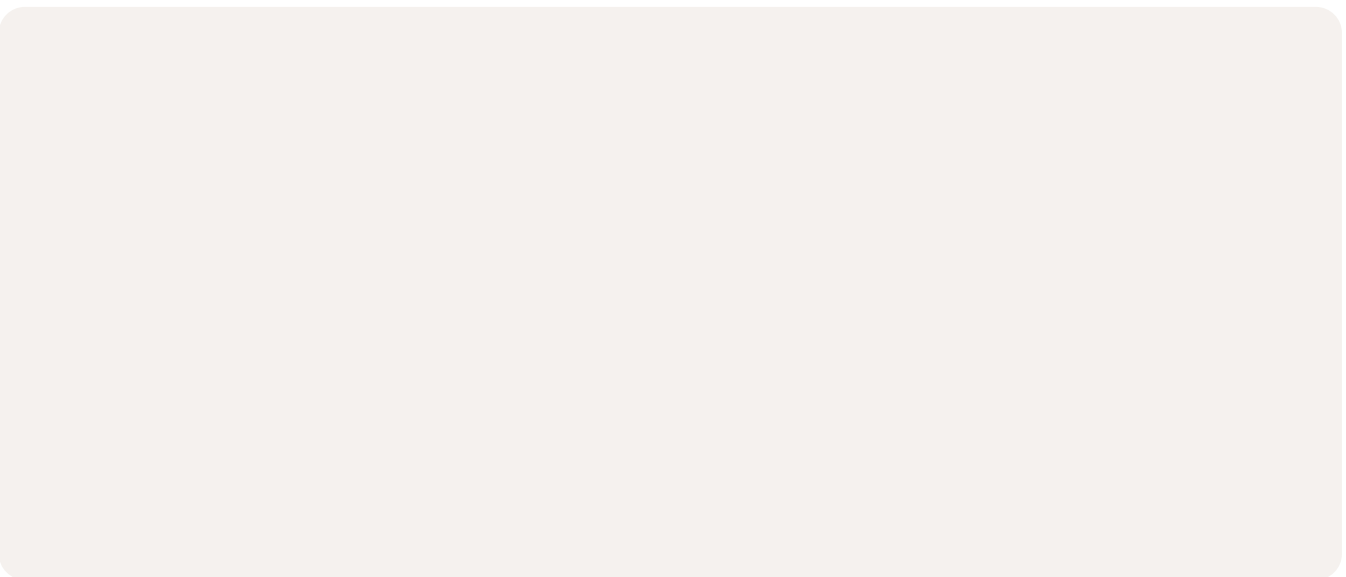
#### **Dream Day Visualization:**

- Begin by envisioning your dream day in vivid detail.
- Imagine waking up feeling energized, vibrant, and deeply fulfilled.
- Visualize yourself moving through your day with grace and ease, fully embodying your highest self.
- Now, connect with your higher self and ask for guidance on 3 needle-moving action steps to achieve your ideal body in 2024.

### Bringing It Into Reality

Take a moment to reflect on the action steps revealed by your higher self. Write down these three actions steps and commit to taking them this week.

Consider how you can integrate these steps into your daily routine with intention and accountability.



# Want to feel Unstoppable

NOT JUST IN THIS YEAR, BUT FOR THE REST OF YOUR LIFE?

Check-in with your goals weekly to reflect on the past week and what you want to improve for the following week. Be intentional. Review at night and in the morning daily. This is where tapping into your intuition comes in.

**We tap into our intuition when we are in our parasympathetic nervous system.**

## Intuition

Here's a barometer to help you know whether you are IN or OUT of alignment with your parasympathetic nervous system.

### IN

- Calm
- Grounded
- Gratitude
- No need to rush
- Deep sense of trust
- Synchronicities/ miracles
- Deep purpose/ confidence/ self- worth
- An awareness of your old beliefs and stories.
- Responsibility without defensiveness.
- Things are happening for me.
- Abundance
- I trust my own voice above the voice of others.
- Enjoying the quiet and finding it to be like home because you can hear your own inner voice.
- You no longer see yourself reflected in the ownership of material goods; there is no longer a grip towards ownership.
- Food is viewed as nourishment on your path and toward your purpose. You eat in integrity with the desire to show up as your best self in your endeavors.
- The journey is not chaotic...it's more simplified, even if challenging and uncomfortable at times.

### OUT

- Ego (identity attachment)
- Anxiety
- Grasping, pushing, pulling, white knuckling, reactive/ charged
- Fear, the sense of survival
- A repetition and frustration over repeated experience.
- Feeling like a victim.
- Things are happening to me.
- Defensiveness.
- I listen to all other voices before I listen to my own.
- Continually asking for the input of others and taking it all to heart.
- People pleasing
- Looking for external validation
- The inability to be at peace in the quiet. Always looking to fill the space with sound and input.
- FOMO.
- Scarcity.
- There is a drive to keep up with the Joneses... and that doesn't only mean in the traditional monetary sense.
- Food and alcohol (and coffee) are seen as escape and reward because "I deserve it."
- Chaotic...the journey and path is more complicated

# The Shift

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Take a moment to reflect on the old stories and emotional attachments that surface when you're faced with challenges or uncertainties (*when you are OUT of alignment*). Notice any recurring themes or patterns that arise, such as feelings of self-doubt, anxiety, or unworthiness.

Recognize that these old stories stem from deeply ingrained beliefs and programming in the subconscious mind. These beliefs may have served a protective function in the past, but they no longer align with your highest good and potential.

Instead of reacting impulsively or getting caught up in the narrative, take a step back and observe these thoughts with curiosity and compassion.

## Challenge the Narrative

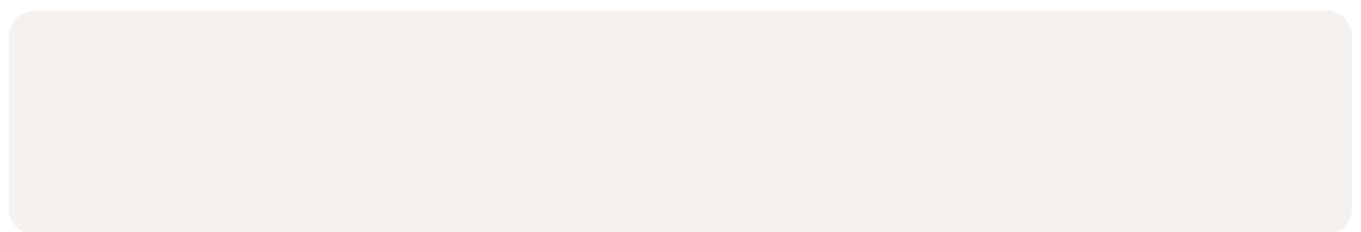
Challenge the truth of these old stories and emotional attachments by questioning their truthfulness and relevance in your present reality.

Ask yourself, "Is this story based on facts or assumptions? Does it serve my growth and well-being?" "How is FOR me and what lesson can I learn?"

## Cultivate Compassion

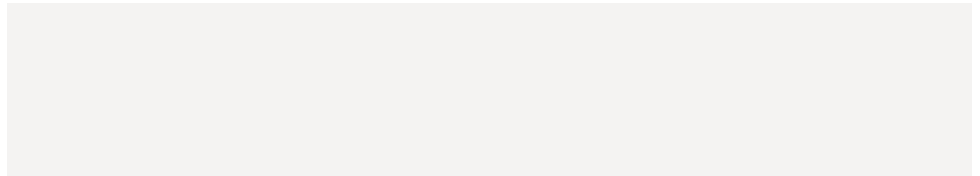
Cultivate self-compassion and understanding as you navigate through these old patterns. Celebrate each step forward on your journey of self-discovery and growth. Acknowledge your resilience, courage, and willingness to confront old patterns head-on.

## Where do you want to shift?

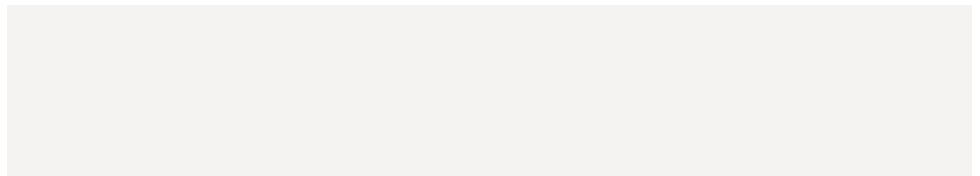


# Weekly Planner

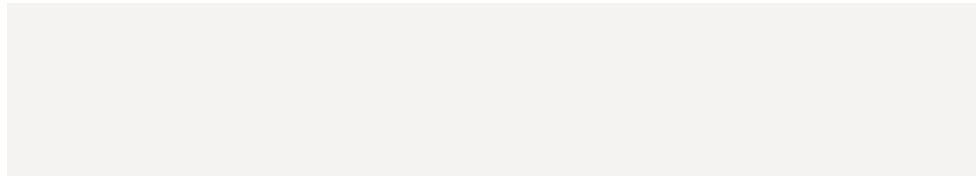
MONDAY



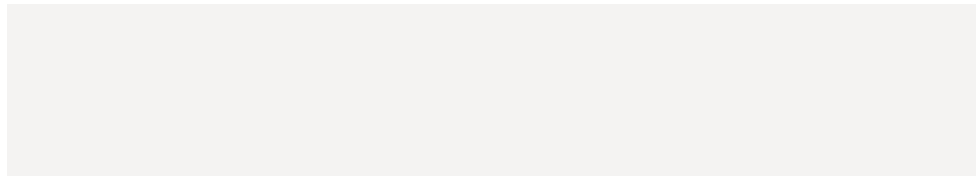
TUESDAY



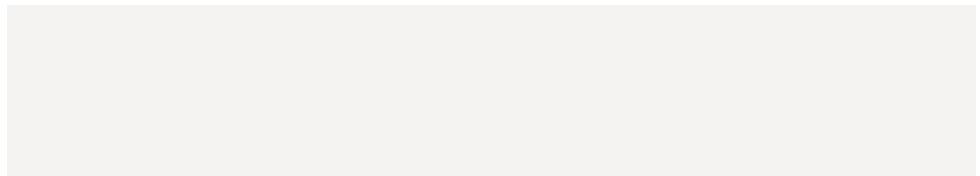
WEDNESDAY



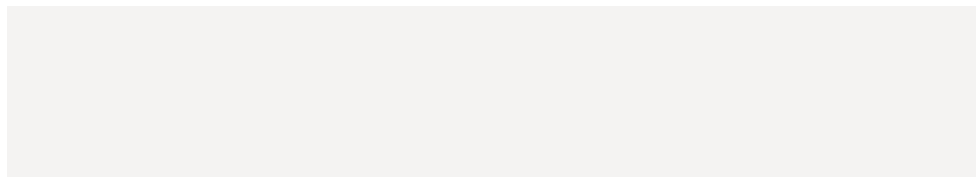
THURSDAY



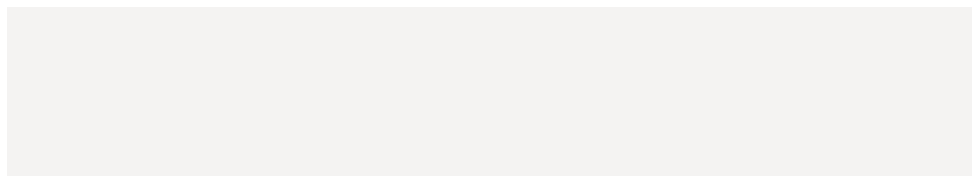
FRIDAY



SATURDAY



SUNDAY



# *Your dream life is calling...*



Tapping into your Highest self  
and intuition is how you will  
quantum leap towards your  
ideal body in 2024!

[ENROLL NOW](#)

If you are ready to jump in and looking for  
deeper support and guidance come join  
me for my upcoming Unstoppable  
program beginning February 26th!

It's a 6-week journey to help you uncover  
and become YOUR most radiant and  
authentic ideal body so that you are  
unstoppable in creating a life you are  
wildly in love with...your destiny.



Today is the beginning of the rest of your life.  
Let's make it extraordinary!