

# REMARKABLE SECRETS FOR WOMEN OVER 50 TO MIRACULOUSLY LOOK AND FEEL ENERGETIC



5 SECRETS TO LOOK AND FEEL 30 AGAIN, WITHOUT  
TAKING PILLS OR SPENDING TIME AT THE GYM

*#thefierygrandma*

Hey there.

Carla J Gardiner, The Fiery Grandma here.



I've been helping women 50 and over for the past 12 years online using my own personal health journey and boy, have I learned a lot!

I'm so excited for you to have your personal copy of Remarkable Secrets For Women Over 50 To Miraculously Look and Feel Energetic!

My main goal with this guide is to help you gain the tools to manage stress, decrease pain and increase your energy without going to the gym, taking medications, or pulling your hair out.

**As much as we want to look and feel energetic again, getting there can be overwhelming, right?**

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The good news is I've done it and am known for guiding women our age to the resources they need to get it done the right way for the last time.

When you use this guide and accompanying checklist daily you'll know EXACTLY **what** to do to relieve that stress, decrease those aches and pains and increase your energy.

Knowing **how** to do each task will take away the fear and anxiety of not having someone there to hold your hand through the process.

When you understand **why** you are taking specific steps with each task it makes it easier to begin and keep a healthy routine to send your stress down the drain, decrease that pain to increase your energy for good.

My Remarkable Secrets For  
Women Over 50 To  
Miraculously Look And Feel  
Energetic Is Going To Help  
You Lead You Through  
EXACTLY What You Need To  
Do, Why You Need To Do It  
And When To Do It.

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“Carla has been so generous with her time and attention to detail. She breaks concepts down into small nuggets that I can understand and apply immediately. I appreciate her wealth of knowledge and eagerness to share it with others”. Angela G



Before we get started on the Remarkable Secrets I hope you had a chance to watch the video I was talking about right when you requested this Freebie. I know that if you are interested in thicker, stronger hair, nails, and fewer wrinkles I just had to share with you my favorite product for helping you to do this.

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## TIP 1 – HYDRATE

Hydration is so much more than simply drinking water, H<sub>2</sub>O. As a matter of fact, too much water is worse than not enough. Because too much water will flush out all of the electrolytes your body has, leaving you with cramping, vomiting, and possibly a migraine headache. Every single cell in your body needs the proper balance of electrolytes to function at their best.

I'm NOT talking about a bottle of Gatorade or Powerade here, that stuff is packed with sugar, processed chemicals and is deadly. You can make your own electrolyte formula by combining 1 tsp of Redmond's Salt, 1 tsp of No Salt (potassium), and 4 tsp of Natural Calm magnesium powder in 1 gallon of water; or [contact me here](#) for what I use. In order to properly hydrate your body, you should drink 8 to 10 glasses of water per day. If you drink any caffeinated drinks an additional 8 ounces is necessary.

The key to finding the right source is knowing what is clean, safe, and balanced. When you keep the cells in the body fully satiated your whole system will not only operate properly, but you'll notice fewer wrinkles, fewer aches and pains, and NO cramping toes, legs or back.



Left-hand is severely dehydrated \*\*\* Right-hand is properly hydrated

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## TIP 2 – MOVE

For many women 50 & over moving is painful, exhausting and the last thing we want to do, right? I get it and understand. I didn't want to move either due to extreme degenerative disc disease; but, we don't want muscle or strength loss either.

Before we begin, we must take into consideration our health, diet, work and living environment as well as our desire to get real results. The best exercise for my body and weight loss is walking. Your ideal exercise may be different. I used my DNA report that dove into my personal health history to know for sure.

Start **SLOW**. Many women have found themselves sedentary for too many years. Maybe walking into the kitchen is a chore. Take that and build on it. Make sure to incorporate Tip 1. Proper hydration will ensure your joints and muscles don't seize up on you after walking down the block.

Start out by **walking for 5 minutes** at a moderate pace. The KEY is consistency, this is a marathon NOT a sprint. If the weather doesn't cooperate, walk the hallways of your home but keep moving for the allotted time and don't stop.

After a few weeks or a month, add in some hand weights. You'd be amazed at the difference it will make in your pace, focus and even the slightest movement of the weights will begin activating your arm muscles. See? That's not so bad is it?

## TIP 3 – JOURNAL

We've all heard about journaling for years. I fought this one and yet once I learned how to do it, **WHY** to do it and the benefits of writing down my thoughts...I haven't skipped a day since.

Our brains are powerful machines. It directs our thoughts, sight, hearing, taste, feeling, and smell ... think about that a moment. Our brain is the ultimate multitasking machine on steroids.

So, by writing on WHITE paper with a BLUE pen our brains recognize the words we may or may not realize we are releasing from that very brain. It is then able to empty the space where those thoughts were and RELAX.

Don't know what to write? Here are some tips for getting started: what are you grateful for TODAY, what made you angry, happy, sad, and WHY? What do you have to do tomorrow that is urgent, can wait, needed doing yesterday, etc. What are your dreams, goals, passing thoughts about your friends? Get the idea?

Get those feelings and most importantly those thoughts that are STRESSING you out on paper. You truly will be glad you did...oh, by the way, you don't need a fancy, schmancy \$40 leather-bound journal from the store...a Composition Notebook from the Dollar Tree works just fine.

## TIP 4 – MEDITATE

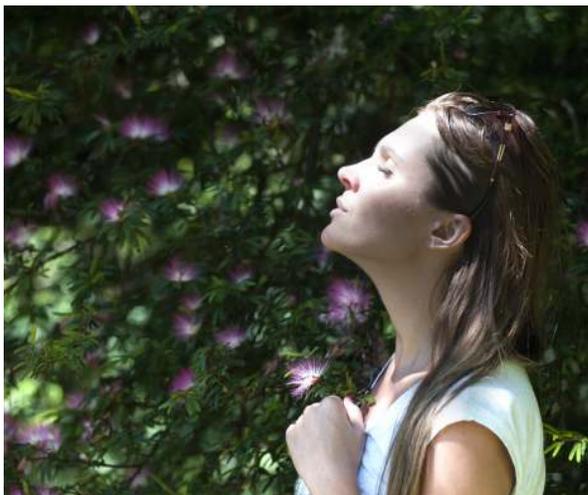
Meditation can take on many different forms. The most important aspect of meditating is to “be present”.

**Find a quiet place.** It could be on your patio, with a glass of water, your journal or it could be in the park on the bench, with just you. Wherever you find quiet to be able to “think” about your day, your vision about your life, business, family, or even a new relationship or friend ... just get lost in your thoughts.

With practice, you’ll find you crave this time alone with your thoughts. It will prove helpful to have your journal handy because during this time inspiration will hit, eventually. Take notes, if nothing comes...it’s all right. **Just be** ... silently, take in the fresh air, the solitude to just enjoy being alive and in the moment.

**Notice** ... the stress melts away. Your shoulders stop burning and relax. Your jaw will loosen, you won’t grind those teeth. As these tips are used daily you’ll notice a compound effect ... less stress, less pain and more energy.

Meditation is a true gift, take full advantage of it daily.



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## TIP 5 – SLEEP

Perhaps the most important of all five tips, **sleep is QUEEN**.

Our circadian rhythm is connected to our hormones; if your sleep routine is off so are your hormones...yes, you read that right!

REM is the sleep where the muscle is repaired, cells regenerate, your liver detoxes your body, your brain dumps your stress and so much more.

If those facts aren't enough to convince you here are more reasons to pay attention to tip 5, SLEEP. Two consecutive days with 7 hours or less is clinical sleep deprivation. These serious health complications begin:

- ·Weight loss STOPS
- ·Immune system suffers
- ·Stress increases
- ·Cortisol goes up
- ·Food cravings increase

So, what can you do to reverse this and get that longed-for 8 to 9 hours of sleep nightly? You have to guard your sleep with your life.

- ·No electronics 2 hours before bed
- ·Turn phone off or other room
- ·No artificial light in your room
- ·Get rid of any TV in a bedroom
- ·Blackout curtains
- ·Same bedtime every night
- ·Wake up without an alarm clock

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### TIPS TO SLEEP BETTER

1. Avoid caffeine, alcohol and nicotine at night
2. Write down tomorrow's goals to clear your mind
3. Go to bed at the same time every night
4. Invest in a good mattress, pillow, and bedding
5. Don't hit snooze a lot in the morning
6. Turn off all devices in your bedroom
7. Block blue light from screens 2 hours before bed
8. Never work in bed so it's associated with relaxing
9. Read or meditate to help you relax
10. Create a bedtime ritual or routine
11. Keep your room dark and quiet
12. Open a window for fresh air



My hope is that these Remarkable Secrets will help you manage your stress, lessen your pain and increase your energy to be able to live your life more fully.

Again, I hope you had a chance to watch the video I was talking about right before you requested this Freebie. I know that if you are interested in thicker, stronger, and longer hair, and nails, with fewer wrinkles I just had to share with you my favorite product for helping you to do this. I highly suggest going here and checking it out.

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I'm so excited to hear about how this helps you ... so, make sure to share with us.

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<<< **BONUS** >>>

## **Remarkable Secrets For Women Over 50 To Miraculously Look And Feel Energetic**

### **REMARKABLE SECRETS - DAILY CHECKLIST**

- >>> Hydrate** - water, electrolytes
- >>> Move** - start slow, increase weekly
- >>> Journal** - write until you are empty
- >>> Meditate** - find yourself, joy, peace, thoughts
- >>> Sleep** - 8 - 9 hours, follow sleep routine

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# Did You Get Some Value?

I'm so excited for us to be connected more. I put out new content all about getting healthy, losing weight, and focus on growing community support on my Social Media Feeds and I'd love to connect more there.

Come get connected more and drop me a message. Let me know how you enjoyed it, "Remarkable Secrets For Women Over 50 To Miraculously Look And Feel Energetic".

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See you over there!



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