



clean life real world
NATUROPATHIC HEALING CENTER

Your Body is Talking. Are You Listneing?

(And What to Do Before It's Too Late)



By Elena B. Peden, BCND, FMCHC, MBSR-P Board Certified Naturopathic Doctor

THE WHISPERS I IGNORED

(And Nearly Died For)

Hi, I'm Elena Peden.

In 2019, I couldn't remember a bedtime story I'd told my kids every night for 9 years. I was allergic to 69 out of 72 things tested. I couldn't walk from a parking spot to a grocery store without strategizing my energy. I was told I had early-onset dementia. I was 39 years old.

But here's what nobody tells you: My body had been *screaming* at me for YEARS. I just didn't know how to listen.

The chronic sinus infections that started in college? **Warning sign.**

The fatigue and brain fog I blamed on "mom brain"? **Warning sign.**

The inflammation I thought was "just baby weight"? **Warning sign.**

By the time I was diagnosed with mold toxicity, Lyme disease, and a failing immune system, my body had moved from whispers to screams.

I spent over **\$100,000** and five years learning what I'm about to share with you for free.

This guide will teach you the 5 early warning signs your body uses to communicate and what to do about them BEFORE they become a crisis.

Because **your body isn't broken**. It's speaking a language you haven't learned yet.

Let's change that.

With love,
Elena B. Peden
Board Certified Naturopathic Doctor

Elena B Peden

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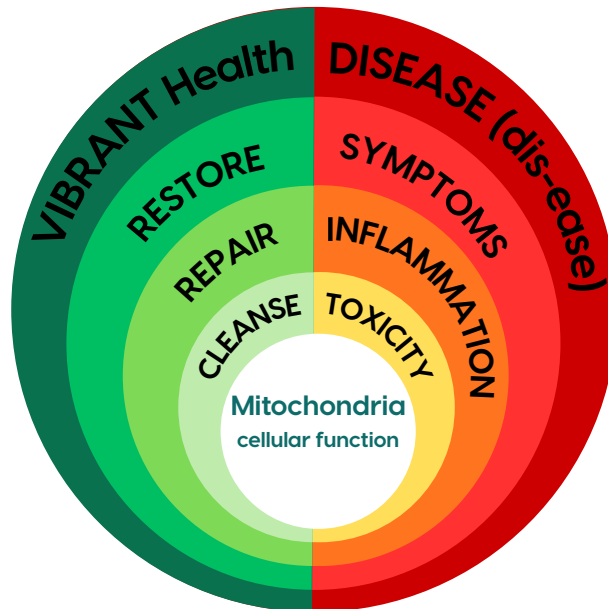
HOW TO USE THIS GUIDE:

- ☐ Read all 5 warning signs (even ones you don't think apply)
- ☐ Take notes on which resonate most
- ☐ Start with "Immediate Actions" this week
- ☐ Track your symptoms for 2 weeks on page 19
- ☐ Decide your next step on page 16

This isn't just information—it's a **roadmap**.



Understanding Your Body's Journey



Your body moves through predictable stages—from vibrant health to disease, and back to health again. TRUE healing is possible!

THE JOURNEY TO **DISEASE**:

When toxicity accumulates faster than your body can clear it, you move through these stages:

VIBRANT HEALTH → **Toxicity** Begins → **Inflammation** Starts → **Symptoms** Appear → **Disease** Develops

THE JOURNEY BACK TO **HEALTH**:

True healing reverses this process systematically:

DISEASE → Address **Symptoms** → Reduce **Inflammation** → **CLEANSE** Toxicity → **REPAIR** the Body → **RESTORE** Function → **VIBRANT HEALTH**

This is why generic protocols fail. They treat symptoms without addressing the foundation.

The 5 warning signs in this guide show you where you are and what to do about it.

Let's begin.



Warning Sign #1:

“Everything has to be PERFECT or I Crash”

What it looks like:

- You feel okay when you eat perfectly, sleep perfectly, and avoid all stress
- One "cheat meal" or bad night of sleep completely derails you
- You're constantly monitoring and controlling everything
- You feel like you're white-knuckling your way through life

What your body is saying:

"My reserves are depleted. I'm running on empty. There's no buffer left."

Your body should have RESILIENCE - the ability to handle normal life stress without falling apart. When you lose that buffer, it's your body's way of saying: "The toxic load is too high, and I can't keep up."

The root cause:

- ✗ Blocked drainage pathways (kidneys, liver, lymph, colon)
- ✗ Toxic burden exceeding your body's processing capacity
- ✗ Nervous system stuck in survival mode
- ✗ Mitochondrial dysfunction (cellular energy crisis)

Why this matters:

This is survival mode. You're alive, but you're not living. Your body is using every ounce of energy just to function—there's nothing left for healing, joy, or resilience

My story:

After a year of detoxing from mold, I felt "better" - but only if everything was perfect. Perfect diet. Perfect sleep. Perfect supplements. Zero stress.

My dad got frustrated when I couldn't eat fish he'd cooked with butter. He said, "This is ridiculous." And he was right - it was stressful to live that way. But I didn't know there was another option, *yet*.

What changed:

Opening my drainage pathways. Supporting my colon, kidneys, liver, and lymph FIRST. While giving my cells the energy they needed to support deep cleansing and detoxification.

Then, I regained resilience. Suddenly one "off" meal didn't destroy me.



Warning Sign #1:

“Everything has to be PERFECT or I crash”

WHAT TO DO RIGHT NOW

IMMEDIATE ACTION (This Week):

1. Morning lemon water:
 - Squeeze half a lemon into warm water, drink before anything else. This supports liver and kidney drainage.
2. Dry brushing:
 - 5 minutes before your shower, brush toward your heart with a dry brush. This supports lymphatic drainage.
3. Castor oil pack:
 - Place castor oil-soaked cloth over your liver (right side, under ribs) for 30 minutes before bed. Supports liver detox.

DEEPER INVESTIGATION (This Month):

- Are you constipated? You should have 1-2 bowel movements daily on your own
- Are you sweating? If not, drainage pathways are blocked
- Are you drinking enough water? Half your body weight in ounces daily

READY TO GO DEEPER? Here's where to begin:

- **ReNew Cleanse** - If your drainage pathways are blocked and toxic burden is the primary driver. A 4-month physical detox that opens pathways, clears pathogens, and rebuilds your resilience from the ground up.
- **ReNew Reset** - If your nervous system is the reason nothing sticks. If you feel like you're white-knuckling through life and one stressor sends you over the edge, then this is the work that changes that.
- **ReNew You** - If you're ready to address the physical body, nervous system, and spiritual layers together in a comprehensive 6-month group program.
- **ReNew Complete** - If you've been running on empty for years and need fully personalized 1:1 support to safely restore your reserves and resilience. Enrollment by consultation only.

Not sure which is right for you? Book an Integrative Health Consultation

Explore Programs: CleanLifeRealWorld.com/programs

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Warning Sign #2:

“I am doing everything RIGHT, but still feel OFF”

What It Looks Like:

- You eat organic, exercise, take supplements—but symptoms persist
- Doctors say your labs are "normal," but you feel terrible
- You've tried multiple protocols with minimal results
- You feel dismissed, frustrated, or like you're "crazy"

What Your Body Is Really Saying:

"The surface-level stuff isn't enough. Something deeper is stuck."

When you're "doing everything right" but not improving, your body is signaling that the root cause hasn't been addressed yet.

The Root Cause:

- ✗ Toxins AND parasites together (addressing one without the other keeps you in a loop)
- ✗ Unprocessed emotional trauma stored in tissues/organs
- ✗ Nervous system dysregulation (operating from survival instead of healing)
- ✗ Spiritual misalignment (ignoring your soul's calling creates physical symptoms)

Why This Matters:

Generic protocols fail because YOUR body is unique. What works for "most people" might be completely wrong for YOU. This is where expensive labs, one-size-fits-all supplements, and practitioner-hopping leaves you broke and frustrated.

My Story:

I was the POSTER CHILD for clean living: 100% organic, grass-fed, pasture-raised foods, zero toxins in my home, every supplement protocol imaginable, perfect sleep hygiene.

And I was still dying. Functional medicine doctors kept running more labs, adjusting protocols, adding supplements. I kept surviving... but barely.

What changed:

Realizing that my **BODY** had the answers, not the labs. With muscle testing, I could ask:

- "Does MY body need this supplement?"
- "What's blocking MY healing right now?"
- "Is this a physical, emotional, or spiritual block?"

Suddenly, I had PRECISION instead of guessing.



Warning Sign #2:

“I am doing everything RIGHT, but I still feel OFF”

WHAT TO DO RIGHT NOW

IMMEDIATE ACTION (This Week):

1. Start a symptom journal:
 - Write down what you feel, when, and what you ate/did before. Your body is giving you data - start collecting it.
2. Ask yourself:
 - "What am I NOT feeling?" (The emotions you avoid are often the ones keeping you stuck.)
3. Deep breathing before meals:
 - 5 deep breaths signals to your nervous system: "We're safe. We can digest now."

DEEPER INVESTIGATION (This Month):

- When did symptoms start? (Life events often trigger the body's "shutdown")
- What were you going through emotionally? (Divorce, loss, stress, trauma)
- Are symptoms worse at certain times? (Morning = blood sugar, evening = liver detox)

READY TO STOP GUESSING AND FIND WHAT'S ACTUALLY BLOCKING YOU?

- **ReNew Cleanse** - If your physical body is carrying the burden, then toxins, parasites, and pathogens are working together to keep you stuck. A systematic 4-month detox that goes deeper than any protocol you've tried.
- **ReNew Reset** - If you've cleaned up your lifestyle but something subconscious or emotional is still blocking healing. This is the program that addresses the patterns nobody else is looking at.
- **ReNew You** - If you've been doing everything right for a long time, but still not thriving, and you are ready to address all three layers (body, mind, and spirit) at once, in a group container
- **ReNew Complete** - If you've spent years doing everything right and still can't get to the bottom of it and you want to go deep, then this is the fully personalized 1:1 container designed exactly for you. Enrollment by consultation only.

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Warning Sign #3:

“I am always SICK or always EXHAUSTED (or both)”

What It Looks Like:

- You catch every cold/bug that goes around
- You're exhausted no matter how much you sleep
- Recovery from illness takes weeks instead of days
- Exercise makes you feel WORSE, not better
- You need caffeine just to function

What Your Body Is Really Saying:

"My immune system is overwhelmed. I'm spending all my energy just trying to survive."

When your body is fighting chronic infections, toxins, or pathogens, there's no energy left for daily life, let alone healing.

The Root Cause:

- ✗ Chronic infections: Mold, Lyme, parasites, viruses, bacteria (often multiple at once)
- ✗ Mitochondrial dysfunction: Your cellular "batteries" are depleted
- ✗ Toxic overload: Your body is spending all its energy detoxing instead of living
- ✗ Adrenal fatigue/HPA axis dysfunction: Your stress response system is burnt out

Why This Matters:

Fatigue isn't laziness. Frequent illness isn't "bad luck." Your immune system is choosing between fighting infections and giving you energy. When you're constantly sick or exhausted, your immune system is LOSING the battle.

My Story:

I joked with my husband that I was "the lemon", I got sick constantly. Every cold, every flu, every bug, caught it. And when I got sick, it would knock me out for weeks. But it wasn't until I couldn't walk from a parking spot to a grocery store that I realized: this wasn't normal fatigue. This was my body shutting down.

Turns out I had: Mold toxicity, Lyme disease with co-infections. Nearly every virus imaginable (including Parvo—a DOG DISEASE). Parasites feeding on all of it. My immune system wasn't weak. It was OVERWHELMED.

What changed:

Addressing toxins AND parasites TOGETHER, while supporting my mitochondria (cellular energy). You can't just "kill the bad stuff." You have to support your body to CLEAR it.



Warning Sign #3:

“I am always SICK or always EXHAUSTED (or both)”

WHAT TO DO RIGHT NOW

IMMEDIATE ACTION (This Week):

1. Stop pushing through:
 - Rest is not weakness. Your body NEEDS it to heal.
2. Protein at breakfast:
 - Supports blood sugar and adrenal function
3. Epsom salt baths:
 - 2 cups in warm water, 20 minutes, 3x/week (supports magnesium and detox)

DEEPER INVESTIGATION (This Month):

- Test for deficiencies: Vitamin D, B12, iron, magnesium (these fuel your immune system)
- Check your toxic exposure: Mold in your home? Chemicals in your products?
- Assess your sleep quality: Are you actually reaching deep, restorative sleep?

READY TO GIVE YOUR IMMUNE SYSTEM REAL SUPPORT?

- **ReNew Cleanse** - If chronic illness or exhaustion has been a pattern for 1–2 years. A systematic 4-month detox that clears the infections, toxins, and parasites overwhelming your immune system, in the right order, and safely.
- **ReNew You** - If fatigue and illness have become your baseline and you're ready to address the physical body, nervous system, and spiritual layers, all at once, in a comprehensive 6-month group program.
- **ReNew Complete** - If you've been sick and exhausted for years, have a significant diagnosis, or are navigating multiple chronic infections at once, then this fully personalized 1:1 program is built for the complexity you're dealing with. Enrollment by consultation only.

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Warning Sign #4:

“My digestion is a MESS”

What It Looks Like:

- Bloating, gas, cramping after meals
- Constipation, diarrhea, or alternating between both
- Food sensitivities that keep growing
- Brain fog that gets worse after eating
- Skin issues (acne, eczema, rashes)
- Hormonal imbalances (irregular periods, PMS, mood swings)

What Your Body Is Really Saying:

"My gut is compromised. And since 70% of my immune system lives here, EVERYTHING is affected." Your gut is the foundation of your health. When it's not working, nothing else can work properly.

The Root Cause:

- ✗ Leaky gut: Gaps in gut lining allow toxins/food particles into bloodstream
- ✗ Gut dysbiosis: Bad bacteria/parasites outnumber good bacteria
- ✗ Low stomach acid: Can't break down food properly (causes bloating, malnutrition)
- ✗ Nervous system dysregulation: You can't digest in "fight or flight" mode

Why This Matters:

The gut-brain connection is REAL. The gut-hormone connection is REAL. The gut-immune connection is REAL. When your gut is inflamed:

- Your brain gets foggy (inflammatory molecules cross blood-brain barrier)
- Your hormones tank (gut bacteria regulate estrogen metabolism)
- Your immune system overreacts (creating autoimmune-like symptoms)

My Story:

In 2014, a nutritionist pinched my stomach and said: "That's not fat. That's inflammation." I'd been eating clean, exercising intensely, and my stomach kept getting BIGGER. Turns out I was drinking daily smoothies with raw kale and spinach, and eating salads daily, which I couldn't digest. My gut was so inflamed that *raw food* was making everything worse.

What changed:

Cutting out raw foods, supporting stomach acid, and eventually doing a systematic full body cleanse that addressed parasites AND toxins together. My gut healed. My brain fog cleared. My inflammation disappeared.



Warning Sign #4:

“My digestion is a MESS”

WHAT TO DO RIGHT NOW

IMMEDIATE ACTION (This Week):

1. Chew your food:
 - 20-30 times per bite (digestion starts in your mouth)
2. Apple cider vinegar:
 - 1 tbsp in water before meals (supports stomach acid)
3. Eliminate while you investigate:
 - Try 2 weeks without gluten, dairy, and sugar (common gut irritants)

DEEPER INVESTIGATION (This Month):

- Keep a food journal: What makes symptoms worse?
- Test for parasites: (Yes, even if you live in the US. I had them.)
- Assess your stress: Are you eating on the run? In front of screens?

READY TO FIND THE ROOT OF WHAT'S HAPPENING IN YOUR GUT?

- **ReNew Cleanse** - If gut symptoms are your primary struggle. A 4-month detox that systematically clears parasites, pathogens, and toxins — the physical layer that drives most digestive issues — and restores your gut foundation.
- **ReNew Reset** - If stress, anxiety, or nervous system dysregulation is driving your gut symptoms — you can't digest in fight-or-flight mode. This program addresses the root that physical protocols alone can't reach.
- **ReNew You** - If digestive issues have been a persistent problem alongside other symptoms — hormones, brain fog, skin, energy. The comprehensive 6-month program addresses the gut as part of full body-mind-spirit healing.
- **ReNew Complete** - If you've been dealing with serious gut issues for years, have tried many protocols, or are managing a diagnosis like IBS, SIBO, Crohn's, or leaky gut — this fully personalized 1:1 program addresses the full picture. Enrollment by consultation only.

*Want to start by simply testing which foods your body wants and which to avoid?
Muscle Testing Simplified gives you that tool immediately.*

Explore Programs: CleanLifeRealWorld.com/programs

Book a Consultation: CleanLifeRealWorld.com/consultation

Learn Muscle Testing: CleanLifeRealWorld.com/course



Warning Sign #5:

“I feel disconnected, anxious, or lost”

What It Looks Like:

- Constant anxiety or feeling "on edge"
- Difficulty making decisions (even small ones)
- Feeling numb or disconnected from yourself
- Loss of joy in things you used to love
- Sense that you're just "going through the motions"
- Physical symptoms that doctors can't explain

What Your Body Is Really Saying:

"My nervous system is stuck in survival mode. I can't access my intuition, my peace, or my purpose because I'm just trying to survive." This is the most overlooked warning sign - and often the most important.

The Root Cause:

- ✗ Nervous system dysregulation: Stuck in fight/flight instead of rest/digest mode
- ✗ Unprocessed trauma: Stored in your tissues, organs, and subconscious mind
- ✗ Spiritual misalignment: Ignoring your soul's calling creates physical symptoms
- ✗ Energetic blocks: Preventing you from experiencing positive emotions (yes, this is real)

Why This Matters:

Your mind protects you from the past. Your spirit guides you toward your purpose. When your nervous system is dysregulated and your mind is in survival mode, you CAN'T access your spiritual guidance. You're cut off from your intuition, your peace, and your path forward. You can't heal in survival mode.

My Story:

For years, I thought I was "living my best life": Three kids in three schools. Volunteering constantly. Showing up for everyone. But my doctors said: "You've done everything for your physical body, you need to address stress." I was confused. I didn't FEEL stressed. Then COVID shut down the world. Suddenly, no carpools. No volunteering. No social obligations. And I felt BETTER. That's when I realized: My stress wasn't perceived, it was REAL. My nervous system was running on overdrive, even though my mind thought I was fine.

What changed:

Nervous system regulation, subconscious rewiring (MBSR), and reconnecting to my spiritual guidance through muscle testing. When my body was calm and my mind was clear, I could finally hear my SPIRIT - my true calling.



Warning Sign #5:

“I feel disconnected, anxious, or lost”

WHAT TO DO RIGHT NOW

IMMEDIATE ACTION (This Week):

1. 5-minute morning practice:
 - Sit quietly, hand on heart, and ask: "What do I need today?" (Listen for the answer)
2. Grounding:
 - Walk barefoot on grass/earth for 10 minutes daily (regulates nervous system)
3. Vagus nerve reset:
 - Hum, sing, or gargle for 30 seconds (activates rest/digest mode)

DEEPER INVESTIGATION (This Month):

- What are you avoiding feeling? (Write it down, even if you don't process it yet)
- When did you last feel "like yourself"? (What changed?)
- Are you living YOUR life or everyone else's expectations?

READY TO COME BACK TO YOURSELF?

- **Mind Body Spirit Release (MBSR) Session** - If you want to begin right now. A single 1:1 session with Elena to start clearing the energetic and subconscious blocks keeping you disconnected, anxious, or stuck.
- **ReNew Reset** - If disconnection, anxiety, and emotional numbness are your primary experience. This program is built for nervous system regulation and subconscious repatterning. The work that creates real, lasting inner shift.
- **ReNew You** - If spiritual disconnection is showing up alongside physical symptoms and you're ready to address all three pillars (body, mind, and spirit) at the same time in a guided 6-month group program.
- **ReNew Complete** - If trauma, spiritual misalignment, and physical symptoms are deeply intertwined and you need fully personalized 1:1 support to navigate all of it together. Enrollment by consultation only.

Muscle Testing is a powerful spiritual tool. It can help you reconnect to your body's wisdom and your own inner knowing, even before you begin a program.

Book an MBSR Session: CleanLifeRealWorld.com/mbsr-session

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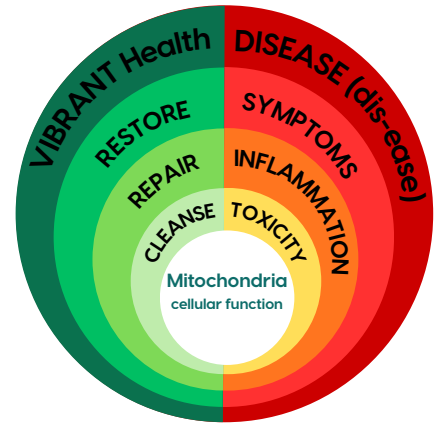


THE TRUTH ABOUT WARNING SIGNS

Your body doesn't speak English.

It speaks in:

- Fatigue
- Pain
- Inflammation
- Digestive issues
- Brain fog
- Anxiety
- Skin problems
- Hormonal imbalances



These aren't **random** symptoms. They're intelligent **communication**.

Your body is trying to tell you:

- ✓ Where toxins are stuck
- ✓ Which organs need support
- ✓ What emotions are stored in your tissues
- ✓ Whether you're aligned with your purpose

The problem?

You were never taught how to LISTEN.

MY PROMISE TO YOU:

After spending over \$100,000 and nearly dying to learn this, I've made it my mission to teach women how to:

- Listen to their body's early warnings (before they become crises)
- Trust their body's wisdom (instead of expensive labs)
- Address root causes (not just symptoms)
- Become sovereign (not dependent on practitioners)

Because you deserve more than survival.

You deserve to **THRIVE**.



WHAT HAPPENS NEXT?

WHERE DO I START? *The ReNew Healing Ecosystem*

- **ReNew Foundations** - 30 days. Build the lifestyle foundation your body needs. No supplements. No protocols. Just the habits that make everything else work.
- **ReNew Cleanse** - 4 months. Systematically open your drainage pathways, clear parasites, toxins, and pathogens, and establish a maintenance rhythm for life.
- **ReNew Reset** - The work everyone skips. Regulate your nervous system, release subconscious patterns, and restore the inner stability your body needs to heal.
- **ReNew You** - 6 months. Full transformation across all three pillars (detox, nervous system regulation, and spiritual reconnection) in a supported group container.
- **ReNew Complete** - 9 months. Everything included. Working one-on-one every step of the way. For those ready to go all the way with nothing left unaddressed.

If you're not ready for a program yet:

→ Learn **MUSCLE TESTING**. The skill that changes everything.

CleanLifeRealWorld.com/courses

THE MOST IMPORTANT THING: Don't wait for your body to scream.

I ignored whispers for over a decade. By the time I listened, I'd lost the ability to drive, to think clearly, to function.

I was allergic to 69 things. Diagnosed with early-onset dementia. Unable to walk across a parking lot. It doesn't have to be this way for you.

Your body is speaking. Let me teach you how to listen.

READY TO TAKE THE NEXT STEP?

- Book a Consultation: CleanLifeRealWorld.com/consultation
- Join My Email Community: CleanLifeRealWorld.com/subscribe
- Explore Programs and Resources: CleanLifeRealWorld.com
- Follow us on Instagram, Facebook, or TikTok: @CleanLifeRealWorld
- Follow us on YouTube: YouTube.com/@CleanLifeRealWorld



ABOUT ELENA B. PEDEN

After nearly dying from mold toxicity in 2019, I made a covenant with God:

"If you let me keep breathing, I will figure this out. I will heal myself, I will heal my son, and I will go back to school to heal other people." I kept that promise.

MY JOURNEY:

- \$100,000+ spent learning what works (and what doesn't)
- Board Certified Naturopathic Doctor (Trinity School of Natural Health)
- Certified Holistic Health Practitioner & Certified Natural Health Practitioner (Trinity)
- Functional Medicine Certified Health Coach (FMCA)
- Mind Body Spirit Release Practitioner (MBSR-P)

MY MISSION:

Help women achieve in 6-9 months what took me years, by teaching them to trust their body's wisdom instead of expensive labs and generic protocols.

MY METHOD:

- Body: Systematic cleansing (drainage → toxins → parasites → cellular)
- Mind: Nervous system regulation + subconscious rewiring
- Spirit: Reconnection to your divine guidance and purpose

MY PRACTICE:

Clean Life Real World serves women who are functioning but not thriving, who know something isn't right, even if doctors say they're "fine."

I teach muscle testing as the bridge between your body's intelligence and your conscious awareness. Because YOU should be the expert on YOUR body.

READY TO GO DEEPER?

Join my email community and follow me on social media for weekly muscle testing tutorials, root cause healing strategies, and be first to know about new programs.

Elena B. Peden, BCND, FMCHC, MBSR-P



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YOUR BODY HAS BEEN TRYING TO TELL YOU SOMETHING.

NOW YOU KNOW HOW TO LISTEN.

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NATUROPATHIC HEALING CENTER

ROOTED IN NATURE. ALIGNED WITH PURPOSE. ALIGNED WITH GOD.

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Your Symptom Tracker

Track for 2 weeks to see patterns

Week 1:

Energy Level (1-10): _____

Sleep Quality (1-10): _____

Digestion: _____

Brain Clarity: _____

Mood: _____

Notes: _____

Week 2:

Energy Level (1-10): _____

Sleep Quality (1-10): _____

Digestion: _____

Brain Clarity: _____

Mood: _____

Notes: _____

What I'm Ready to Address:

- ☐ Drainage pathways
- ☐ Gut healing
- ☐ Nervous system
- ☐ All of the above (**ReNew You**)

Patterns I notice

