Your Well Being Monthly

PRACTICAL HEALTH EDUCATION · SHARED WITH YOU BY TRUDY BLEDSOE

NOVEMBER 2026 THEME: THE HIDDEN COST OF STRESS



YOUR LOCAL WELLNESS CONNECTION

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YOUR GIFTED SEAT

Free to you

Trudy has gifted your seat at this month's webinar. Register with the link below.

YOU'RE INVITED · MONTHLY HEALTH WEBINAR WITH DR. TONYA HARTIG

The Silent Toll: Functional Medicine Strategies to Uncover & Reverse the Hidden Costs of Stress

Exploring the body's response systems and lifestyle foundations for resilience.

WHAT YOU'LL EXPLORE

- **Your built-in alarm system.** How the body's fast and slow stress responses are designed to switch on, then reset.
- **When the reset doesn't happen.** What researchers mean by "allostatic load," the wear that can build up day after day.
- **The ripple effect.** Why sleep, energy, focus, and digestion can all feel it.
- **Lifestyle foundations for resilience.** Light, sleep, steady meals, movement, and connection.

DETAILS

Date: Thursday, November 19, 2026
Time: 7:30 PM CT
5:30 PM PT · 6:30 PM MT · 8:30 PM ET
With: Dr. Tonya Hartig, Doctor of Functional Medicine · 30+ years experience
Cost: Free to you. Trudy has gifted your seat.

YOUR REGISTRATION CODE

TB1501

You'll need this code to register. Enter it on the registration page.

Reserve your seat →

Use the button above to register with my link. Questions? Call or text Trudy at (615) 941-1501.

RECOGNIZE • INTERPRET • RESPOND • REFINE

FROM DR. TONYA'S DESK

When the alarm doesn't switch off



Dr. Tonya Hartig

Doctor of Functional Medicine · 30+ years in holistic health, nutrition, and wellness education · The Well Being

Many of us know the feeling of being wired yet tired at the end of the day, or waking in the early morning hours. It's easy to call it "just life." I'd like to offer another way to look at it.

Your built-in alarm system

Your body has a built-in alarm system. A fast surge helps you meet a challenge in the moment, and a slower hormonal system helps you keep going. Both are designed to switch on and then reset. Researchers use the term *allostatic load* to describe the wear that can build up when that reset doesn't fully happen, day after day.

A signal worth noticing: because these systems talk to everything else, sleep, energy, focus, blood sugar and digestion can all feel the ripple. A helpful starting point is simple curiosity: notice your own energy curve through the day and how you recover after a demanding one.

Everyday foundations worth exploring

1. **Morning light.** Some time outdoors early, and dimmer lights in the evening.
2. **Protect sleep.** Consistent timing and a cool, dark room.
3. **Steady meals.** Include protein, fiber and healthy fats.

Small, steady habits matter. Please talk with your own care team before making changes. I'll go deeper on all of this in our November 19 session, and I'd love to see you there.

To your well being,
Dr. Tonya

Written to accompany the November 19, 2026 webinar. For education only. Talk with your healthcare provider before changing your diet, exercise, or supplements.

RESEARCH IN PLAIN LANGUAGE

Time in nature and everyday stress markers

WHAT THEY DID

Over 8 weeks, 36 city dwellers spent 10 or more minutes in an outdoor place that gave them a sense of contact with nature, at least three times a week, at times of their own choosing. They gave saliva samples before and after each "nature pill."

WHAT THEY FOUND

Salivary cortisol dropped about 21% per hour beyond its normal daily decline, with the most efficient benefit between 20 and 30 minutes.

WHAT IT MEANS FOR YOU

The study was small and did not compare against a separate control group, so it can't tell us what is best for any one person. But it supports a simple, low-cost idea: regular unhurried time outside may be worth trying.

If you have a medical condition or take medications, check with your provider before making changes.

Citation: Hunter MR, Gillespie BW, Chen SY. Urban Nature Experiences Reduce Stress in the Context of Daily Life Based on Salivary Biomarkers. *Front Psychol*. 2019;10:722. doi:10.3389/fpsyg.2019.00722. PMID: 31019479.

SHAKLEE NEWS

New from Shaklee

Newsroom, August 3, 2026: "Shaklee Introduces Vivix+™" Read it in the Shaklee Newsroom

New arrival, Life Shake™ Plant Salted Caramel: "Your Daily Longevity Shake" · "Every purchase helps provide life changing nutrition to 10 moms & kids in need through Vitamin Angels." View on us.shaklee.com

New arrival, Creatine+ Power Blend: "5 g micronized creatine | 100 mg magnesium | 0 g sugar | 0 g carbs | 20 calories | Unflavored | 28 servings" View on us.shaklee.com

Quoted from Shaklee's own pages on us.shaklee.com, checked October 26, 2026. Shaklee did not review or approve this newsletter.

PRODUCT SPOTLIGHT

B-Complex: Perfect Balance of Vitamin B Complex for Energy and Well-Being

"B-Complex delivers the perfect balance of all eight B vitamins using the patented Bioactivated Absorption System™ designed to make it easier for your body to absorb them. These essential nutrients help support energy, cardiovascular and brain health, cell renewal, and healthy hair, skin, and nails.*"

"Your body relies on essential B vitamins to turn what you eat into cellular energy. B-Complex is packed with these essential nutrients, helping your body turn the carbohydrates, fats, and protein in your diet into energy it can use*"

Product wording quoted verbatim from Shaklee: us.shaklee.com · B-Complex. *These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



FROM TRUDY

Let's stay connected

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MY OFFER THIS MONTH

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UPCOMING WEBINARS

Save the dates

THURSDAY · NOV 19, 2026	The Silent Toll: the hidden costs of stress
THURSDAY · DEC 17, 2026	Weight loss and GLP-1 support
THURSDAY · JAN 21, 2027	Sleep and energy

Registration code: **TB1501** · Register here (you'll need the code)

Webinars are held Thursday evenings at 7:30 PM CT. December and January titles and links will be announced. Ask Trudy for your gifted seat.

Questions or want a seat? Contact Trudy Bledsoe (615) 941-1501 · trudybledsoe@gmail.com

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