

BEXOLOGY



The Bexology Energy Checklist

Feel exhausted, foggy, or just not yourself? Start here.

A note before you begin

You're doing your best, eating well, staying active, looking after everyone else, and still feel flat, wired, or unwell in ways that don't quite make sense.

This checklist is here to change that.

It's not a to-do list. It's a smarter way to understand what your body is trying to say.

1. Blood Sugar Imbalance

What it feels like:

- Afternoon energy dips or irritability between meals
- Waking in the night with a racing mind
- Feeling better, temporarily, after a quick sugar hit

What to try:

Eat at least 30+ grams of protein with breakfast

Pair carbs with fibre like leafy greens and healthy fats

Avoid caffeine on an empty stomach and delay an hour after waking

2. Stressed Adrenals + Burnt-Out Rhythm

What it feels like:

- Wired but tired
- Wide awake at night, slow to wake in the morning
- Caffeine-dependent but never fully recharged

What to try:

Get outside for natural morning light an hour within waking
Swap HIIT and intense cardio for slower, grounding movement
Consider adaptogens like ashwagandha (check with a practitioner)
Test cortisol with the **DUTCH test** – the gold standard in hormone and cortisol testing

3. Nutrient Deficiencies**What it feels like:**

- Fatigue, low mood, brain fog, hair thinning, brittle nails
- “Normal” blood work, but still not feeling well

What to check:

B12, iron (ferritin), vitamin D, full thyroid panel including T4, T3 and antibodies
Choose high-quality forms that are well absorbed (e.g. methylated B12, liquid vitamin D, iron bisglycinate)
Track patterns, not just numbers

4. Hidden Inflammation**What it feels like:**

- Puffy face, headaches, skin flare-ups, brain fog
- Feeling tired after meals or sluggish despite decent sleep

What to check:

Has **HS-CRP** (an inflammation marker) been checked recently?
Consider past exposure to mould or chronic infections

What to try:

Reduce seed oils, gluten, alcohol, and ultra-processed foods
Focus on colour-rich whole foods and omega-3s
Explore anti-inflammatories like curcumin, quercetin, or medicinal mushrooms

5. Gut Function**What it feels like:**

- Bloating, irregular bowels, post-meal fatigue
- Growing sensitivity to foods that used to be fine

What to try:

Chew properly, slow down, and support digestion with bitters

Simplify meals and note how your body responds

Consider a **Comprehensive stool test** or **SIBO test** if symptoms persist

A final word from Bex

Your body isn't misfiring. It's trying to communicate.

This checklist is here to help you listen more clearly and support more wisely.

→ If you'd like to discuss testing in more detail book a free discovery call:

<https://bexology.co.uk/book-a-discovery-call/>

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