



A GUIDE TO THE



3 BUCKET STRESS MITIGATION METHOD



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INTRODUCTION

hello!



Over a decade ago, I started fanning the flame of a passion to see people thrive in physical, mental, emotional and spiritual health. Since the start of my journey our family has faced our own challenges with life threatening autoimmune conditions, thyroid conditions, anxiety, and more.

I've worked with clients through different stages of my journey, I've tried 100s of protocols, I've been a product junkie, a supplement junkie and a healthy food junkie, it all pales in comparison to decreasing stress in the major areas of our lives so we give ourselves the ROOM needed to heal.

Stress mitigation in these three buckets of life have simplified the health game for myself and my clients. It has opened the door to energy and vitality.

For Heaven to Invade Earth,
Becky J. Webb FNTP, RCPC



WHAT IS THE 3 Bucket Stress MITIGATION METHOD ?

We live in stressful times, and stress is the biggest part of your health equation. Few practitioners seem to even look at how to mitigate it. 3BSMM is going to be a transformation like you have never experienced before.

The 3 Bucket Stress Mitigation Method isn't a diet. This method is a wellness philosophy that teaches you how to understand your body holistically like no other.

You are about to learn how to create an energy gain and increase energy to your cells and physical body instead of taking the energy loss that so many experience on a daily basis.

The three bucket stress mitigation method uses three KEY areas to bring health, energy, and vitality back to the mind, heart, soul, and body so that you can live the life you were created to live

The ultimate goal is to empty some of our very FULL buckets. When our buckets are no longer overflowing, that is when healing has room to flow.

I can't wait to see what you do with it when you get your energy moving in the right places!

Becky



WHAT IS *Stress?*

Stress for the sake of our conversation is defined as any type of change, strain, lack of or too much of something that causes physical, emotional, psychological, environmental or spiritual strain on the body.



We know the body is under stress when it becomes unaligned and unbalanced. The more connected we are with our body's needs the quicker we will be to identify this imbalance.

Leaky stress buckets will always slow metabolic health, deflect energy away from where it needs to be for vitality, cause fatigue, sleep disturbances, sickness, illness and uncomfortable symptoms. When there are too many leaks in our energy buckets the body slows due to energy loss.





WHAT IS A STRESS BUCKET?

After over a decade in the health and wellness space, taking clients in practice, taking trainings, reading countless books, countless articles, and helping families navigate wellness, I naturally began to approach wellness and healing from a perspective of stress instead of a perspective of what to do and not to do as far as physical health like the majority of my colleagues.

It did not take me long to realize that looking at true health from only a physical angle was damaging. No wonder people can't figure out why they are doing "all the right health things" but are still not healing and have consequently lost trust in their own body's ability to heal. The body can not heal under excessive stress leaks in one or more of our buckets.

Losing trust in our body's ability to heal, along with the loss of being able to listen and understand our body's needs may be one of the most tragic disconnects in our relationship with ourselves and our creator.

This loss of trust causes a rift in two very vitally dependent connections essential for healing.

While most practitioners are going to only focus on physical healing, the 3BSMM focuses on the whole person to allow the body the energy needed for real holistic healing in both body and mind.

The three buckets in 3BSMM are three areas that I've identified to help my clients make healing simpler, build confidence in the body's ability to heal, and to see progress in the process. It reminds the client that healing actually isn't out of reach and while healing isn't linear changes are happening.

The three buckets of stress I focus on and work on mitigating for every clients are:

Environmental Stress



Mental/Emotional/Spiritual Stress



Physical Stress



I'll break down these three important buckets in the rest of this guide.



01. THE ENVIRONMENTAL BUCKET

Often times, the environmental bucket is the easiest bucket to begin to decrease the toxic overflow and plug the leaks. It is easiest because it is very tangible and the steps are straightforward and simple. And, it doesn't really require a whole lot of intuition or awareness of our body's needs to take this step, making it a great first step. Depending on how severe a client's case is, sometimes plugging holes in this bucket can relieve enough tension in the body to begin to allow healing to take place.

Personal care products, cleaning products, hygiene products and make up cause a lot of stress on the body when they contain cheap toxic chemicals. Most of our store bought products contain these, even when they are marketed as plant based. This is called "greenwashing".

Did you know that the term "fragrance" in a product or on a label can mean any or many of a list of over 3,000 chemicals that companies do not have to disclose to you? Many of these chemicals are not safe to be used on animals or humans and are known causes to cancer and wreak havoc on hormones and other biological processes.



02. MENTAL/EMOTIONAL/SPIRITUAL BUCKET

A deeper Look



*Your
Relationship
with Your
Creator*



*Your
Relationship
With Your Self*



*Your
Relationship
with Others*



*Awareness and
holding spaces
for your own
needs and the
needs of others.*



PRO TIP: START BY DOING A THOUGHT DOWNLOAD EVERY MORNING TO CLEAR YOUR MIND

Some say that we have 30,000 thoughts every single day. Most of those thoughts are unconscious and we often have the same thoughts over and over again. It's a helpful practice to do a brain dump every morning in order to become aware of our thoughts and how we might want to change them or hold spaces for them.



The Mental/Emotional/Spiritual Bucket is complex and simple bucket at the same time. Reducing the energy leaks in this bucket requires awareness to your own body's needs and holding space for them, learning to hold space for others and gaining an understanding of a healthy view and your place in your relationship with your creator. When we work on these things we free up energy to receive love and energy from ourselves, others and our creator. Our bucket is able to fill up.

03. PHYSICAL BUCKET

A crash course

The physical bucket, while most widely known, also seems to be the most widely misunderstood. At a foundational, root cause level, our body experiences sickness and disease because of a lack of proper mineralization. Minerals create enzymes that create hormones. Minerals are the raw material to make the substance that gives energy to our cells. When the body is under any type of stress, whether it is mental, spiritual, environmental or physical, it burns mineral quickly as a sort of fuel to keep it going.

One easy way to take a look at minerals being out of balance and what kind of impact stress is having on the body is with a Hair Tissue Mineral Analysis. It is a cost effective test that shows a fantastic picture of what is happening within the cells and mainly how the body handles stress. If the client wants an additional look we can take a look at the full monty blood panel for more insight.

Establishing healthy mineral patterns take time, but I have seen clients blossom into new people when we look at this aspect of stress on the body. It is important to note that minerals work in tandem with each other, for example, sodium and potassium, magnesium and calcium are some minerals that have a mineral counter part. Typically single supplementation without training won't work and will cause more stress to the body.



After we establish mineral patterns, macronutrient intake needs to be addressed. The amount of calories we are eating makes a difference in how we can manage our energy levels. Our macronutrients are carbohydrates, fat, and protein. Getting adequate calories and protein in order to make sure we are getting plenty of fuel to our cells along with the raw mineral materials is impressive to reducing physical stress on the body, increasing metabolism and getting powerful energy to the cells.

Your body is an electrical network and by starting with some of these components we can increase the power to our cells to help with natural detoxification, energy production and hormone activity.

When we make adjustments to get energy to the cells and give the body time to balance we see results.

PRO TIP: START REMINERALIZING THE BODY WITH ADRENAL COCKTAILS.

Minerals, the raw materials that run the body are needed for reducing stress in all buckets. Adrenal cocktails are foundational to begin the remineralizing process. Minerals are responsible to create enzymes and enzymes create hormones. The energy processes of the body begin with bathing the adrenals with much needed minerals.



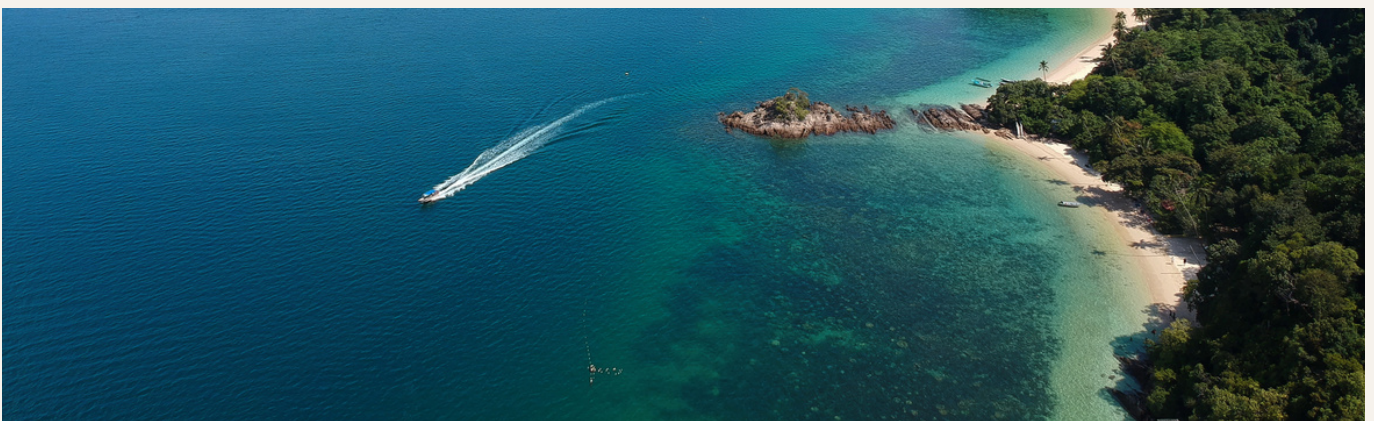
Why Does the **3BSMM** work?



When the nervous system is over active and stressed the body lives in a flight-or-flight state. This is your sympathetic state. In your sympathetic state your body becomes less metabolically flexible and you can't utilize food as fuel as you should.

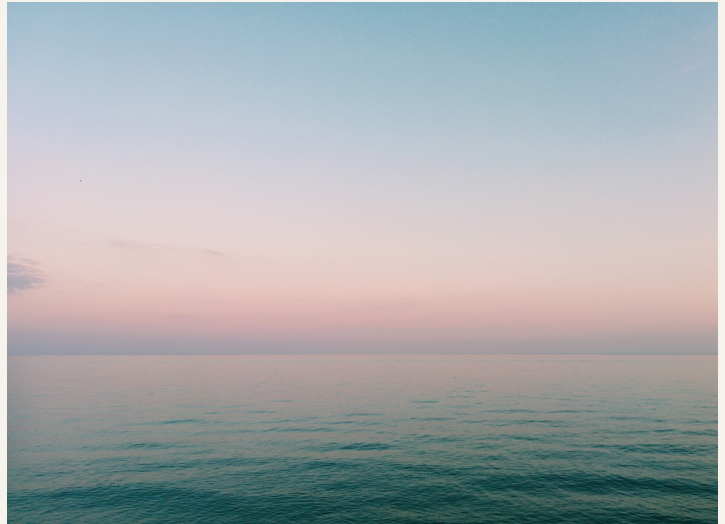
When you are under excessive stress your body burns minerals quickly and becomes hyperglycemic, hyperinsulinemic and isn't able to accept nutrients into the cells. Your mitochondria get overwhelmed just like you do mentally, and this can lead to an insulin resistance.

When the body gets stuck in a sympathetic state the nervous system over reacts. Your body is designed to move from sympathetic to parasympathetic. Your parasympathetic state is the state your



nervous system needs to be in to experience healing. We call it the rest and digest.

A healthy body will experience both states and be able to move between the two. The 3BSMM method works because it can help your body move into a parasympathetic state in order to bring the body back into balance by plugging your energy leaks and allow you to heal.





JOIN MY 14 – DAY ENERGY RENEWAL *Transformation*

Are you ready to take a foundational first step in mitigating your physical stress bucket? Starting the remineralizing process can often free up the body to produce more energy, process emotions and begin to give your adrenals the mineral bath needed to start the healing process.

My 14-day energy renewal challenge will get you on the right track to true vitality and balance.

SIGNUP NOW

