



THE FOUNDATION THE CREATORS BLUEPRINT

# **3 Simple Lifestyle & Herbal Strategies to Support Energy & Digestion in 7 Days**



# I Hear You...I See You...I've Been You!

You've spent hours gathering information — but it all feels scattered, and you don't know how to organize it into something that actually works.

Your family & friends don't understand or support you like you need... and instead of being encouraged, you're doing this quietly on your own.

You're struggling to stick with and remained focused on what you know you need to do...but hope is hard especially when you're exhausted and overwhelmed.

Can I trust one more person? Can I invest in one more promise?

I've been there.

I know what it feels like to try everything, carry it all yourself, and still wonder if you're doing it right...or what

That's exactly why I created this guide.

Not to overwhelm you with more information — but to give you clarity.

Not to make healing complicated — but to give you a simple starting place.

Not to push you — but to walk with you.

This is your healing starting point. You don't have to figure this out alone anymore.



# Hi, I'm Jami McQuivey

I am the founder of Healthy by Design, a Christian digestive health specialist and podcaster focused on helping women improve digestion, support weight management, and balance hormones through faith-centered, foundational wellness.

After personally overcoming chronic fatigue, digestive disorders, and hormonal imbalance by applying seven evidence informed, time-tested principles, I pursued formal training in holistic nutrition, massage therapy, and Ayurvedic digestion. Today, I guide women in restoring health by aligning the body with God's original design through natural, intentional, and sustainable practices.

**Healing is possible. I've seen it. I've lived it. And so can you.**



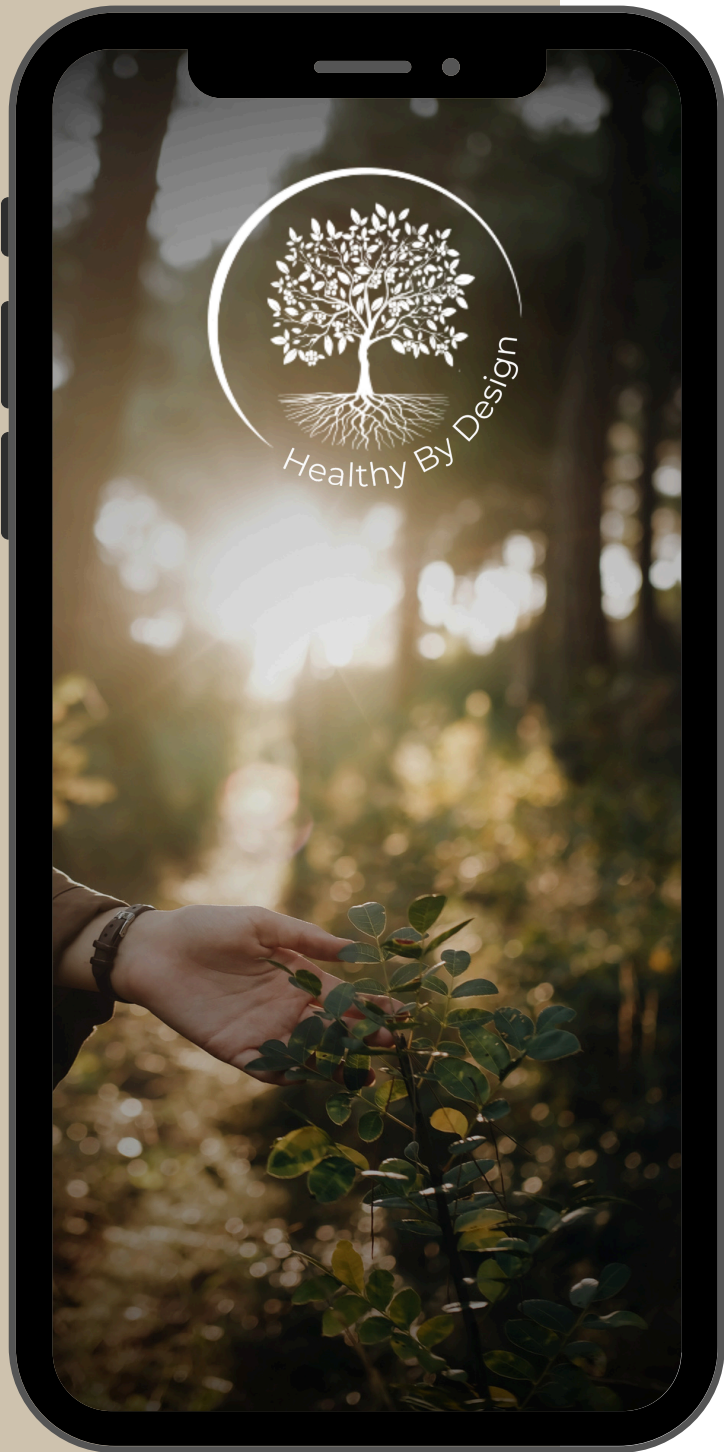
# Your Imbalance: **Pitta = Fire**

Pitta governs your body's ability to transform — food into energy, stress into survival, and emotions into action. It directly affects digestion, metabolism, body temperature, and drive.

When Pitta is out of balance, it doesn't stay small.

It shows up as inflammation, acid reflux or burning digestion, irritability, hot flashes, night sweats, brain fog, perfectionism, and burnout.

Left unresolved, your body stays stuck in fight mode. Digestion weakens. Hormones destabilize. Sleep suffers.



# Pitta Imbalance Continued

Inflammation becomes chronic.

Motivation turns into exhaustion.

What starts as digestive discomfort quietly becomes full-body imbalance.

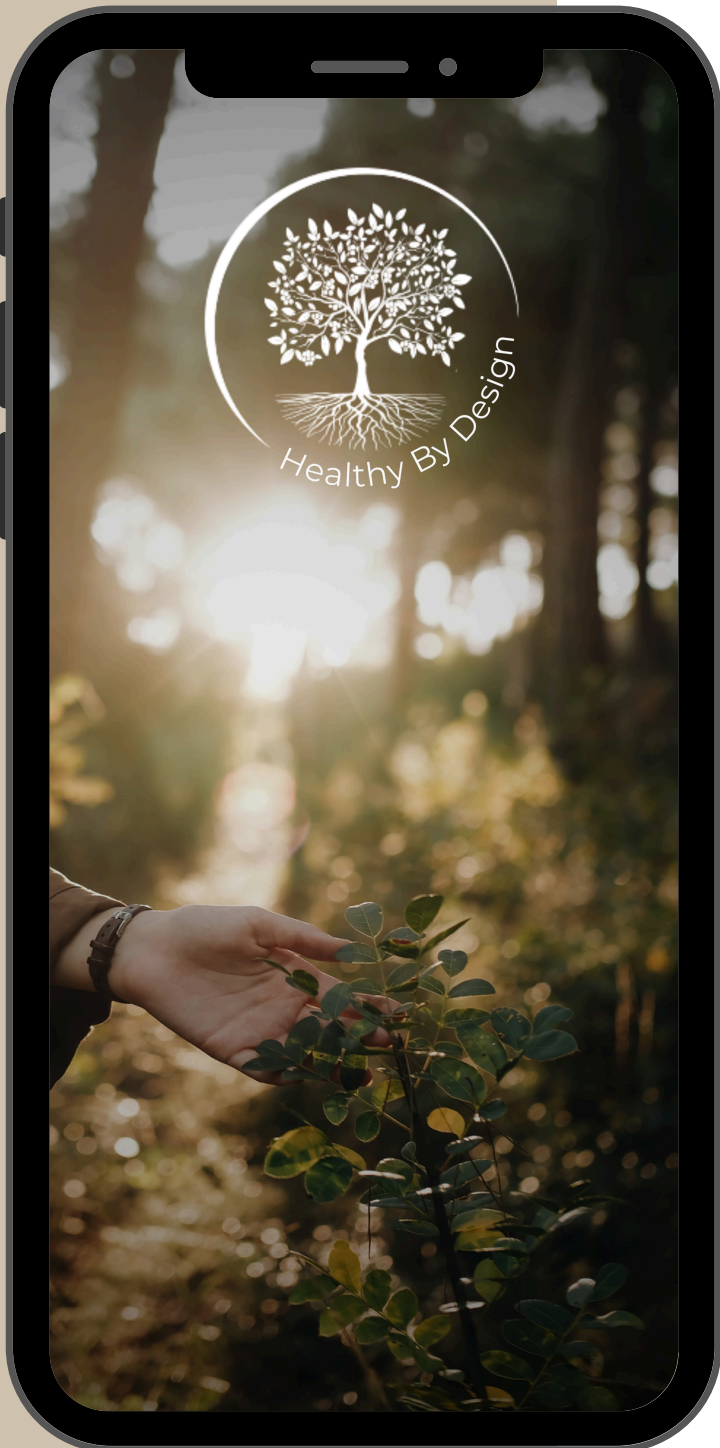
Balanced Pitta brings clarity, energy, and strong digestion.

Unbalanced Pitta slowly erodes your health and your peace.

This isn't something to wait out.

**Your body is asking for support — now.**

Check next page to learn the steps...





# Top 5 Pitta-Balancing Foods



## **Leafy Greens and vegetables**

Spinach, kale, cucumbers, zucchini, and broccoli. Light and cooling.



## **Sweet, bitter, and astringent fruits**

Melons, pears, grapes, pomegranates, and cherries. Avoid sour or overly acidic fruits.



## **Grains**

Rice, barley, oats, wheat. They are cooling and grounding.



## **Dairy (if tolerated)**

Milk, ghee, butter, paneer (preferably cool or room temperature). Avoid excessively sour or fermented dairy.



## **Herbs and spices**

Cooling herbs like coriander, mint, fennel, and cardamom. Avoid hot, pungent spices like chili, cayenne, and garlic in excess.

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## 3 Pitta-Balancing Lifestyle Changes



### **Stay cool and avoid overheating**

Limit direct sun exposure, use cool compresses, and avoid excessively hot environments.



### **Moderate, calming exercise**

Swimming, walking, or yoga in a cool environment. Avoid competitive or high-intensity workouts



### **Practice calming routines**

Meditation, deep breathing, and regular downtime to reduce stress and irritability.

## Herbs For Healing



Avipatikar  
Churna (powder)



Cumin



Fennel



Coriander



Cardamom

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# Your Imbalance: **Kapha = Structure**

Kapha governs your body's structure, stability, and resilience — from immunity to emotional steadiness. It directly influences strength, endurance, and your body's natural calm.

When Kapha is out of balance, it doesn't stay small.

It shows up as lethargy, stubborn weight gain, sluggish digestion, mental fog, low motivation, and emotional heaviness.

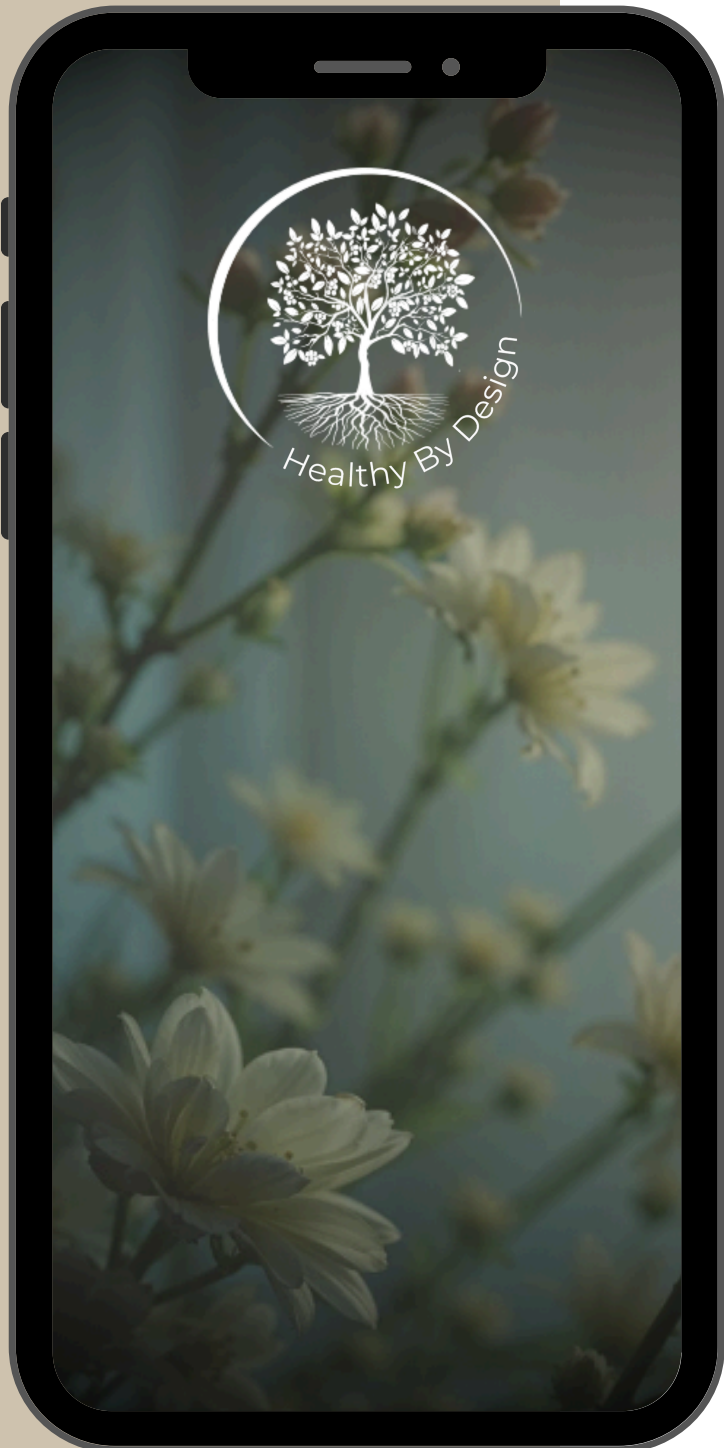
Left unresolved, your body slows down.

Energy drops.

Immunity weakens.

Mood and motivation decline.

Weight becomes harder to manage.



# Kapha Imbalance Continued

What starts as “just feeling heavy” quietly becomes system-wide stagnation.

Balanced Kapha brings calm, endurance, and stability.

Unbalanced Kapha slowly erodes your energy, health, and vitality.

This isn't something to wait on.

**Your body is asking for support — now.**

Check next page to learn the steps...





# Top 5 Kapha-Balancing Foods



## **Light, warming vegetables**

Broccoli, cauliflower, kale, peppers, and leafy greens. Avoid heavy or oily veggies like potatoes or squash.



## **Spices**

Ginger, black pepper, turmeric, cumin, cinnamon. They stimulate digestion and metabolism.



## **Legumes and beans**

Lentils, mung beans, chickpeas. Light, high-protein, and grounding without heaviness



## **Fruits**

Apples, pears, pomegranates, berries. Prefer astringent or slightly bitter fruits; avoid overly sweet or heavy fruits like bananas or mangoes.



## **Grains (light and warming)**

Barley, millet, quinoa. Avoid heavy or sticky grains like wheat or oats in excess.

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# 3 Kapha-Balancing Lifestyle Changes



## **Stimulating, regular exercise**

Cardio, brisk walking, cycling, or any activity that gets the blood moving. Avoid prolonged inactivity.



## **Keep warm and dry**

Avoid damp, cold environments and excessive sleeping or lounging.



## **Variety and lightness in routine**

Change up daily activities, eat lighter meals, and avoid heavy, late-night eating.

## Herbs For Healing



Trikatu

Churna (powder)



Ginger



Pippali



Black Pepper



Cinnamon

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# Your Imbalance: **Vata = Movement**

Vata governs movement in your body — from circulation and breathing to creativity and nervous system function. It directly affects energy, focus, and mental clarity.

When Vata is out of balance, it doesn't stay small.

It shows up as restlessness, anxiety, scattered thinking, poor sleep, digestive irregularities, and constant tension.

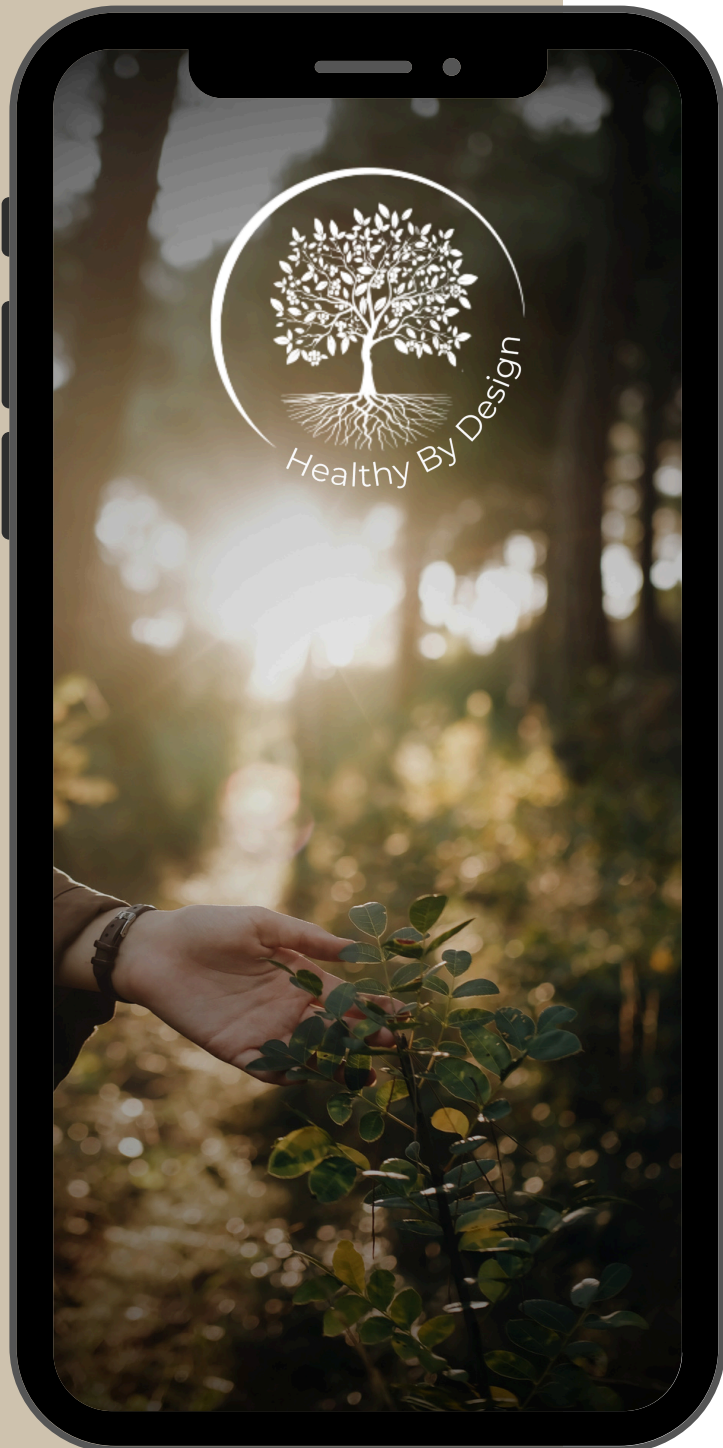
Left unresolved, your body stays in overdrive.

Energy becomes inconsistent.

Focus drifts.

Nervous system stress escalates.

Digestion falters.



# Vata Imbalance Continued

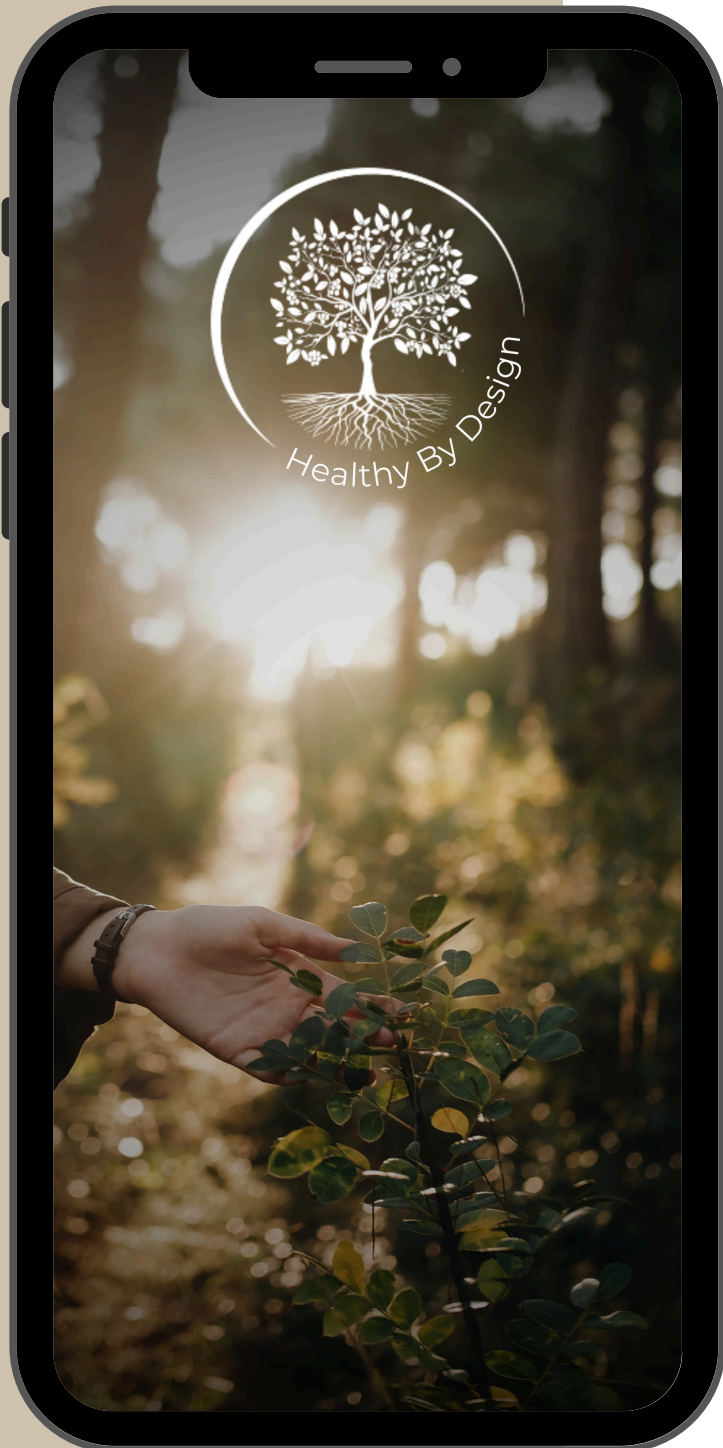
What starts as “just feeling jittery or scattered” quietly becomes full-body imbalance.

Balanced Vata brings energy, inspiration, and mental clarity. Unbalanced Vata slowly erodes your focus, health, and peace of mind.

This isn't something to wait on.

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# Top 5 Vata-Balancing Foods



## **Cooked root vegetables.**

Carrots, sweet potatoes, beets, and squash. They are grounding, warm, and nourishing.



## **Warm cooked grains.**

Rice, oats, quinoa, and cooked wheat. Avoid cold, dry cereals



## **Healthy fats**

Ghee, sesame oil, olive oil, avocado. They lubricate dryness and calm Vata



## **Warm soups and stews**

Especially with legumes, mild spices, and seasonal vegetables.



## **Sweet, ripe fruits.**

Bananas, cooked apples or pears, berries. Eat them warm or stewed rather than raw and cold.

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# 3 Vata – Balancing Lifestyle Changes



## **Establish a daily routine**

Wake, eat, work, and sleep at consistent times. Vata loves stability.



## **Gentle, grounding exercise**

Yoga, walking, tai chi. Avoid overexertion or erratic workouts.



## **Self-care rituals**

Warm oil massage (abhyanga) before showering, warm baths, and keeping yourself warm and cozy.

## Herbs For Healing



Hingvastak

Churna (powder)



Cinnamon



Ginger



Cumin

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# Stop struggling alone—it's time for real support & real results.

This isn't a "maybe someday" wish — it's what your body needs to heal. Hundreds of women have walked this path and seen real change... and food one piece of a 50 piece puzzle BUT I have streamlined it, made it accessible and easy to follow...and added a ton of support for good measure.

Healthy By Design: The Creator's Blueprint for Healthy Living is more than a program — it's your roadmap to lasting wellness. Five phases built on biblical principles and God's unchanging patterns, this blueprint doesn't fail. God doesn't fail. He is the Creator, and He designed your body to thrive.

[\*\*ENROLL ME NOW\*\*](#)



With this program, you'll finally move beyond isolation, overwhelm, confusion and trial-and-error. You'll discover a path to physical, mental and Spiritual health — all aligned with His design for you.


**ENROLL ME  
NOW**



Listen to Jami's podcast:  
***Galbladder Gone? Now What?***

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