



Hormone Protocols



REVOLUTIONARY
WEIGHT LOSS



HIGH CORTISOL

Cortisol is the 'stress hormone.' It is the hormone that governs your hunger cravings, digestion, blood pressure, sleep/wake patterns, physical activity and capacity to cope with stress.

It is important to manage your cortisol because if left unmanaged, it can cause severe adrenal problems.

Symptoms of high cortisol include:

- Low energy
- Low libido
- Sugar cravings (esp. at night)
- Low motivation
- Constipation
- Mood instability

Managing High Cortisol

Step 1 - Nutrition

- Eliminate food sensitivities: find out what foods are potentially causing havoc
- Do a detox/cleanse
- Eat organic, dark chocolate
- Limit alcohol - to less than 3 glasses per week. Alcohol raises cortisol.
- Wean from caffeine - caffeine directly induces the cells to produce more cortisol.
- Follow a low glycemic diet
- Eliminate sugar
- Choose foods that reduce inflammation

Managing High Cortisol (continued)

Step 2: Testing and Supplementation

Micronutrient Deficiency Testing: Identify missing vitamins, minerals, and amino acids (the building blocks of protein).

Cortisol-raising stress can produce free radicals, which may cause damage in your cells, and deplete certain micronutrients.

Excess stress also can cause you to excrete magnesium, a mineral key to calcium absorption. Basic supplements can help lower cortisol.

In addition to magnesium, other supplements frequently used to address high cortisol include:

- Vitamin B complex
- Vitamin C
- Magnesium
- Omega III Fatty Acids

Step 3: Lifestyle and Movement

- Practice Yoga
- Diaphragmatic (Deep) Breathing –through the nose, slowly & deeply
- Alternate nostril breathing – lowers pulse, reduces blood pressure, raises problem solving abilities.
- Invert – put your feet above the level of your heart, with your legs straight up the wall & activate your parasympathetic nervous system, the rest-and-digest system.
- Get a massage once a week to once a month – massage improves immune function – deep tissue massage lowers cortisol and raises oxytocin.
- Chanting daily – chanting or singing, helps with memory and increase blood flow to the brain.
- Acupuncture – decrease hot flashes and night sweats while lowering cortisol levels.
- HeartMath – has been shown to lower cortisol.
- Check out the Inner Balance app
- Have an orgasm – it floods the body with oxytocin & lowers cortisol.
- Practice gratitude –For 10 consecutive, days before you go to bed, write down three things you are grateful for. Nothing is too small or too big!
- Spend time outdoors, especially in nature, can lower your stress and cortisol levels.





LOW CORTISOL

Cortisol is the hormone that governs your hunger cravings, digestion, blood pressure, sleep/wake patterns, physical activity and capacity to cope with stress.

Low cortisol is the end result of an overtaxed stress-regulating system. Irritability, burnout, and depression are common symptoms, along with low blood pressure, orthostatic hypotension (which is when your blood pressure drops when you stand and you feel light-headed), and pessimism. You feel out of whack and out of sync, like something is really off.

Symptoms of low cortisol include:

- Low energy/ Fatigue
- Bloating
- Sugar cravings
- Brain Fog/Memory lapses
- PMS
- Mood instability/Depression

Managing Low Cortisol

Step 1 – Nutrition

- Eliminate food sensitivities: find out what foods are potentially causing havoc
- Do a detox/cleanse
- Eat organic, dark chocolate
- Limit alcohol – Alcohol raises cortisol.
- Wean from caffeine – caffeine directly induces the cells to produce more cortisol
- Follow a low glycemic diet
- Eliminate sugar
- Choose foods that reduce inflammation & raise “good” cholesterol– Walnuts, almonds, peanuts, pistachios, pecans, peanuts, and hazelnuts, Fatty fish like salmon, mackerel, albacore tuna, and halibut, olive oil, avocado & oatmeal.
- Licorice and grapefruit juice have been shown to raise cortisol levels.

Managing Low Cortisol (continued)

Step 2: Testing and Supplementation

Identify Nutrient Deficiencies: Identify missing vitamins and minerals and consult with your provider

Basic supplements that can be helpful

- Vitamin B Complex
- Vitamin C
- Omega III Fish Oil

Step 3: Lifestyle and Movement

- Practice Yoga
- Meditation – sit quietly for ten to twenty minutes and pay close attention to your breath. When thoughts come in to your mind, just let them go and redirect your focus to your breath.
- Diaphragmatic (Deep) Breathing – breathe through the nose, slowly and deeply, you trigger your calm response.
- Alternate nostril breathing – lowers pulse, reduces blood pressure, raises problem solving abilities.
- Progressive muscle relaxation – start with your toes and focus on relaxing them. Then move up to each muscle of your body and focus on relaxing each muscle group one at a time until you end with the top of your head.
- Invert – any time you put your feet above the level of your heart, even with your legs straight up the wall, you activate your parasympathetic nervous system, the rest-and-digest system.
- Get a massage to improve immune function – deep tissue massage balances cortisol
- Chanting daily – chanting or singing, don't think about the words, just learn them by heart and use them often. This helps with memory and increase blood flow to the brain.
- Have an orgasm – it floods the body with oxytocin and balances cortisol.
- Practice gratitude – when we are grateful, we train our minds to focus on what is good. For 10 consecutive, days before you go to bed, write down three things you are grateful for. Nothing is too small or too big! Notice a difference after 10 days and continue the ritual if it's working for you.





HIGH ESTROGEN

Cause of excess estrogen: aging ovaries, erratic cortisol levels, exposure to xenoestrogens, and not getting the right nutrition. Higher estrogen in post-menopause is a risk factor for breast cancer. Excess estrogen may make it extremely difficult to lose weight, which then reinforces the cycle of more fat, estrogen, and weight.

Symptoms of high estrogen include:

- Mood swings
- Hair Loss
- Bloating
- Foggy Brain
- Headaches
- Reduced Libido

Managing High Estrogen

Step 1 - Nutrition

- Eliminate food sensitivities: find out what foods are potentially causing havoc
- Reduce toxicity (ie: heavy metals) similar to plastics, have estrogen-mimicking properties.
- Eat less animal protein and dairy from conventionally raised meat and refined carbohydrates. It can cause estrogen overload. If you are going to eat meat, buy organic.
- Emphasize nuts and fresh, low-glycemic fruits and vegetables.
- Reduce intake of refined carbohydrates
- Avoid canned food, plastic food containers, and fish with a high mercury content.
- Eat clean food. Buy organic when you can, especially fruits and vegetables
- Avoid caffeine
- Reduce alcohol - Consumption of alcohol raises estrogen levels and slows down fat burning.
- Consume more prunes because they have been shown to reduce the type of estrogen associated with breast and endometrial cancer.
- Increase fiber intake. Increased fiber will lower estrogen levels and likely reduce the risk of breast cancer. Consume 35 to 45 grams of fiber per day as part of a healthy food plan.
- Drink filtered water from a glass. Reduce the use of plastic water bottles.

Managing High Estrogen (continued)

Step 2: Testing and Supplementation

Identify nutrient deficiencies: specific nutritional deficiencies can lead to excess estrogen. Low magnesium, for example, can be associated with high estrogen levels in both premenopausal and postmenopausal women.

Basic supplements can be helpful. Ask your provider if these are right for you.

- Vitamin E
- Magnesium
- Resveratrol
- Turmeric Curcumin
- DIM: Di-indolemethane is a powerful promoter of the enzyme that helps to correct estrogen dominance. DIM has been shown to favor the production of protective estrogens and reduce bad estrogens. DIM can lower your excess estrogen.

Step 3: Lifestyle and Movement

- Avoid Xenoestrogens: endocrine disruptors such as bisphenol-A and phthalates can cause havoc.
- Minimize exposure to environmental toxins. Use glass or stainless steel instead of plastic.
- Use Non-Toxic Body Products. Switch out chemical-laden body and skin care products for safer versions, free of any synthetics.
- Manage Weight –consider setting a goal of having a body mass index of 21 to 25
- Exercise Regularly. Exercise decreases estrogen levels, lowers risk of breast cancer, and helps you make more of the good estrogens.
- Go to sleep by 10pm. Doing this will allow your body to produce optimal levels of melatonin, a hormone that is important for sleep and lowers estradiol.





LOW ESTROGEN

Low estrogen stimulates appetite and makes you angry. AKA Hangry. When estrogen is low, the hormonal control centers turn off the reproductive organs and they become dry and “uninterested” in sex. And there goes your libido.

Low estrogen can cause serotonin levels to drop and this can lead to depression. Low estrogen can cause hot flashes, night sweats and insomnia.

Symptoms of low estrogen include:

- Mood issues
- Less lubrication than desired (joints & reproductive organs)
- Loss of focus
- Sleep issues
- Libido is lower than desired

Managing Low Estrogen

Step 1 - Nutrition

- Food sensitivity testing, especially for Gluten intolerance, which has been linked to low estrogen levels.
- If found to be Gluten sensitive, test for Celiac: this can create a greater risk of premature menopause and infertility, which can be reversed.
- Eat less fat and more fiber. Get five to seven servings of fresh fruit and vegetables per day.
- Eat whole, unprocessed foods, such as fruits and vegetables with lean protein at each meal, and gluten-free carbohydrates, such as brown rice or quinoa.
- Avoid coffee and caffeine. Both caffeine and coffee have been shown to lower estradiol levels in premenopausal women. Try herbal teas or coffee alternatives.
- Add flaxseeds to smoothies and sesame seeds to salads

Managing Low Estrogen (continued)

Step 2: Testing and Supplementation

Identify Nutrient Deficiencies: Identify missing vitamins and minerals and consult with your provider. Specific nutritional deficiencies can lead to low estrogen.

Basic supplements can be helpful. Ask your provider if these are right for you.

- Vitamin E
- Magnesium
- B Vitamins
- Vitamin D
- Maca
- Chasteberry
- Black cohosh
- Panax ginseng
- Valerian

Step 3: Lifestyle and Movement

- **Avoid Xenoestrogens:** endocrine disruptors such as bisphenol-A and phthalates can cause havoc.
- **Minimize exposure to environmental toxins.** Use glass or stainless steel instead of plastic.
- **Use Non-Toxic Body Products.** Switch out chemical-laden body and skin care products for safer versions, free of any synthetics.
- **Manage Weight** –consider setting a goal of having a body mass index of 21 to 25
- **Exercise Regularly.** Exercise decreases estrogen levels, lowers risk of breast cancer, and helps you make more of the good estrogens.
- **Go to sleep by 10pm.** Doing this will allow your body to produce optimal levels of melatonin, a hormone that is important for sleep and lowers estradiol.





LOW PROGESTERONE

- Most of the hormonal chaos—from night sweats to heavy bleeding—stems from problems with progesterone.
- Important for your overall sense of well-being.
- It raises body temperature to boost your metabolism and helps your thyroid function masterfully.
- Progesterone is sometimes referred to as "nature's Prozac". It keeps you cool, calm and collected.

Symptoms of low progesterone include:

- Infertility
- Sleeplessness
- PMS
- Heavy/Painful Periods
- Bloating
- Itchy/Restless Legs

Managing Low Progesterone

Step 1 - Nutrition

- Eliminate food sensitivities: find out what foods are potentially causing havoc
- Wean from caffeine - Caffeine increases blood sugar levels, which stimulates adrenals and affects progesterone
- Limit or eliminate alcohol - Alcohol intake is associated with premenstrual anxiety, mood problems, and headache.
- Limit or eliminate sugar and refined carbs - Consumption of excess refined carbohydrates causes loss of magnesium through the urine
- Follow a low glycemic diet
- Get your omega 3 fatty acids from fish or flax
- Eat foods high in fiber and healthy fats.

Managing Low Progesterone (continued)

Step 2: Testing and Supplementation

Identify Nutrient Deficiencies: Identify missing vitamins and minerals and consult with your provider.

- Vitamin C
- Vitamin D
- Zinc
- Magnesium
- Vitamin B6
- Chasteberry (*Vitex agnus-castus*)

Step 3: Lifestyle and Movement

- Spend time with friends – Progesterone is another stress-related hormone, and connection with others helps women to de-stress.
- Acupuncture – Randomized trials have shown acupuncture to improve PMS symptoms by 55%
- Exercise – moderate exercise is great, but excessive exercise can lead to problems for progesterone.
- Guided visualization, a technique that uses imagery to induce feelings of calm, has been shown to increase vaginal temperature, a proxy for a rise in progesterone, and to improve PMS.
- Practice gratitude – helpful for enhancing the immune system and balancing hormones
- Homeopathy – is a form of complementary medicine in which clinicians treat clients with diluted preparations called remedies. Homeopathy has been shown to reduce PMS symptoms



LOW TESTOSTERONE

- Testosterone is the hormone of vitality
- Testosterone is responsible for hair growth, confidence, and sex drive
- Testosterone builds bones, supports brain health, increases energy, improves mood and supports immune function
- Regulates metabolism, reduces anxiety and is anti-inflammatory

Symptoms of low testosterone include:

- Low libido
- Memory loss
- Fatigue
- Sleep issues



Managing Low Testosterone

Step 1 – Nutrition

- Eat Real Food – reduce or eliminate processed foods
- Eat vegetables and protein at every meal
- Eat less fat and more fiber. Get 5-7 servings of fresh fruit and vegetables per day.
- Avoid coffee and other caffeine loaded treats.
- Eliminate sugar

Managing Low Testosterone (continued)

Step 2 - Supplementation

Identify Nutrient Deficiencies: Identify missing vitamins and minerals and consult with your provider

- MACA
- Vitamin D
- Zinc
- Ashwaghandha

Step 3 - Lifestyle and Movement

- Burst Training, strength training, weight lifting
- Sleep seven to nine hours a night
- Intermittent Fasting
- Detox & Cleanse
- Take five minutes twice a day to breathe or meditate
- Control stress levels and meditate
- Spend some time unplugged (no electronics) and in nature
- Practice meditation and relaxation exercises (deep breathing)



LOW THYROID

Low thyroid function, often termed, "under-active thyroid" or hypothyroidism is often the cause of unexpected weight gain and can contribute to weight loss resistance.

- When your thyroid gland is underactive, your metabolism slows down. A slow metabolism often means weight gain.
- Hypothyroidism leads to fatigue.
- Fatigue leads to less physical activity, which can also lead to weight gain.

Symptoms of low thyroid include:

- Weight Gain
- High Cholesterol
- Excessive Menstrual Bleeding
- Sluggishness
- Poor Memory
- Eyebrow & Eyelashes falling out



Step 1 - Nutrition

- Eliminate food sensitivities: find out what foods are potentially causing havoc
- Eliminate gluten
- Try Intermittent Fasting
- Eliminate sugar and alternative sweeteners: Sucralose, Aspartame
- Eliminate caffeine
- Eat lean protein: Beef, Pork, Poultry, Eggs, Seafood (omega-3 fatty acids)
- Eliminate nightshades: Tomatoes, Eggplants, Potatoes, Peppers

Managing Low Thyroid (continued)

Step 2 – Supplementation

Identify Nutrient Deficiencies: Identify missing vitamins, minerals, and amino acids & consult with your provider

The thyroid gland is quite sensitive to copper and zinc, which must remain in proportion. Zinc is important for the conversion of T4 to T3, and supplementation has been shown to raise free T3 (fT3), decrease reverse T3 (rT3), and lower TSH.

The thyroid depends on sufficient quantities of

- Vitamin A
- Vitamin D
- Curcumin
- Glutathione
- Selenium

Step 3 – Lifestyle and Movement

- Stress is a leading contributor to an underactive thyroid. Relieving stress can lead to a normal balance in your hormone levels. If your thyroid is normalized, your metabolism speeds up again.
- Get 30 minutes of exercise a day, five days a week
- Avoid endocrine disruptors: bisphenol-A (BPA) and phthalates can slow thyroid function. Stop using plastic water bottles and plastic food storage containers.
- Use Non-Toxic Body Products. Switch out chemical-laden body and skin care products for safer versions, free of any synthetics.
- A full eight hours of high quality sleep is vital for thyroid health
- Turn off technology one hour before bed. Especially anything producing blue light (phones, tablets, laptops)
- Meditation



HIGH ANDROGENS

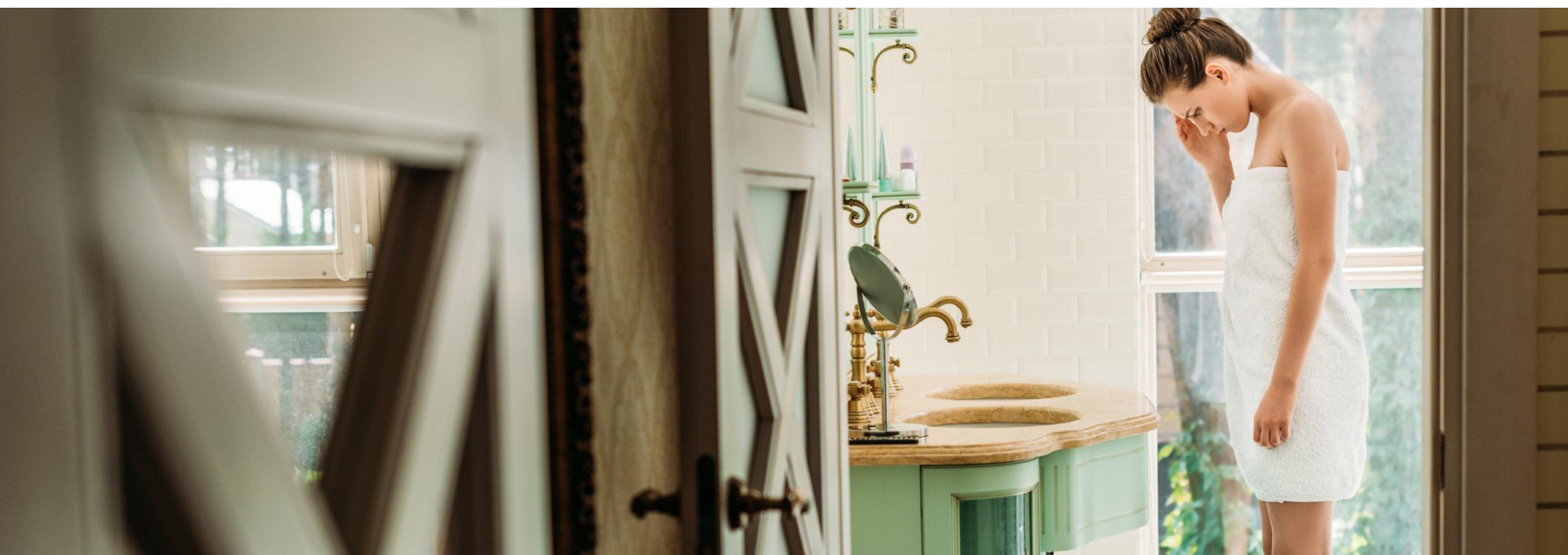
- Excessively high androgens (a group of sex hormones) is the most common hormone problem of women in their fertile years.
- After menopause, high androgens are associated with serious health problems, such as heart disease, stroke, mood problems, and cancer.
- 82% of women with excess androgens have polycystic ovary syndrome (PCOS)
- Most women with excess androgens suffer from insulin resistance.

Symptoms include:

- Acne
- Insulin Resistance
- Rogue Hairs
- Infertility
- Difficulty Losing Weight
- PCOS

Step 1: Nutrition

- Eliminate food sensitivities: find out what foods are potentially causing havoc
- Low Glycemic Diet
- Get 35-45 grams of fiber every day
- Eat foods containing zinc: green beans, sesame & pumpkin seeds
- Eat foods containing Omega III's such as wild Alaskan salmon and avocados
- Eat organic lean protein
- Avoid dairy. Milk, cheese, and eggs have been shown to increase inflammation, which leads to higher androgens and acne.
- Eliminate sugar. Significant levels of sugar increase serum insulin and IGF-1, both of which raise androgens and cause excess-androgen symptoms.



Managing High Androgens (continued)

Step 2 - Supplementation

Identify Nutrient Deficiencies: Identify missing vitamins, minerals, and amino acids & consult with your provider.

- Zinc
- Vitamin D
- Chromium may improve your body mass index
- Inositol is a B vitamin that can help improve insulin resistance

Step 3 - Lifestyle and Movement

- Yoga is more effective than other forms of exercise at improving insulin resistance in PCOS.
- Avoid frequent long and intense cardio sessions
- Acupuncture has been shown to improve insulin sensitivity
- Support your microbiome and heal your gut
- Get seven to nine hours of sleep every night
- Practice mindfulness meditation
- Eliminate BPA exposure from canned foods, plastics and flame retardants.

