



Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

www.DrRitamarie.com

Day 1



Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

Imagine...





Life with Balanced Hormones!





Ernestine Shepherd, 74

“If there was ever an anti-aging pill, I would call it exercise.”

- ✓ World's oldest female bodybuilder
- ✓ Started at age 56 after her sister died at a young age from a brain aneurysm
- ✓ Competed in her first bodybuilding competition at age 71, runs marathons, and teaches fitness classes





Mimi Kirk *eats a raw, natural plant based diet,*



and she is 74 years young.



Tao Porchon-Lynch, 93

Find something you love.

"I love yoga. It brightens my day, and it makes everybody smile."

- ✓ World's oldest yoga instructor
- ✓ Has taught yoga for the past 61 years
- ✓ Also a competitive ballroom dancer





Gabriel Cousens

M.D., N.D., Age 71

- ✓ Runs ***Tree of Life Rejuvenation Center***
- ✓ Did 601 pushups on 60th birthday
- ✓ Raw vegan diet for over 30 years
- ✓ Diplomate Ayurveda
- ✓ Diplomate American Board of Holistic Medicine
- ✓ Juice cleanses regularly to keep toxins at bay
- ✓ Deep spiritual practice





Karyn Calebrese, Age 67

- ✓ Owner/operator of 2 restaurants in Chicago
- ✓ Runs raw foods detox programs
- ✓ Eats primarily plant-based raw foods
- ✓ Author



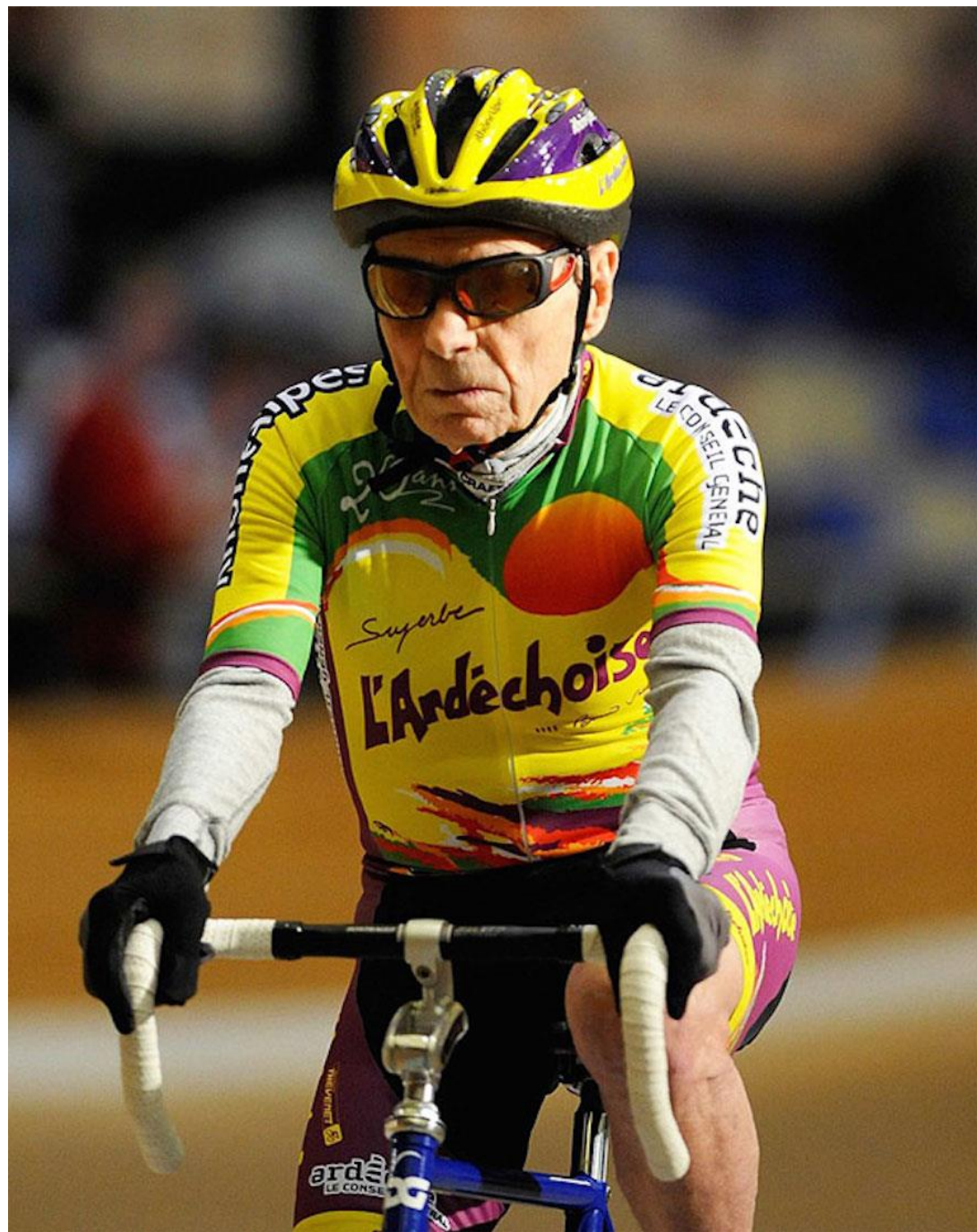


Phyllis Sues, Age 90





Robert Marchand, Still Cycling Strong at 102-Years- Old





Lloyd Kahn, 79-Year-Old Skateboarder

Started at age 65





Yvonne Dowlen is Still Ice Skating at 87-Years-Old





Duan Tzinfu at 73-Years-Old



Duan performs
complex moves young
athletes can't
duplicate.





Doris Long, Industrial Climber at 100-Years-Old

Doris was 85-years-old
when she first started
industrial climbing.

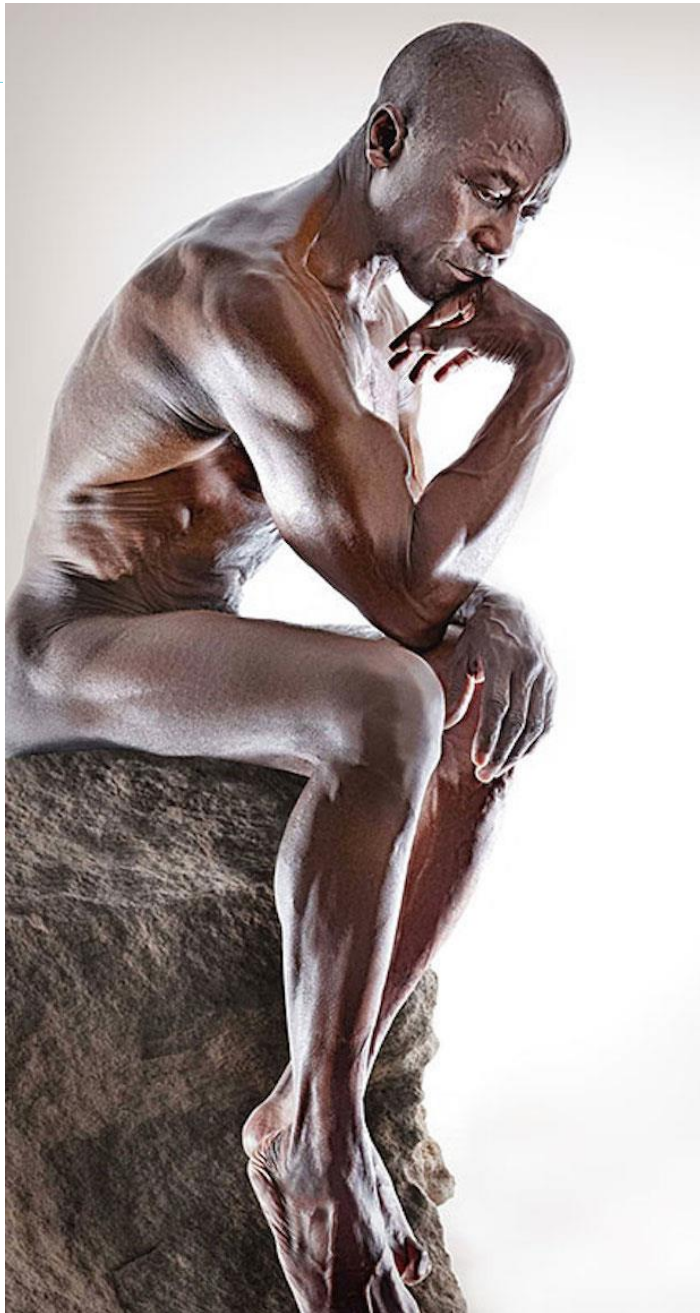




Dr. Jeffrey Life Looks Better Than Ever at 70

It wasn't until he turned 60 that Dr. Jeffrey Life started to take fitness seriously. His current physique proves it's never too late!



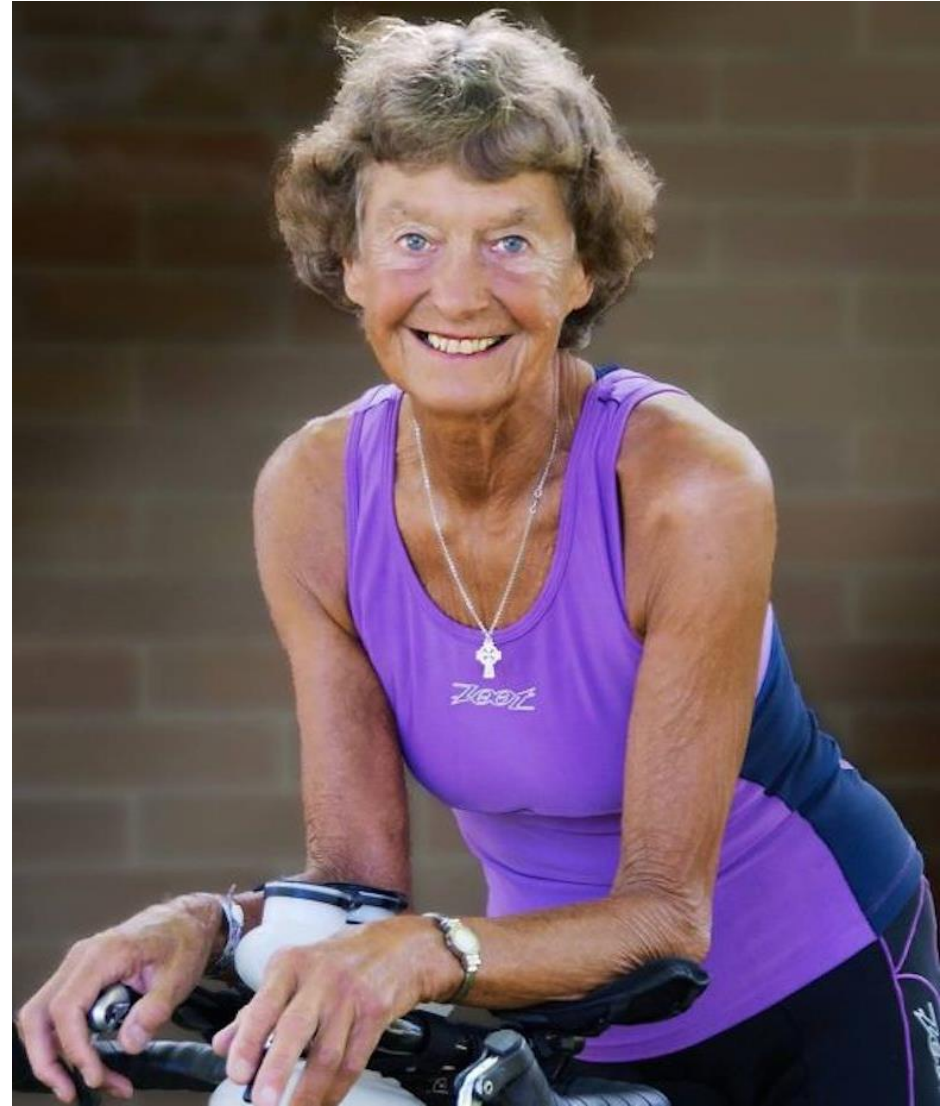


Jim Morris, The 78-Year-Old Bodybuilder

Morris became a
vegetarian at the age of
50 and a vegan at the
age of 65.



Madonna Buder is an 83-Year-Old Nun and Marathon Runner





Manoel De Oliveira is the World's Oldest Active Film Director at 106-Years-Old





Stanislaw Kowalski is the Oldest Polish Sprinter at 104-Years-Old





Paul Fegan is a 78-Year-Old Magician



Polish Kayaker Aleksander Doba

Paddled over 7,716 miles across the Atlantic Ocean at 67-years-old





Lynda Fox Competes in Dressage Competitions at 67-Years-Old

She didn't pick up horseback riding until 5 years ago





Pat And Alicia Moorhead Enjoy Skydiving at 81 and 66-Years- Old





Lynn Ruth Miller, Stand Up Comedian At 80





Annette Larkins Looks 40, But She's Actually 70-Years-Old

Annette tributes her
youthful glow to her
raw vegan diet.





Greta Pontarelly, Still Pole Dancing at 61





Magic Wand



If I could wave a magic wand and you could have all the energy in the world, what would you be doing with your life?



What's Possible for You...

Feel good in your body and confident in your appearance





What's Possible for You...

To be fully present for your loved ones





What's Possible for You...

Have boundless energy for fun, family, and relationships





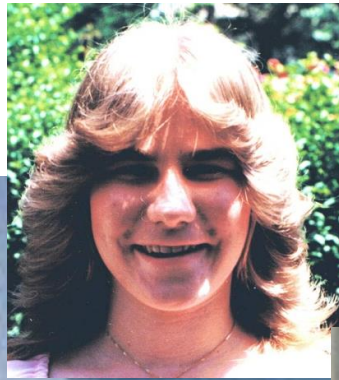
What's Possible for You...

Get your brain back to focused and clear
and skyrocket your success





My Big Why





Connecting to What's Most Important

Ability	Energy	Intimacy	Responsibility
Acceptance	Excitement	Justice	Risk
Accuracy	Fame	Kindness	Romance
Achievement	Family	Knowledge	Routine
Adventure	Forgiveness	Law-Abidance	Safety
Altruism	Freedom	Leaving a Mark	Security
Balance	Friendship	Love	Self-Control
Beauty	Fun	Mastery	Self-Esteem
Brotherhood	Glory	Maturity	Self-Interest
Charity	God	Money	Service
Children	Goodness	Nature	Sex
Comfort	Greatness	Optimism	Spirituality
Communication	Growth	Originality	Strength
Compassion	Happiness	Patience	Success
Competence	Health	Peace	Support
Conquest	Honesty	Pleasure	Surrender
Cooperation	Honor	Popularity	Talent
Courage	Hope	Power	Toys
Creativity	Humility	Prestige	Treasure
Culture	Independence	Pride	Trust
Dignity	Individuality	Privacy	Truth
Discovery	Innocence.	Property	Wealth
Duty	Innovation	Purpose	Wisdom
Ease	Integrity	Reason	



Top FIVE Core Values in Priority Order

1)	
2)	
3)	
4)	
5)	



What Does it Take to Succeed at Balancing Your Hormones and Recharging Your Energy?

- ✓ Desire
- ✓ Knowledge
- ✓ Willingness to make changes
- ✓ Support
- ✓ Accountability





Incoherence

Coherence





www.SpringIntoVitality.com





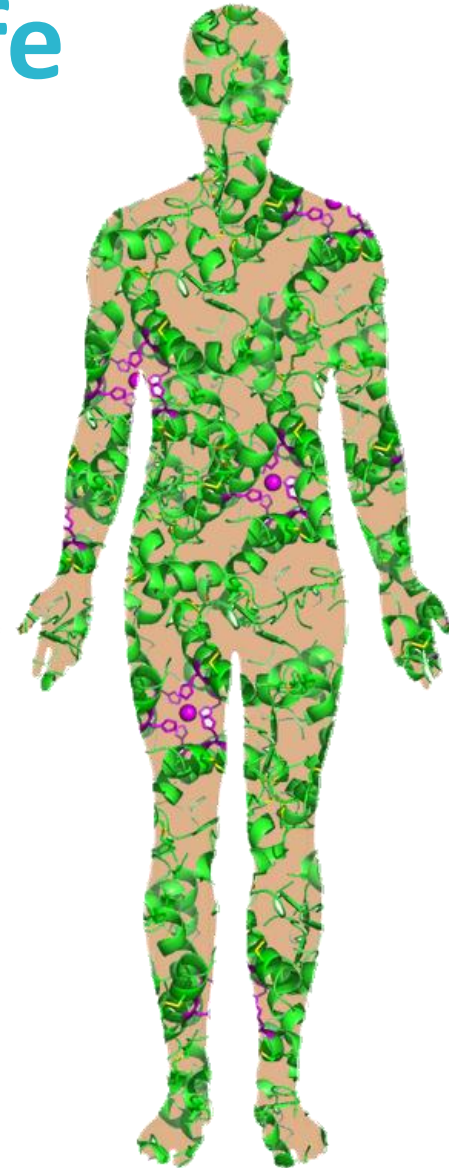
HORMONES



Hormones

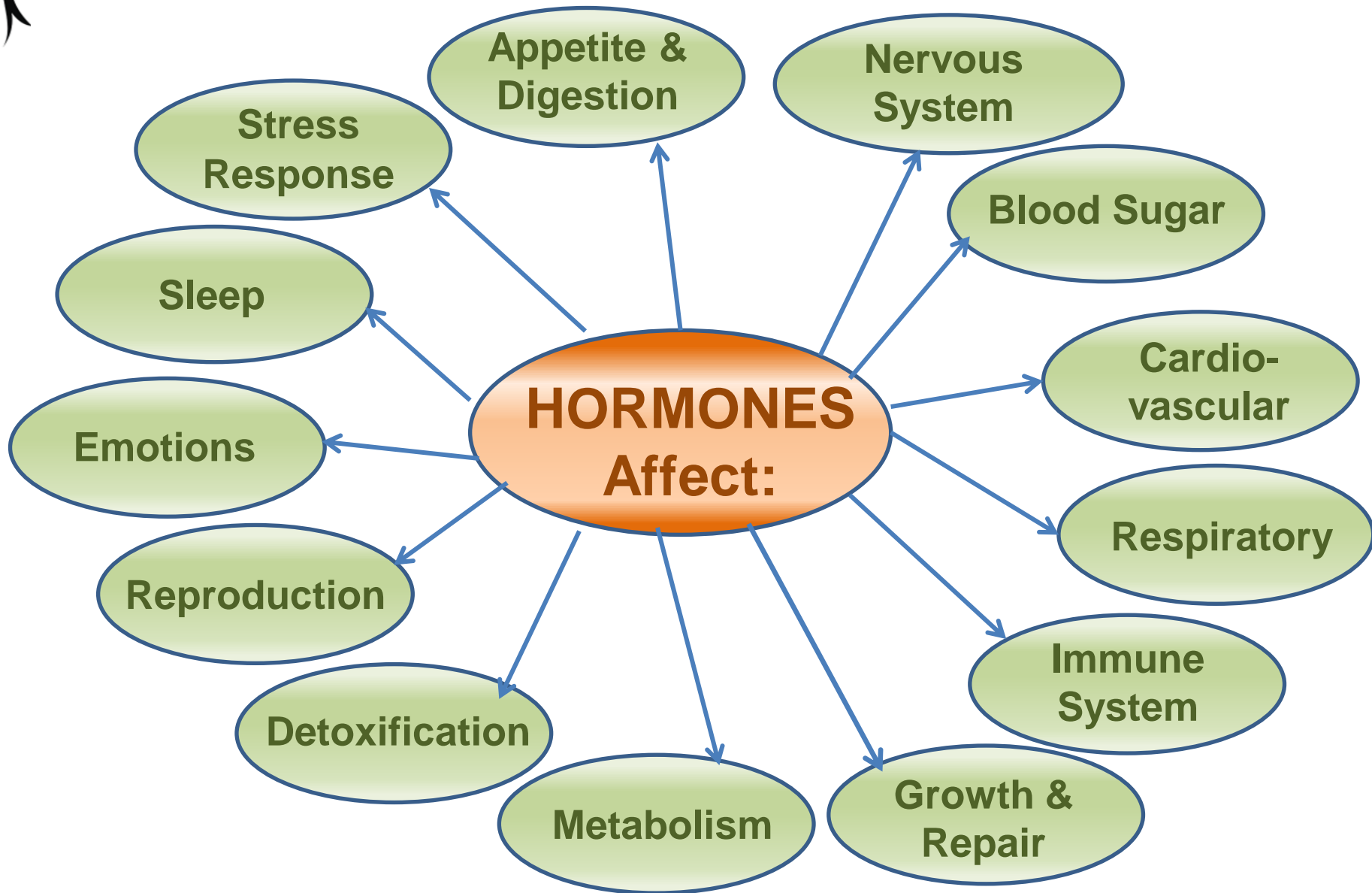
The Messengers of Life

- ✓ **Chemicals secreted by glands:**
usually directly into blood stream
- ✓ **Bind to receptors** located on cells
- ✓ **Control bodily functions:** digestion, metabolism, growth, reproduction, immune system, and mood



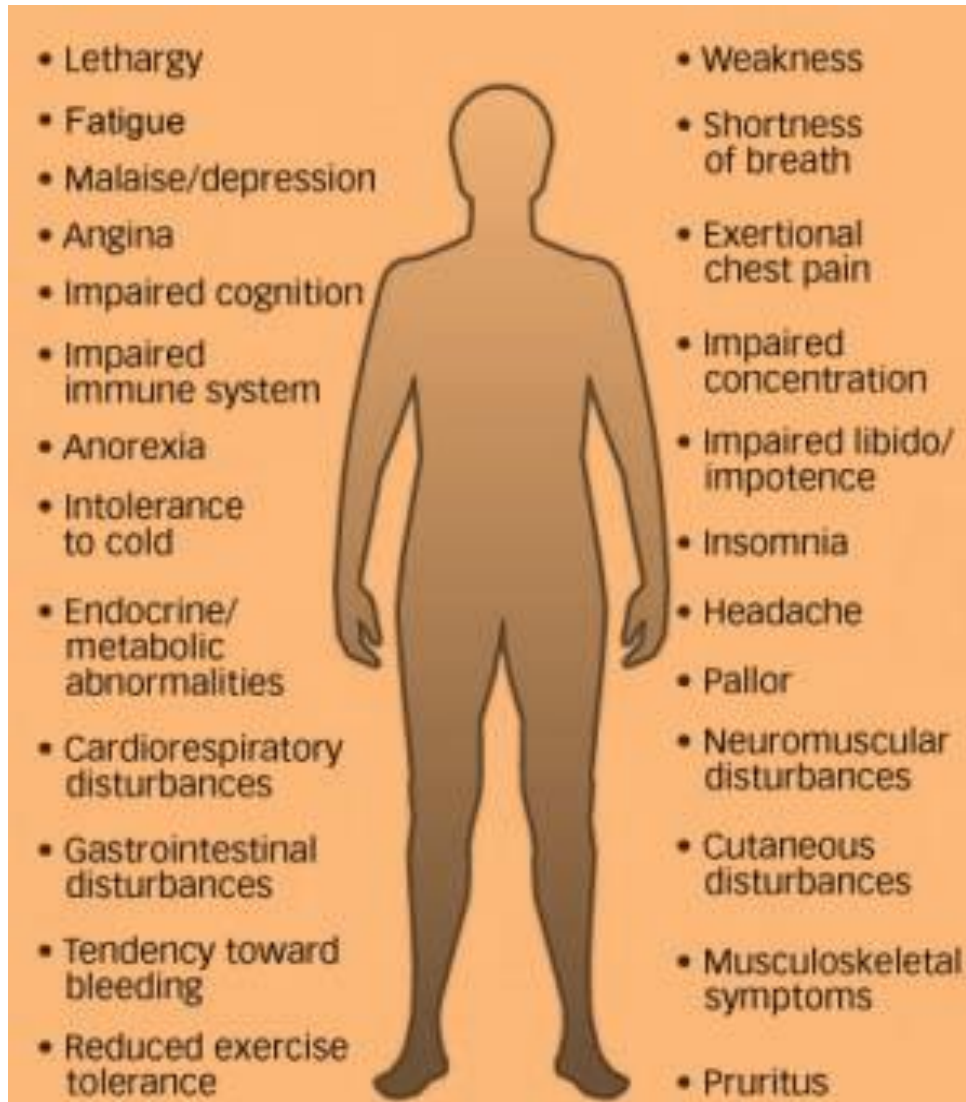


Functions Hormones Control





Connection Between Hormones And Persistent Symptoms



- Weight gain / weight loss (yo-yo)
- High cholesterol
- Cancer



Hormone Imbalance Triggers

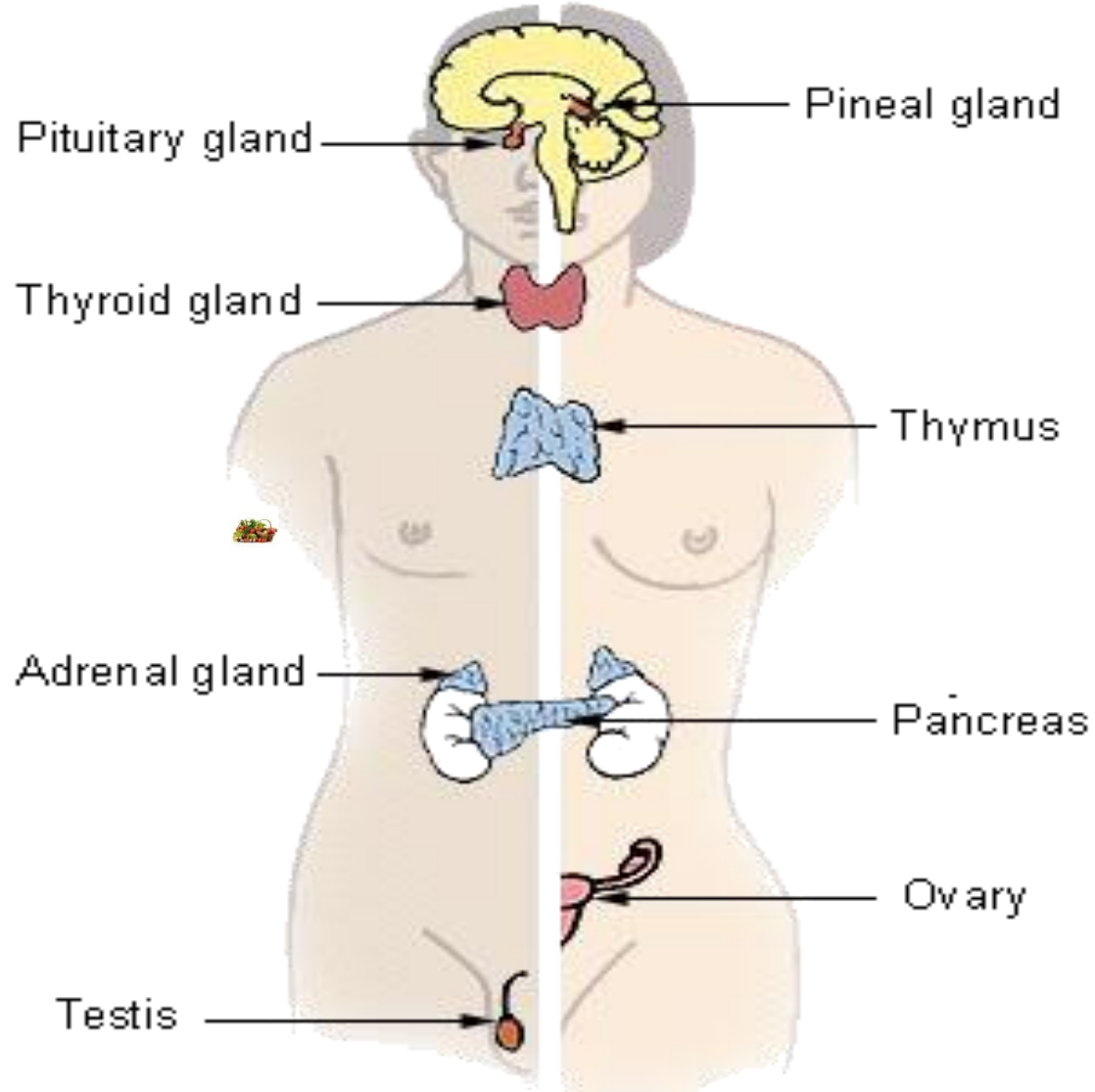
- ✓ Nutrient imbalances
- ✓ Toxic exposures
- ✓ Obesity
- ✓ Stress and worry
- ✓ Lack of exercise
- ✓ Overeating, poor dietary choices, and faulty digestion
- ✓ Physical and emotional trauma
- ✓ Anger, resentment, and negative emotions
- ✓ Genetic factors

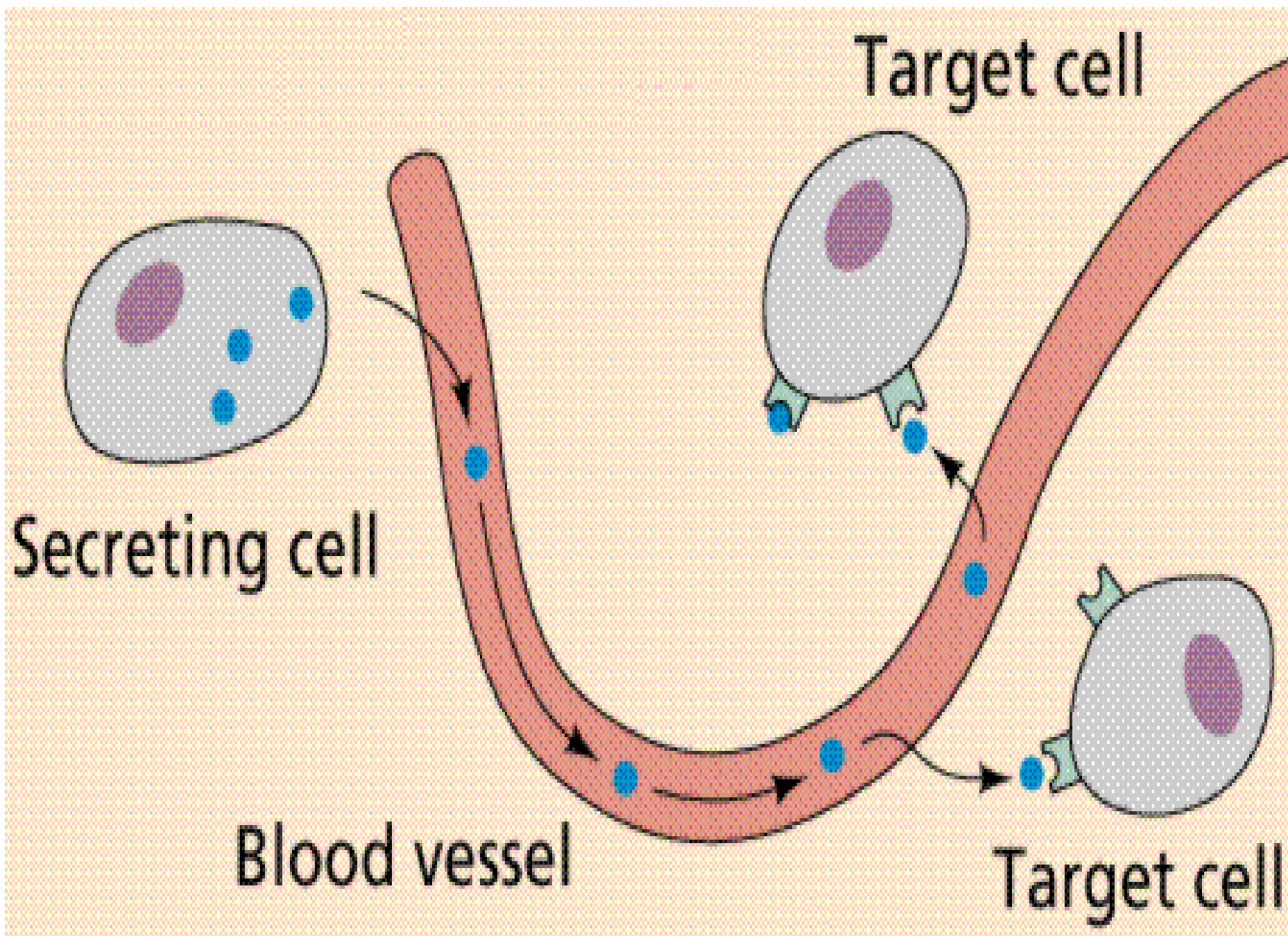




Major Endocrine Glands

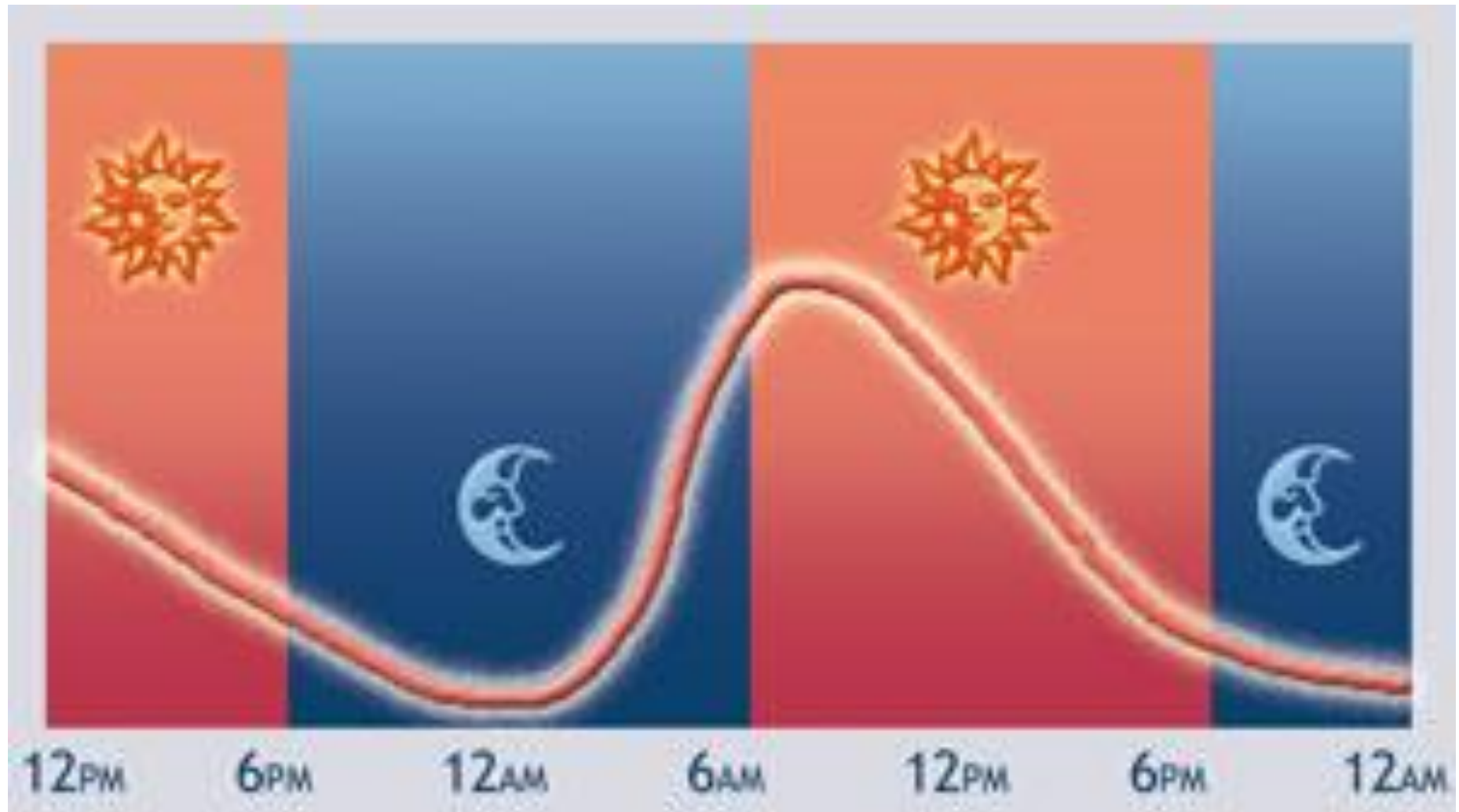
Male Female





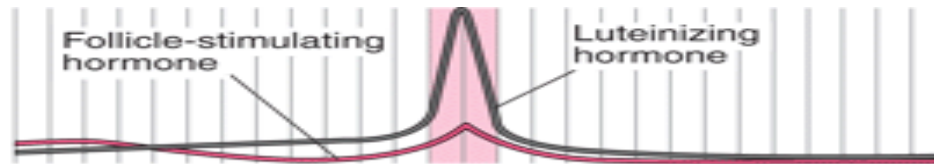


Circadian Rhythm

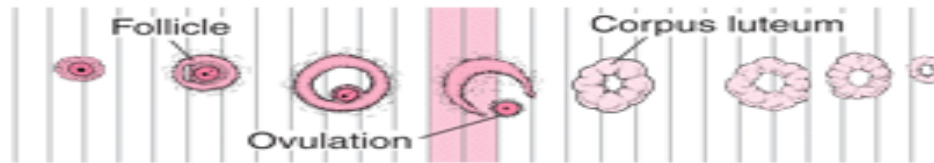




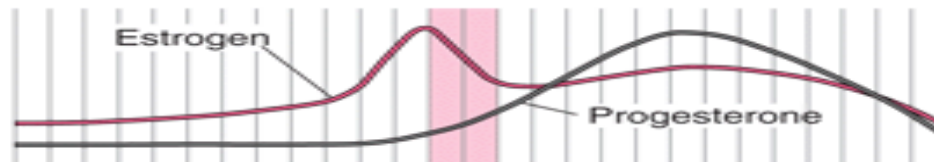
Female Hormones Cycle



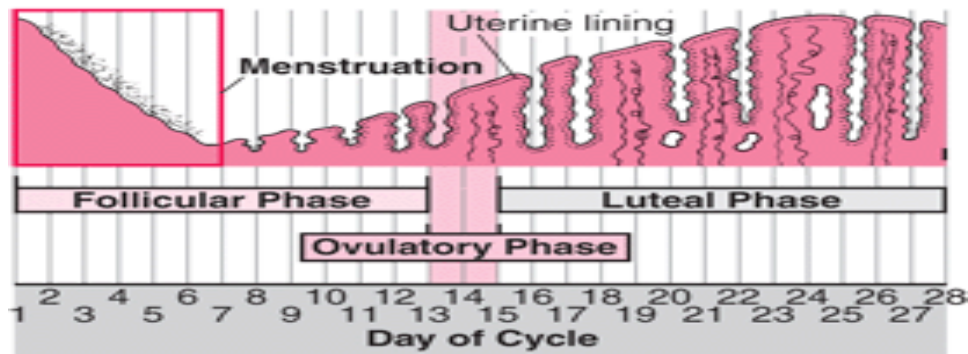
Pituitary Hormone Cycle



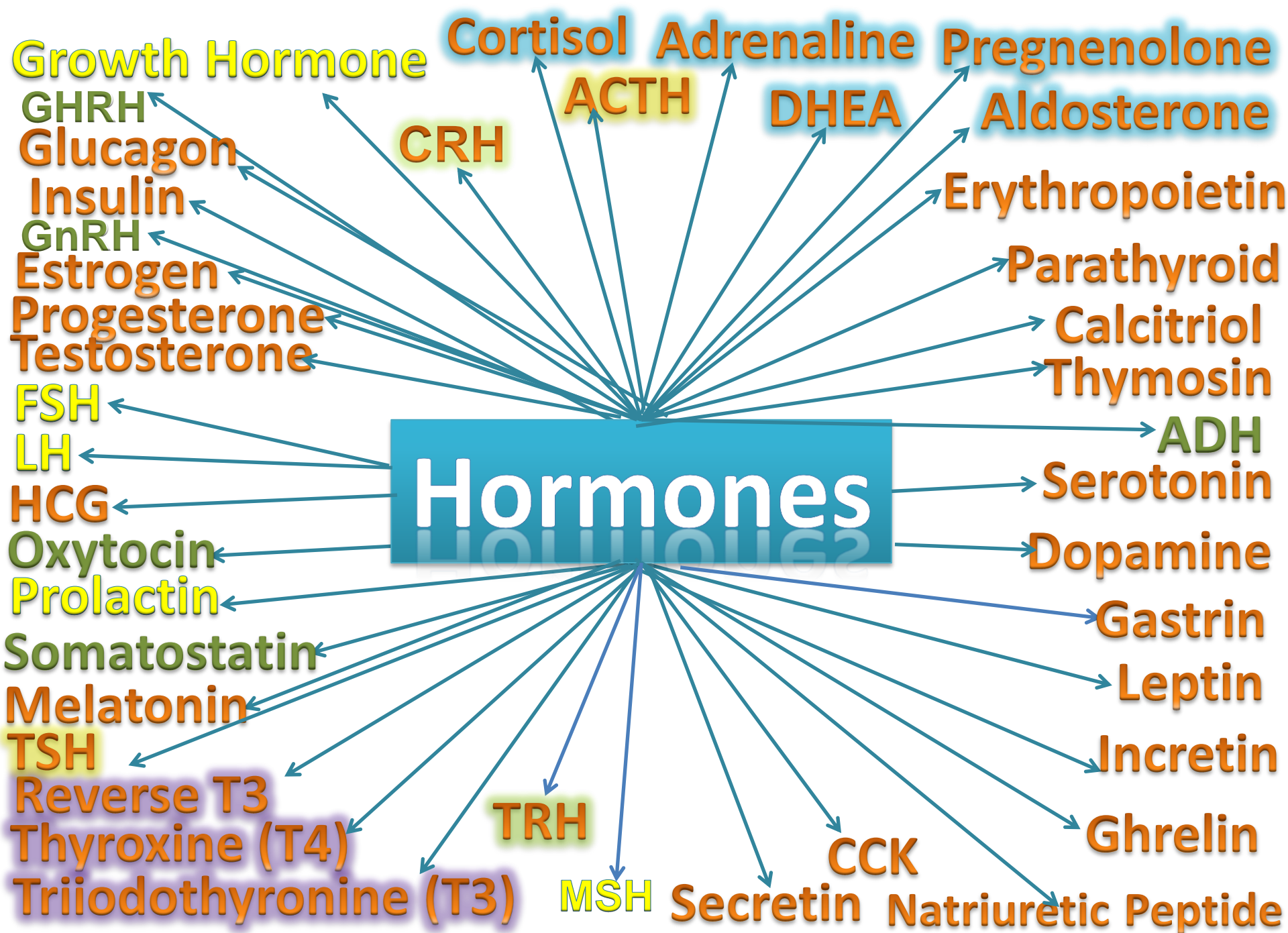
Ovarian Cycle



Sex Hormone Cycle



Endometrial Cycle





Hormone Families

- ✓ Sleep, thoughts, and emotions
- ✓ Appetite and digestion
- ✓ Blood sugar balance
- ✓ Stress
- ✓ Metabolic rate
- ✓ Sex and reproduction
- ✓ Organ functions





Appetite and Digestion Hormone Family

Hormone	Produced by	Action
Leptin	Fat cells	Signals satiety
Ghrelin	Stomach lining	Signals hunger
Gastrin	Stomach	Production of stomach acid
Cholecystokinin (CCK)	Small intestine	Production of pancreatic juices and emptying of gall bladder
Secretin	Duodenum	Stimulates bicarbonate production by pancreas, bile production by liver, and pepsin by stomach
Peptide YY	Mainly ileum and colon, but a little in other parts of GI tract	Inhibits gastric motility, increases water and electrolyte absorption in colon, may suppress pancreatic secretion, increases efficiency of digestion
Incretins: GIP: Gastric Inhibitory Peptide and GLP: Glucagon-Like Peptide	Small intestine	Increases insulin, inhibits glucagon release, slows rate of absorption of nutrients by reducing gastric emptying
Somatostatin	Stomach, intestine, pancreas	Inhibits gastrin, CCK, secretin, GIP and also growth hormone, TSH, glucagon and insulin
Dopamine	Brain and GI mucosa	Reduces motility and protects mucosa
Serotonin	Brain and GI mucosa	Inhibits gastric acid and stimulates mucus



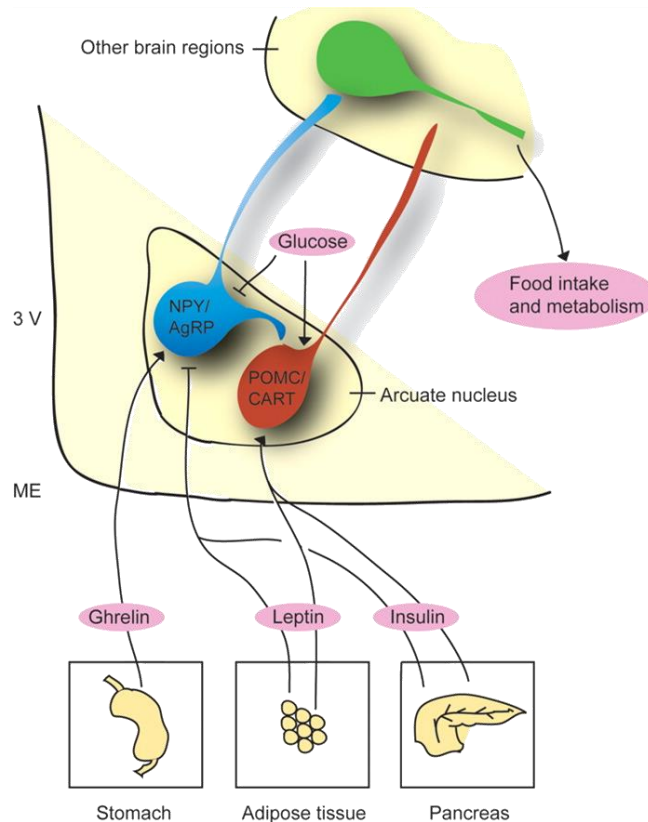
Sleep Hormone Family

Hormone	Produced by	Action
Melatonin	Pineal	Promotes deep sleep, immune support
Growth Hormone	Anterior pituitary	Promotes growth and repair and fat burning
Cortisol	Adrenal cortex	High levels at night disrupt sleep
Leptin	Fat cells	Peaks in middle of night to promote fat burning
Progesterone	Ovaries, Adrenal cortex	Promotes sleep
Estrogen	Ovaries, Adrenal cortex	Improves quality of sleep
Testosterone	Gonads, Adrenal cortex	Lack of sleep lowers it
Insulin	Pancreas	Disrupts growth hormone and sleep pattern
Glucagon	Pancreas	Keeps blood sugar steady while sleeping



The Hypothalamus Controls:

- ✓ Temperature
- ✓ Hunger
- ✓ Glucose and insulin levels
- ✓ Aspects of parenting and attachment behaviors
- ✓ Thirst
- ✓ Moods

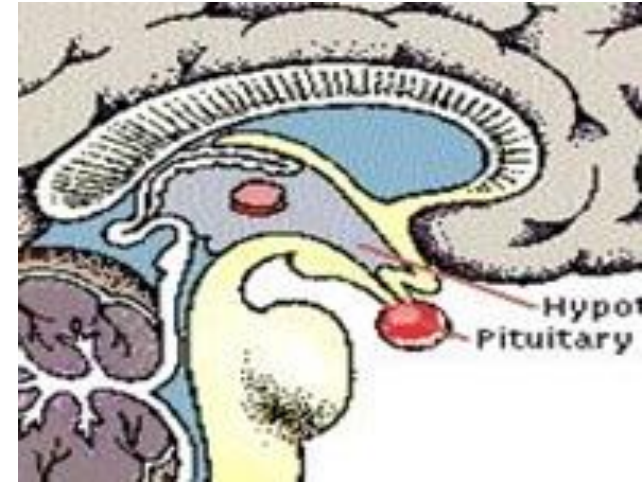


- ✓ Energy and fatigue
- ✓ Sleep
- ✓ Circadian rhythms
- ✓ Blood pressure
- ✓ Heart rate
- ✓ Growth and repair
- ✓ Gut motility
- ✓ Sex drive



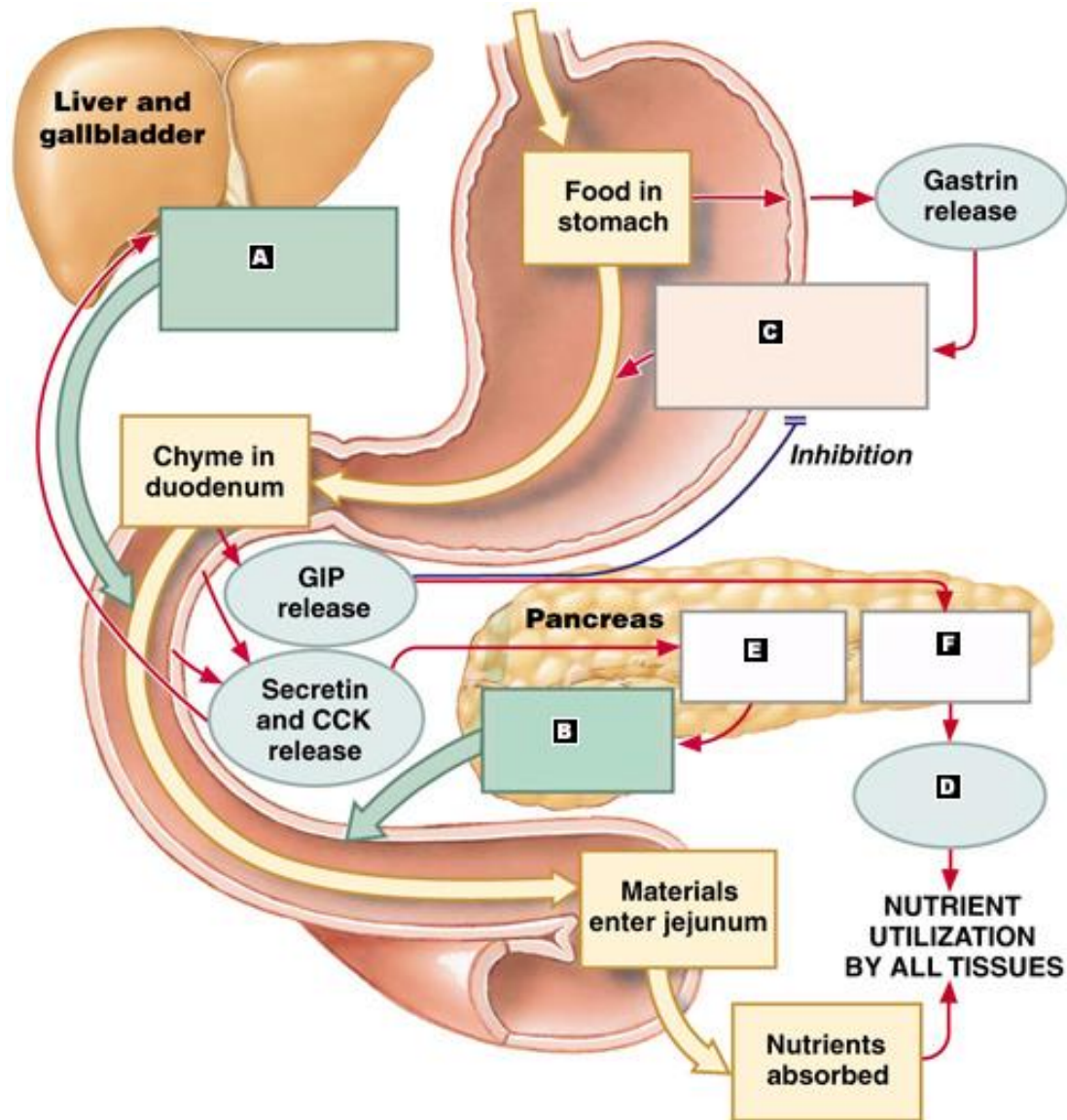
Pituitary Hormones

- ✓ Thyroid Stimulating Hormone
- ✓ Follicle Stimulating Hormone
- ✓ Luteinizing Hormone
- ✓ Adrenocorticotrophic Hormone
- ✓ Prolactin: Milk Letdown
- ✓ Growth Hormone
- ✓ Melanocyte-Stimulating Hormone: Pigment
- ✓ Antidiuretic Hormone aka Vasopressin
- ✓ Oxytocin



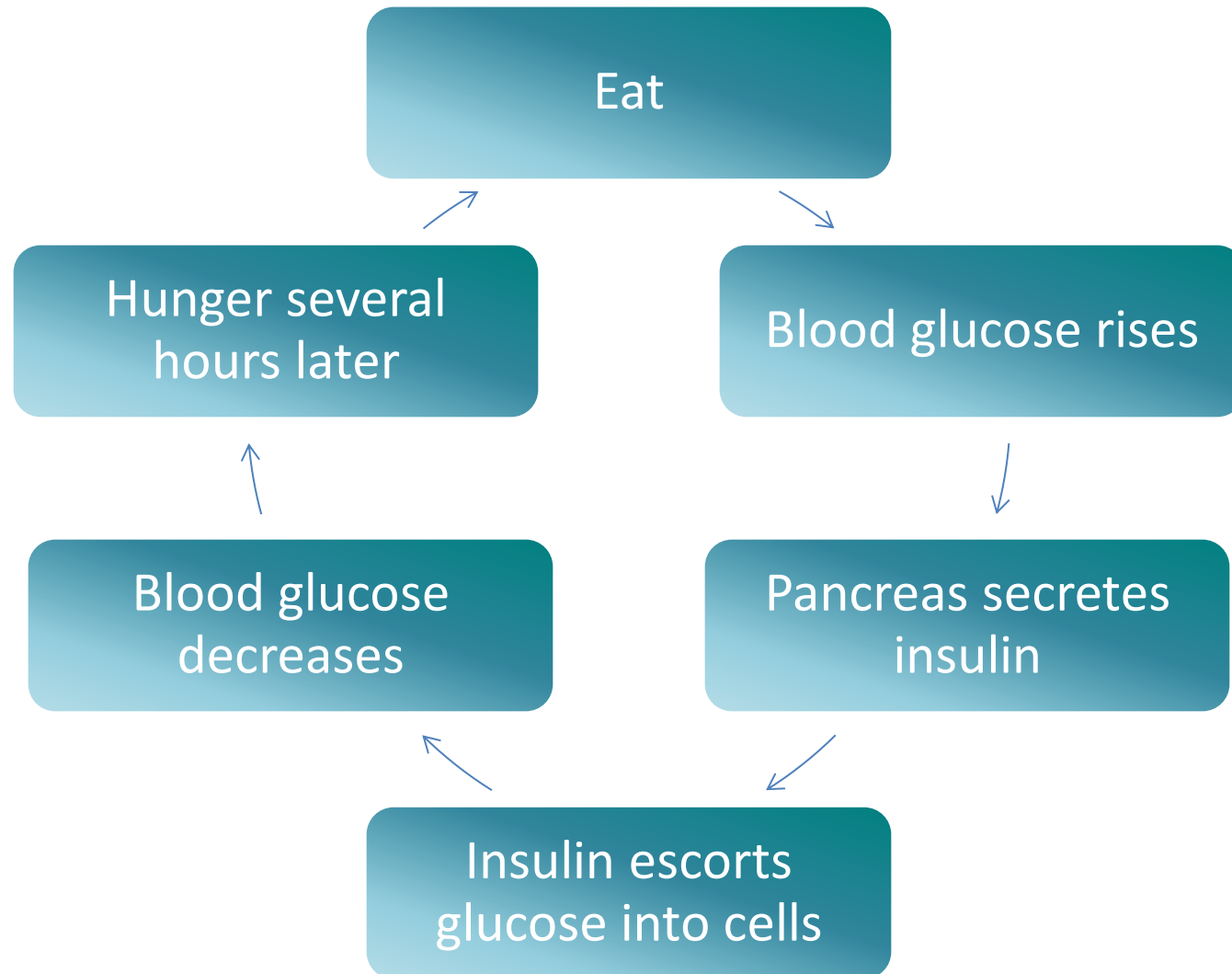


Hormones of Digestion



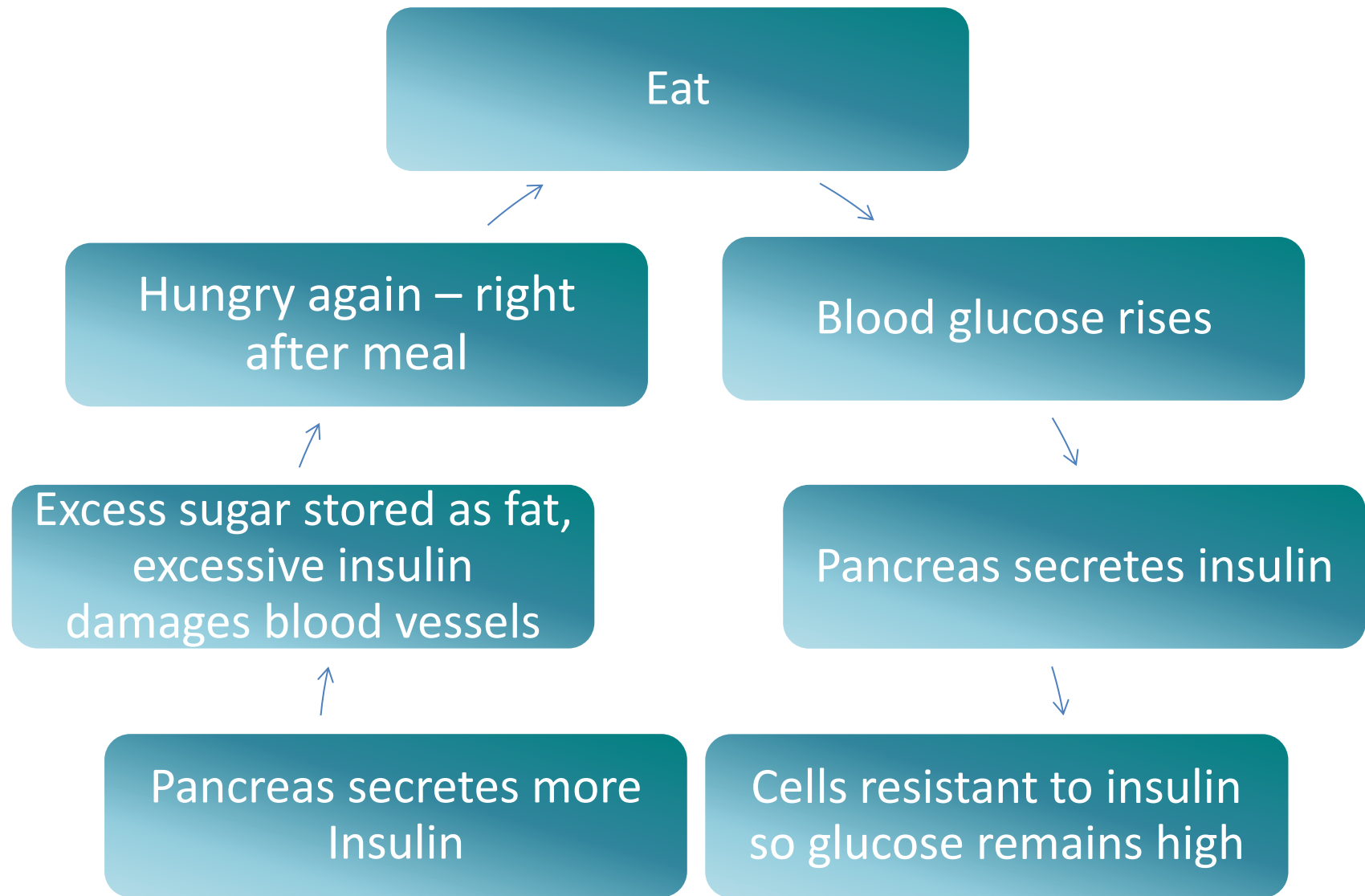


Normal Blood Sugar Cycle





Blood Sugar Imbalance Cycle





Tell-Tale Signs and Symptoms of Blood Sugar Imbalance



Belly
Fat



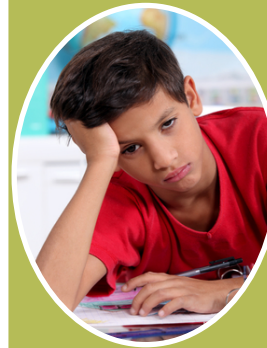
Low Energy
(especially
after meals)



Hungry
(even
after a
full
meal)



Mid-
afternoon
Energy
Slump



Difficulty
Focusing



Cranky
and
Irritable
if Meal
Missed



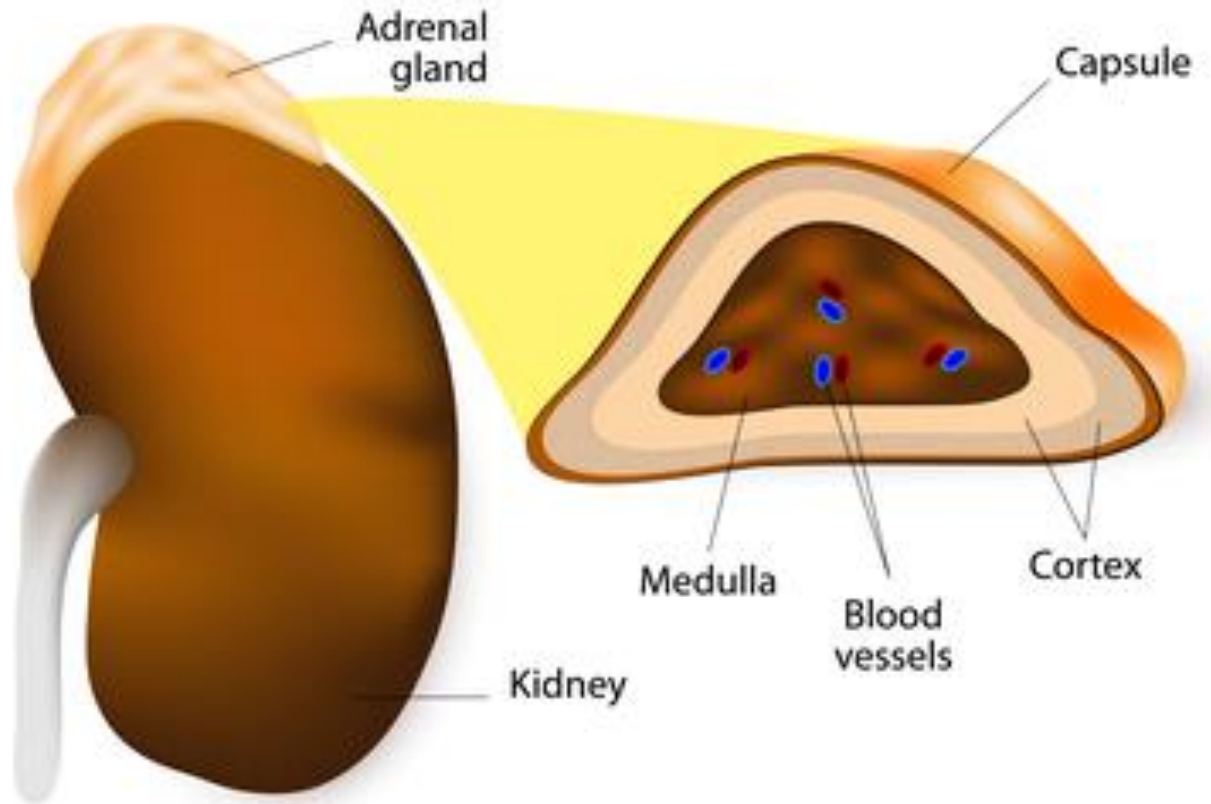


...Even If You're Thin



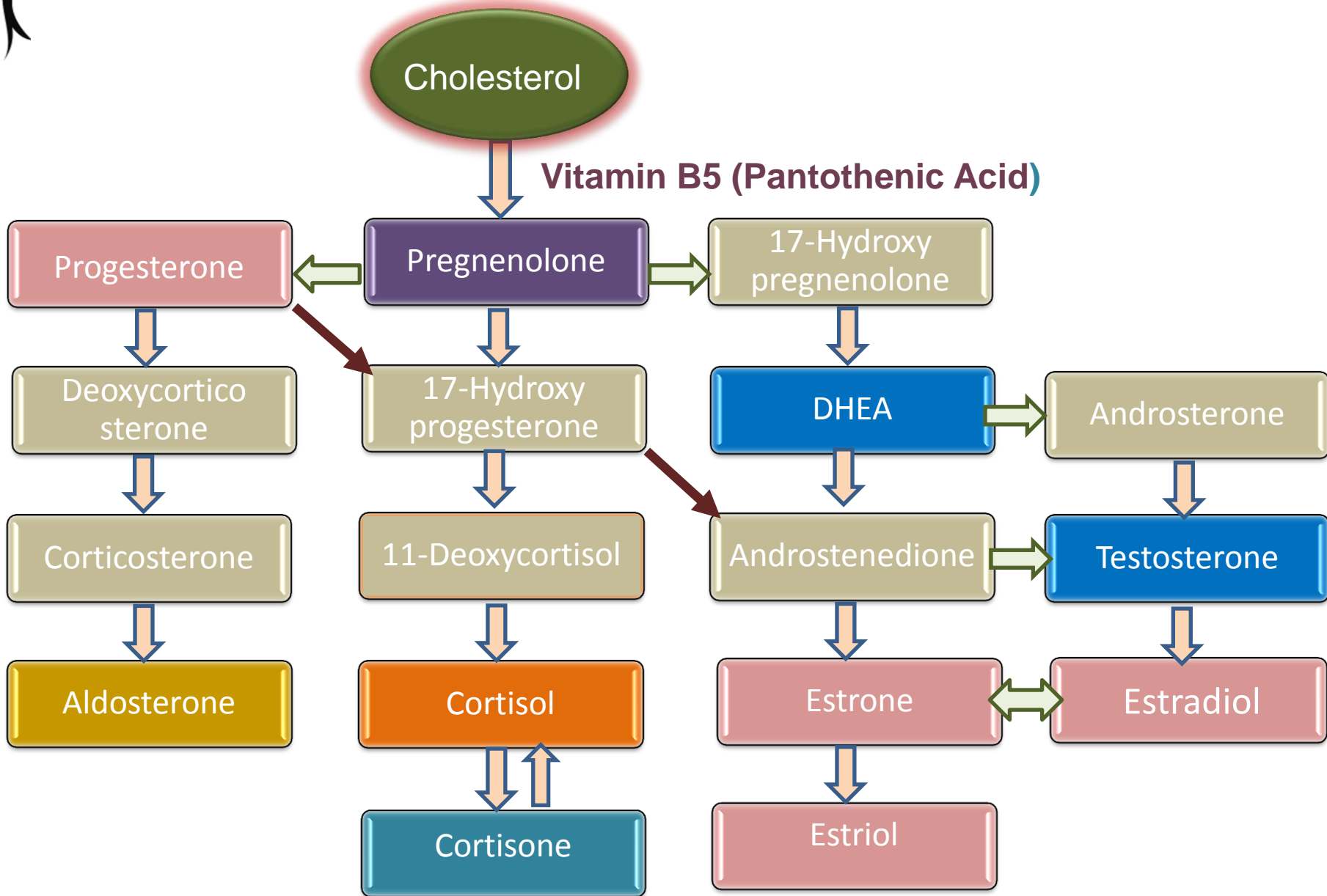


Adrenal Glands



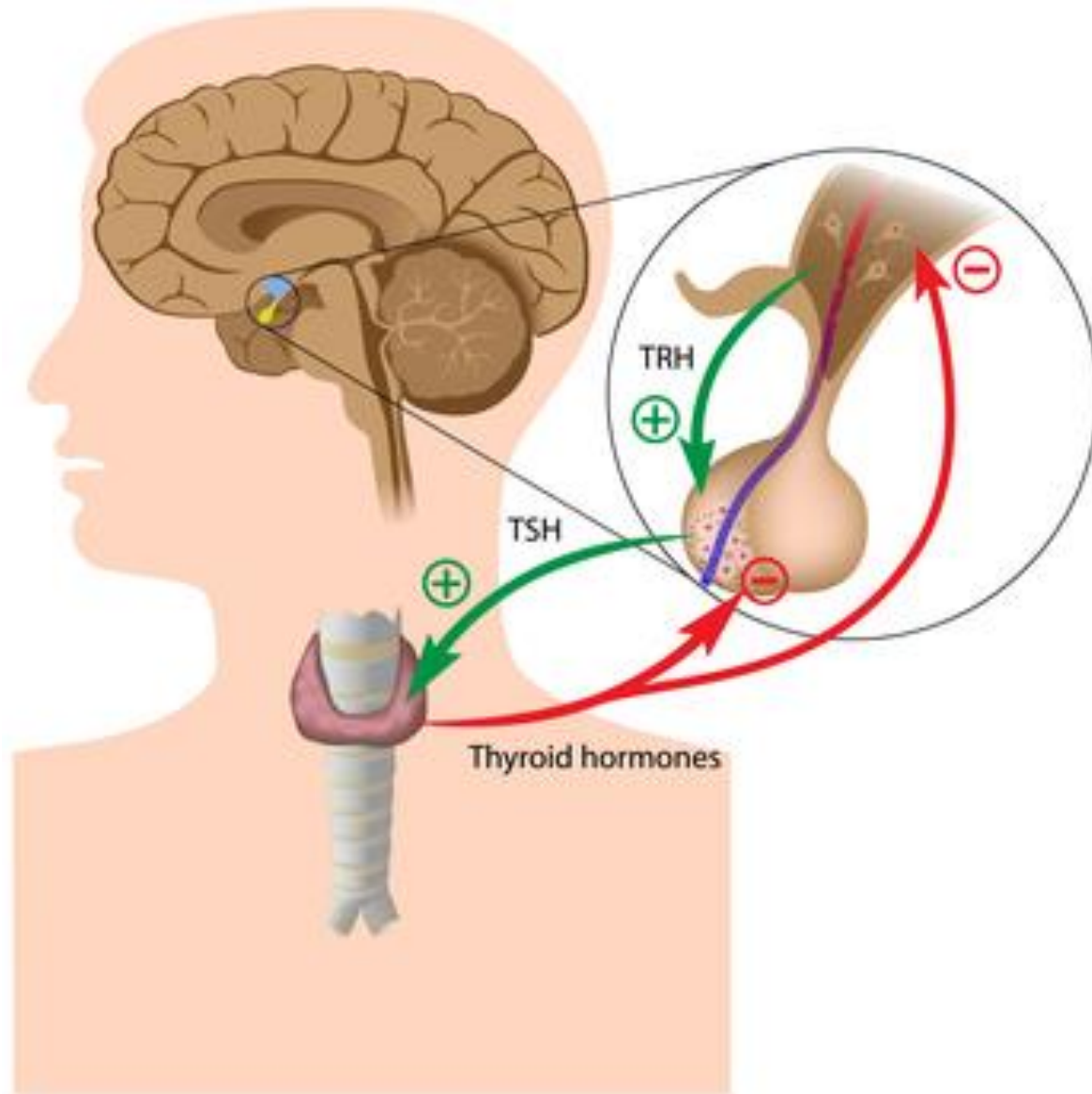


Adrenal Hormone Pathways



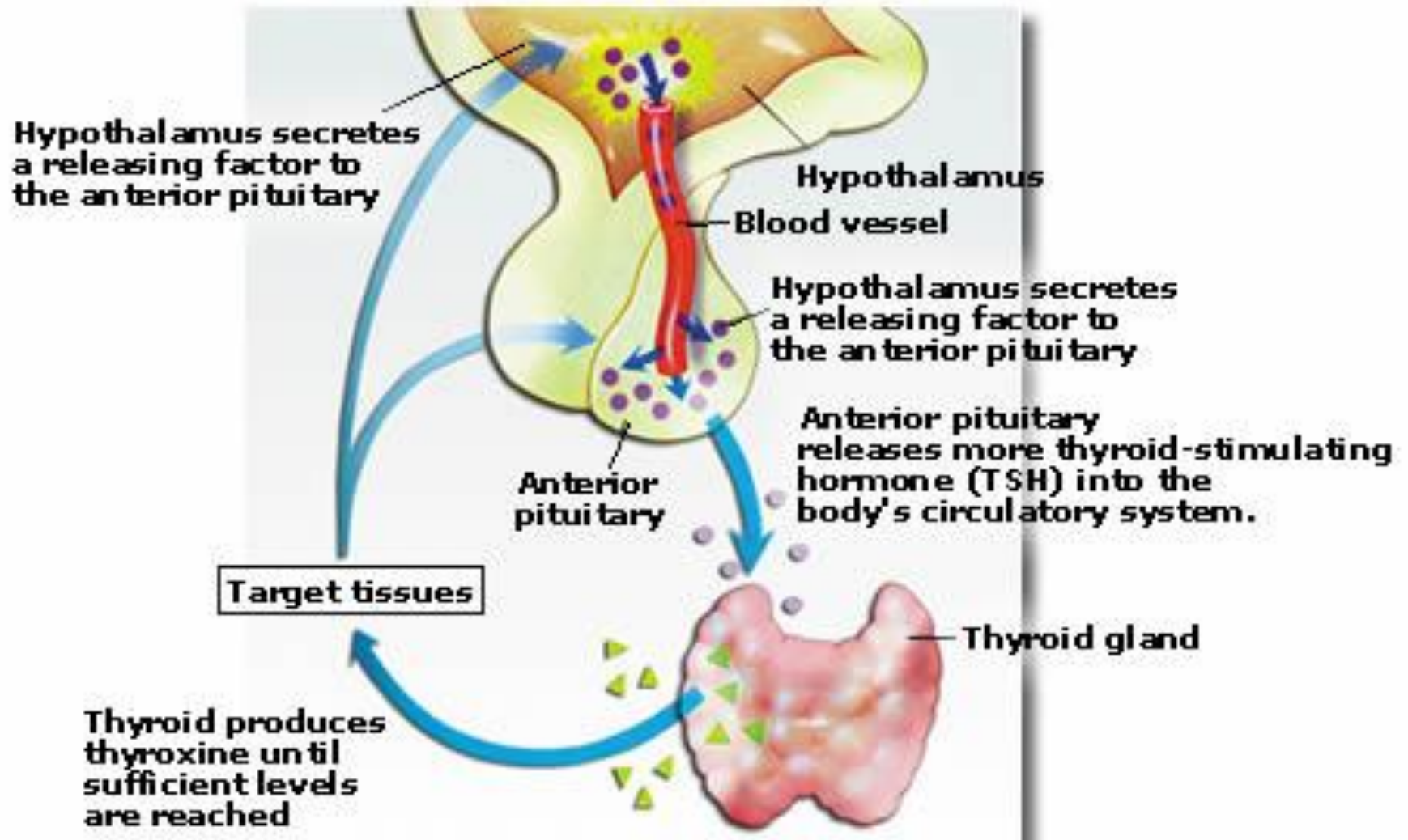


Thyroid





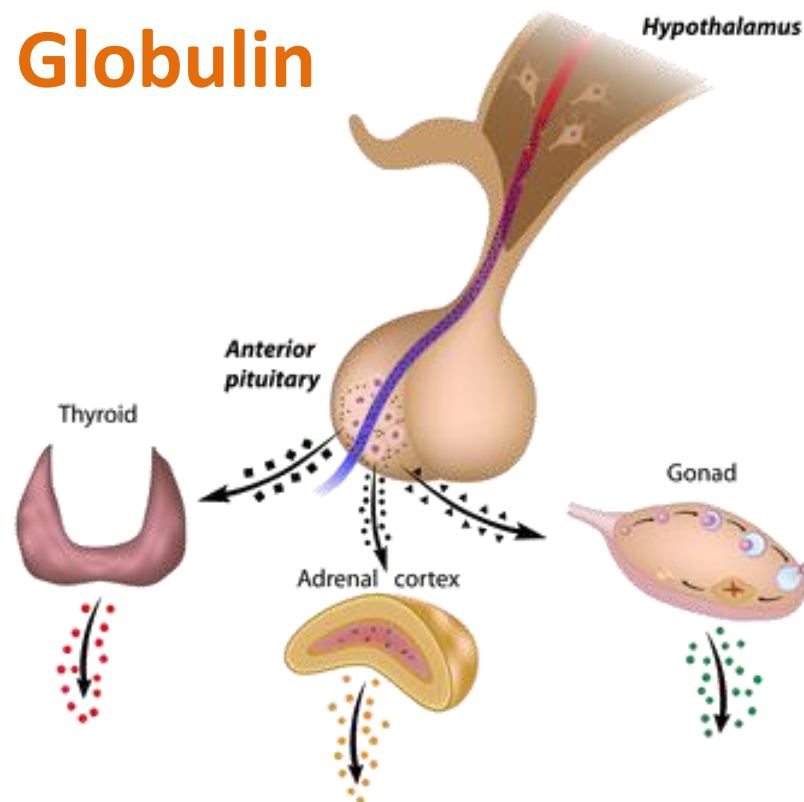
Thyroid Control





Commonly Overlooked Types of Thyroid Imbalance

- ✓ **Thyroid Under Conversion**
- ✓ Increased Thyroid Binding Globulin
- ✓ **Decreased Thyroid Binding Globulin**
- ✓ Autoimmune Thyroid
- ✓ **Thyroid Resistance**





Reproductive Hormones

Female

- ✓ Estrogen
- ✓ Progesterone

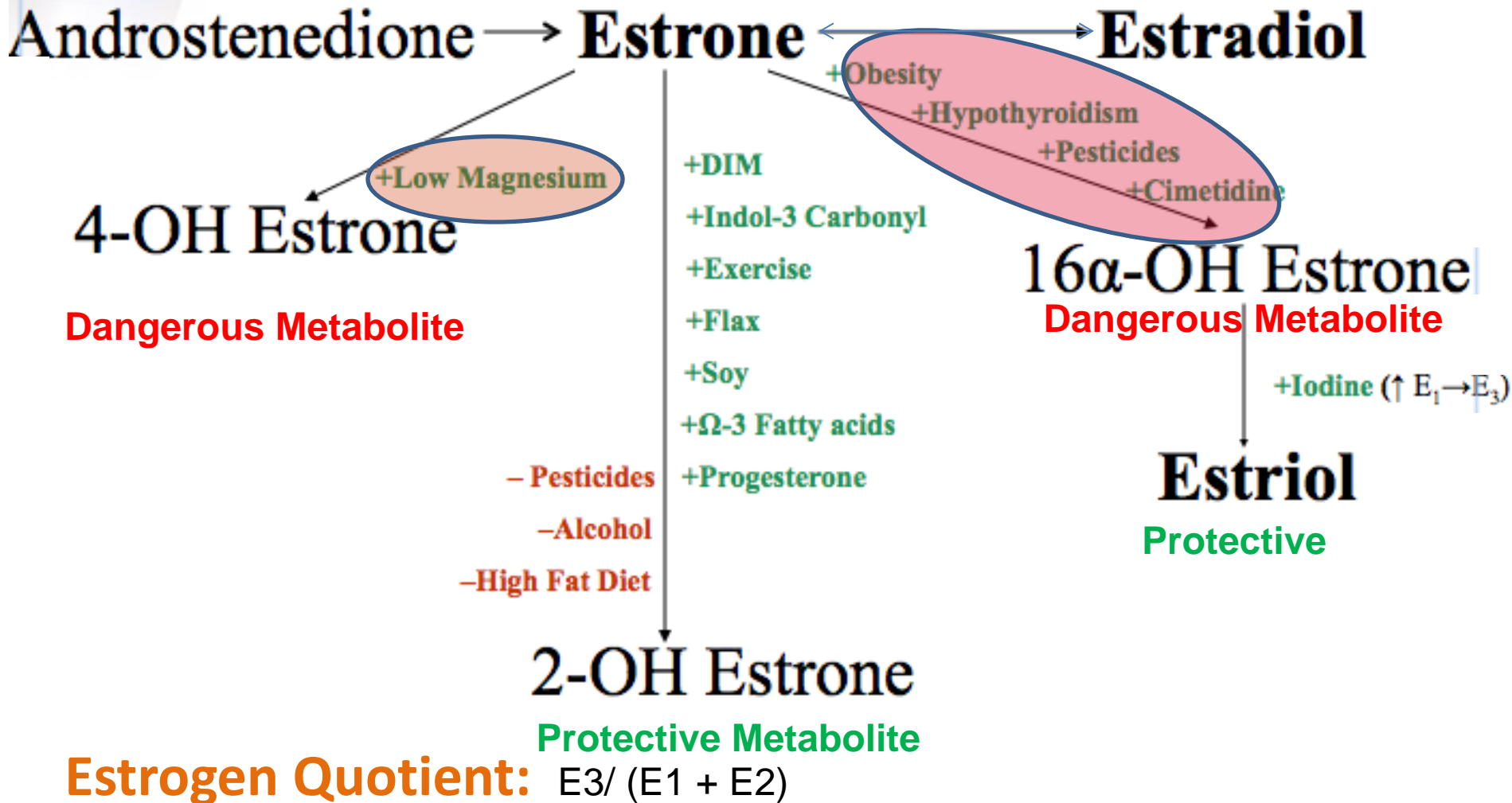
Male - Androgens

- ✓ Testosterone
- ✓ DHEA





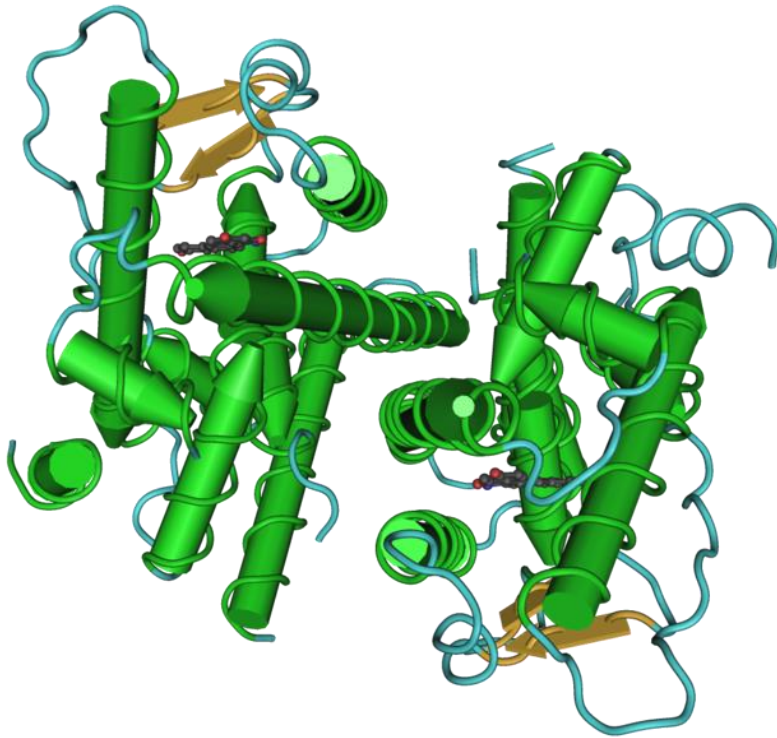
Estrogen Metabolism



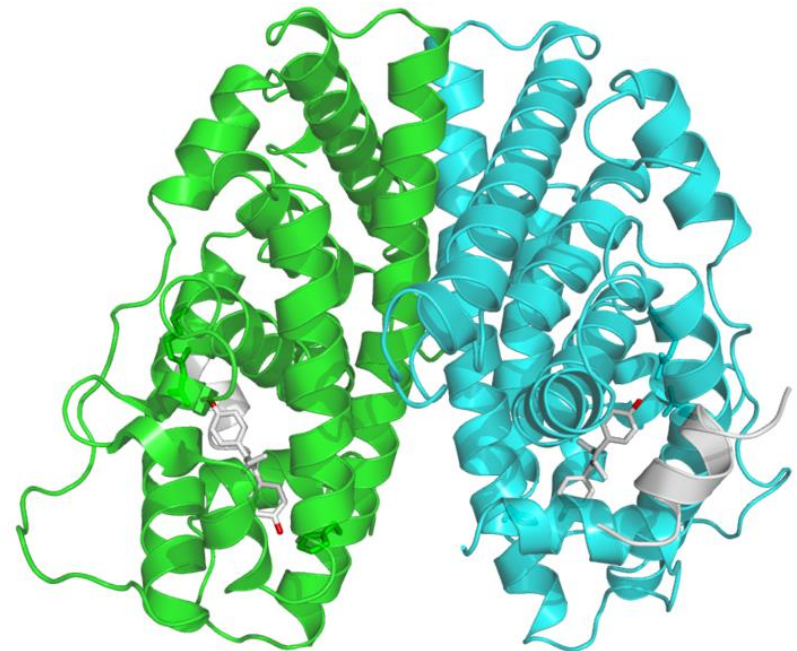


Estrogen Receptors

ER Beta



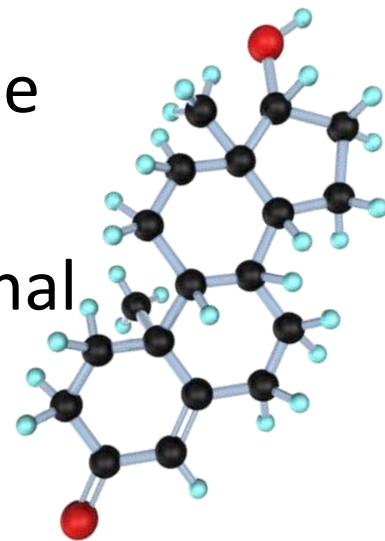
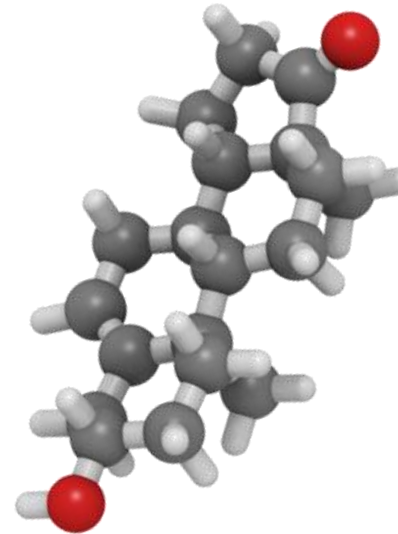
ER Alpha





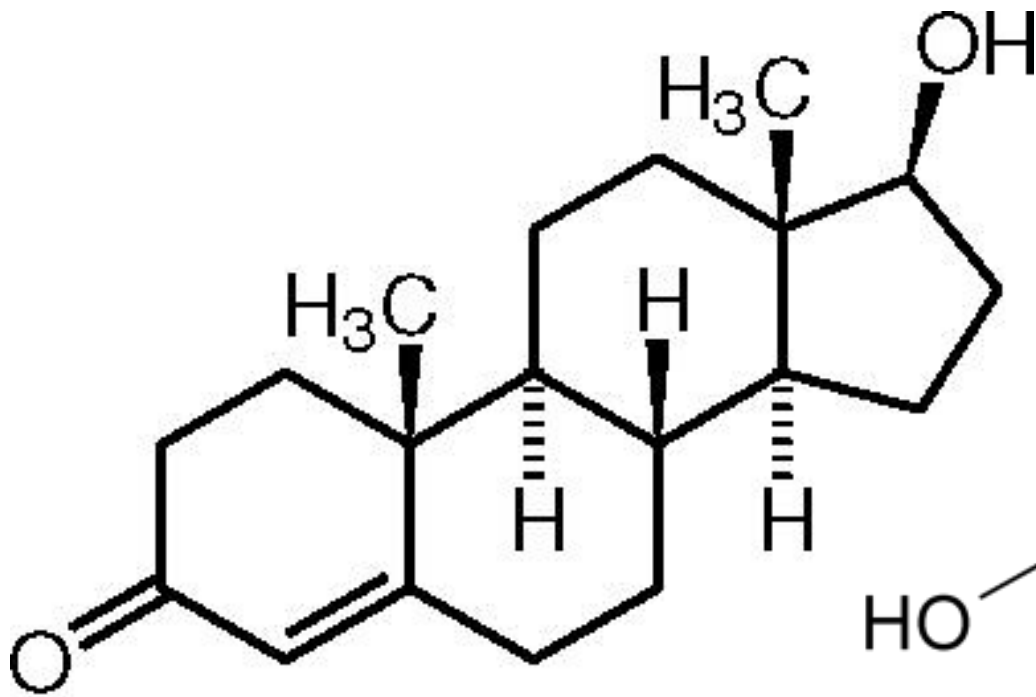
Androgens: Male Hormones

- ✓ **DHEA:** precursor for both male and female hormones; anti-stress hormone produced by adrenal glands
- ✓ **Androstenedione:** a weak male hormone and precursor of male and female hormones
- ✓ **Testosterone:** main testicular androgen – precursor to highly potent dihydrotestosterone
- ✓ **Dihydrotestosterone (DHT):** made from testosterone in testes, ovaries, prostate, adrenal and skin; responsible for male sex-specific characteristics

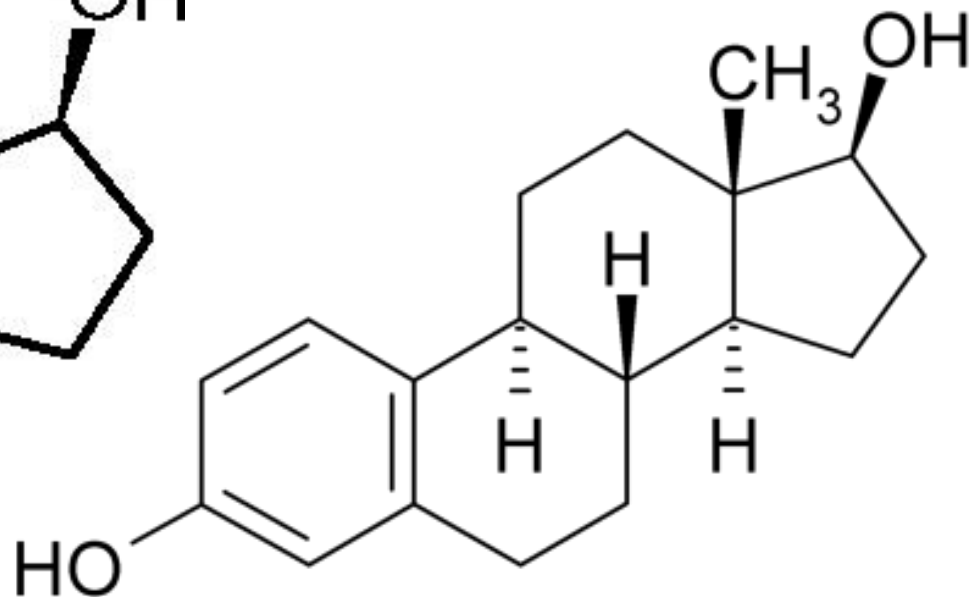




Testosterone vs. Estrogen



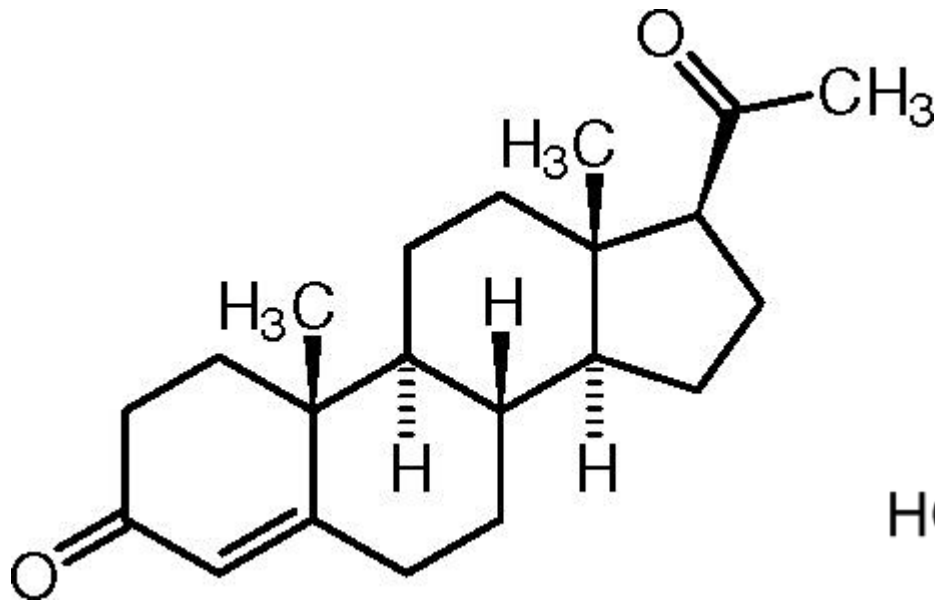
Testosterone



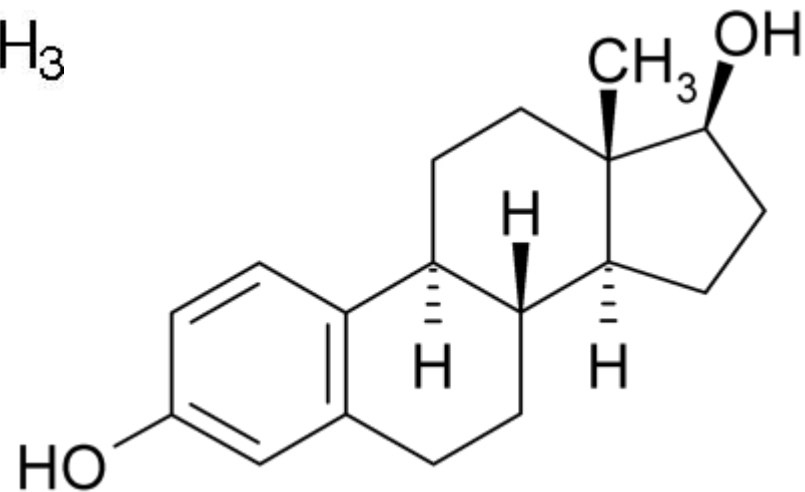
**Bioidentical
Estrogen
(Estradiol)**



Progesterone vs. Estrogen



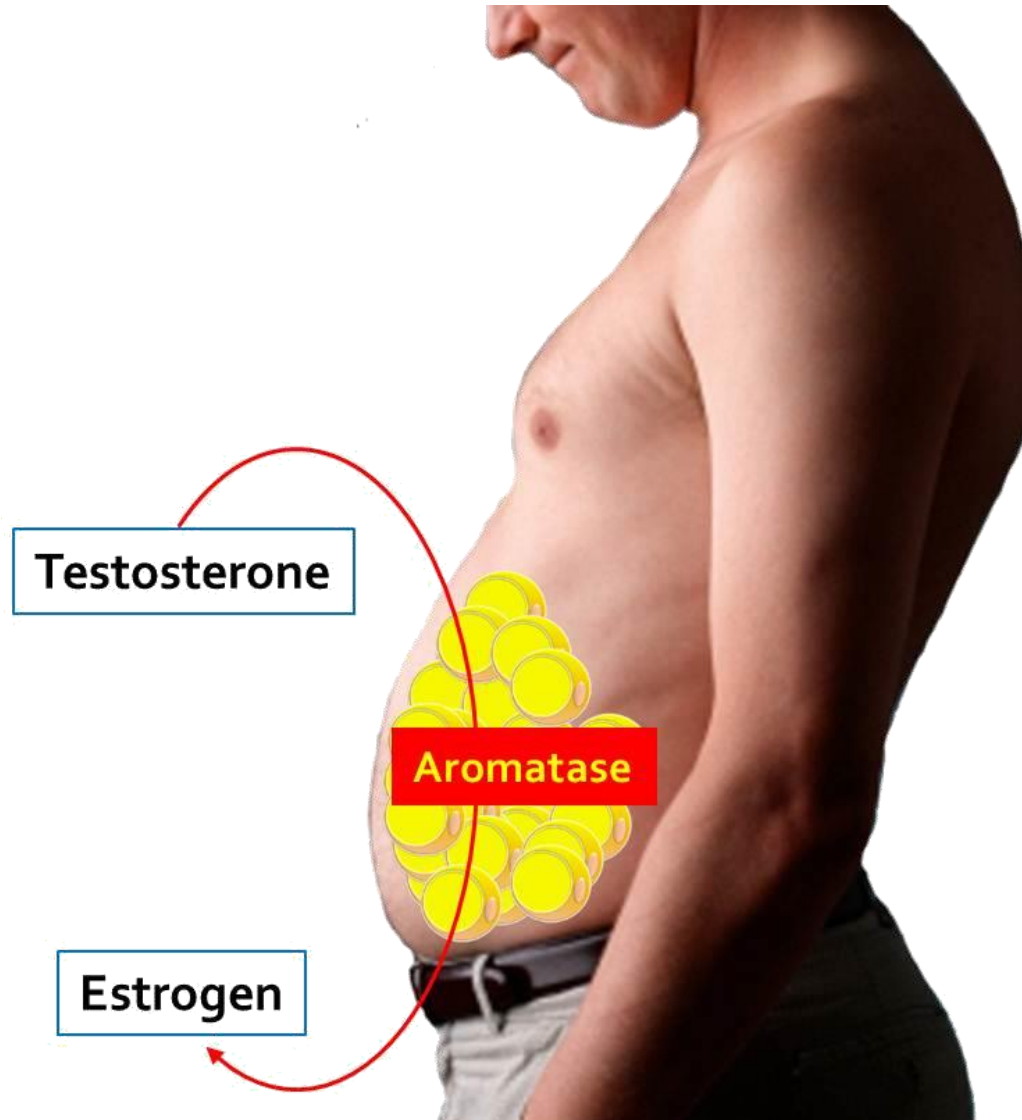
**Bioidentical
Progesterone**



**Bioidentical
Estrogen
(Estradiol)**

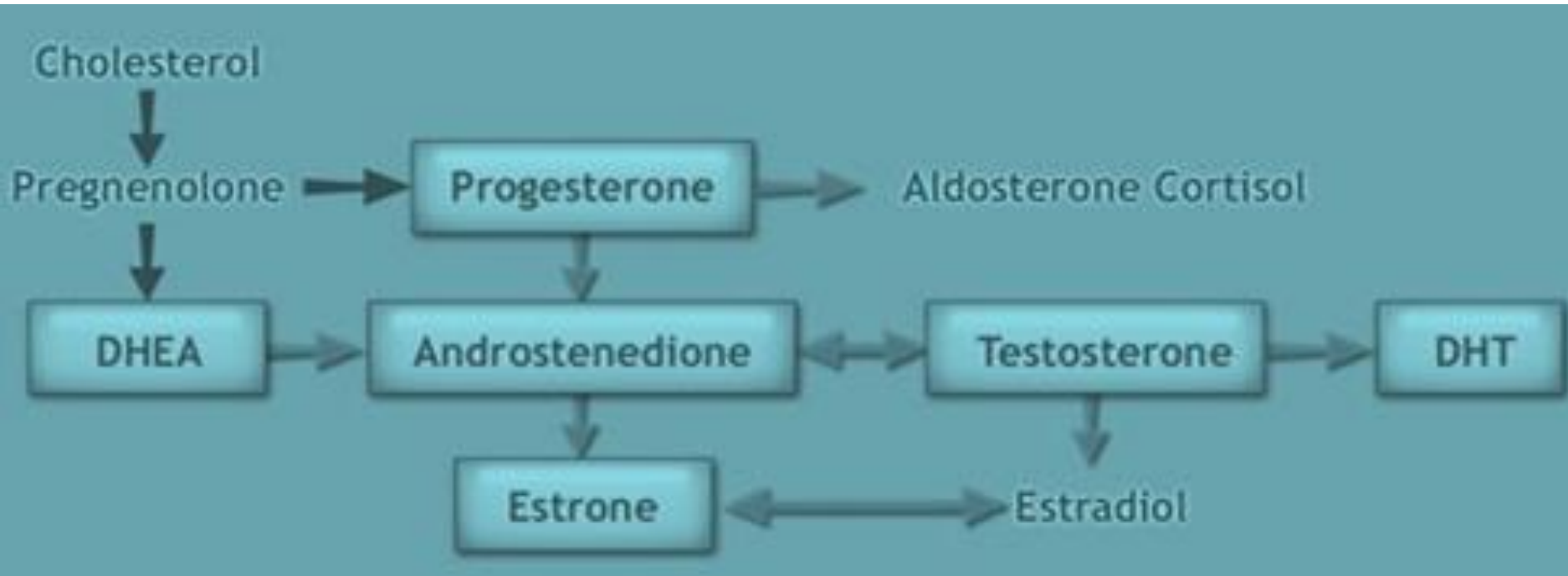


Aromatase



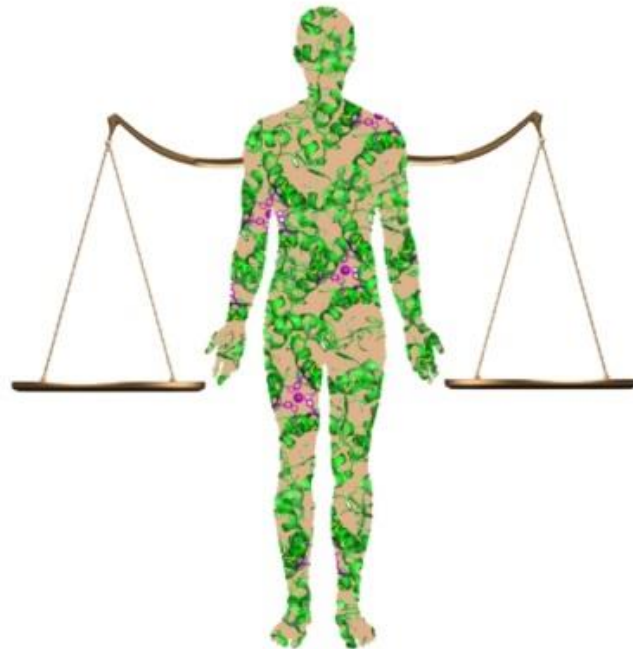


Male Hormone Flowchart





Measuring Your Hormone Balance





Home Assessment of Hormones

- ✓ Symptoms and Signs
- ✓ pH Balance
- ✓ Nutrient Assessments
- ✓ Blood Sugar
- ✓ Temperature



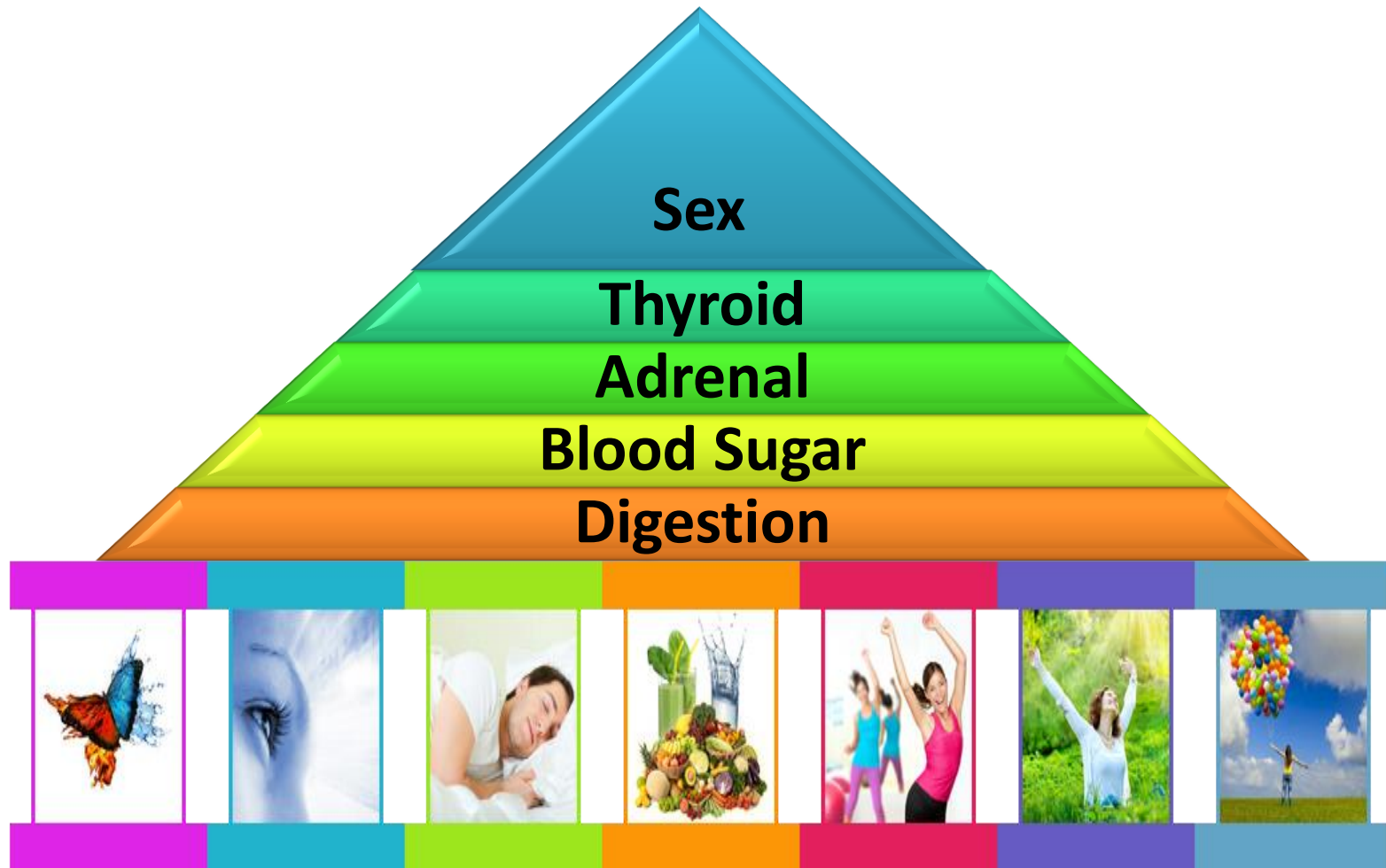


Alkalinity and Your Hormones





Hormone Balancing Hierarchy





Measuring Your pH

pHydrion paper – range 5.5 to 8

✓ Saliva: 6.8 – 7.2

- First morning
- During day
- Acid challenge

✓ Urine: 6.5 – 6.8

- First morning
- Second morning
- Later in day



<http://www.drritamarie.com/go/pHpaper>



Mineral Test Kit



The test kits allow you to test for the following minerals:

- | | |
|--------------|---------------|
| 1. Potassium | 5. Chromium |
| 2. Zinc | 6. Manganese |
| 3. Magnesium | 7. Molybdenum |
| 4. Copper | 8. Selenium |

<http://www.drritamarie.com/go/EmersonEcologics>

Use code **fresh1** to access



Interpretation of Mineral Tests

	Taste Test Score	Clinical implication
1	Sweet	Definitely need the mineral
2	Pleasant	Need the mineral
3	No Taste	Need the mineral
4	Hmmmm...taste something	Sufficient
5	So-So, there is some taste	Do not need mineral
6	Don't like	Do not need mineral
7	Gross taste	Do not need mineral

- Write down the appropriate response on the score card
- Repeat this process for each of the remaining minerals

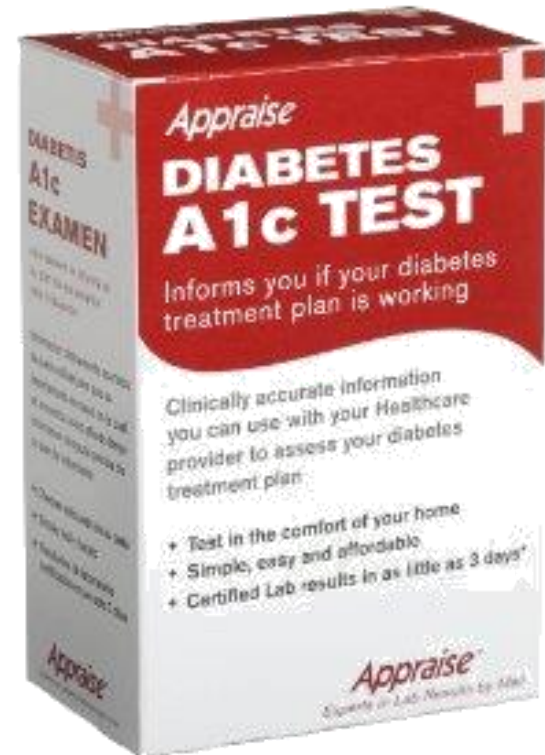


Nutrient Scorecards





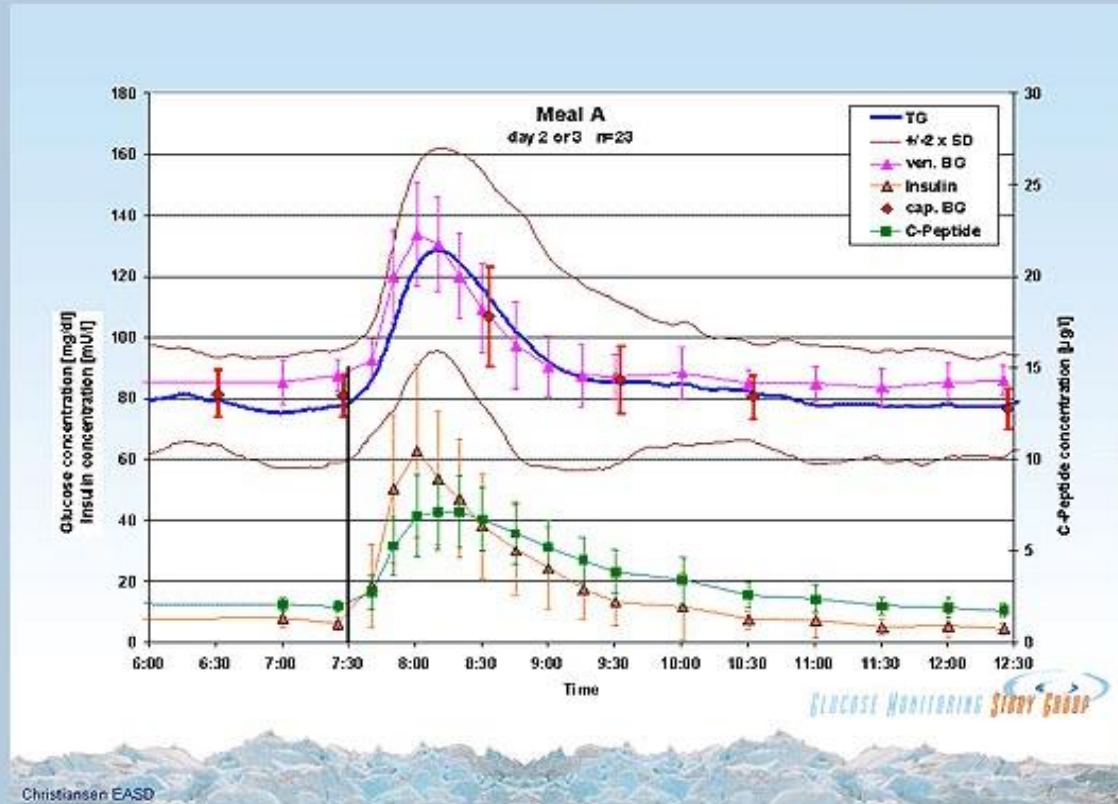
Blood Sugar Measurement





What is Normal Blood Sugar?

Christiansen, Prof. J. S., On the occasion of the Annual Meeting of the EASD, Copenhagen, 13-Sep-06
What is Normal Glucose? – Continuous Glucose Monitoring Data from Healthy Subjects



What is a Normal Blood Sugar?

Normal blood sugars after a high carbohydrate breakfast eaten at 7:30 AM. The blue line is the average for the group. The brown lines show the range within which most readings fell (2 standard deviations). Bottom lines show Insulin and C-peptide levels at the same time. Graph is a screen shot from Dr. Christiansen's presentation cited below.

[What is Normal Glucose? Continuous Glucose Monitoring Data from Healthy Subjects.](#)

Professor J.S. Christiansen, presented at the Annual Meeting of the EASD.



Thyroid Self-Assessment

✓ Symptom Survey

✓ Physical Signs

- Cold hands and feet
- Loss of lateral 1/3 of eyebrow
- Dry skin and hair
- Scalloped edges and teeth marks on tongue
- Eyes “bug-out”

✓ Basal Body Temperature:

Broda Barnes

✓ Average Body Temperature:

Wilson's Temperature Syndrome



Your Roadmap to Recharge

My Current Health Concerns

Top Stressed Body Systems

Top Nutrient Deficiencies

Present/Past Health (Surgery, Trauma, etc.)

My Positive Habits



My Vibrant Health Roadmap

Name _____ Date _____

Obstacles: Keeping Me From Goals

Limiting Beliefs	Stressors	Diet	Environment	Physical Limitations

Plan: Actions to Take Me to My Goals

1 Week	30 Days	90 Days	1 Year

My Core Values

My Big Vision

Lab Findings

Physical Exam Findings

My Goals



Lab Assessment of Hormones

- ✓ Blood: Free vs protein bound
- ✓ Saliva: Spot checks vs cyclic
- ✓ Urine: 24-hour vs dried cyclic





Blood Glucose Lab Testing

	Normal	Insulin Resistance	Metabolic Syndrome	Diabetes
Fasting Glucose	75-89	90-119	≥ 100	≥ 120
Triglycerides	>65	>90	>110	>110
HDL	50-90	<65	<55	<55
Fasting Insulin	2-5	Normal or >5 – varies on stage	>5	>5
Hemoglobin A1C	4.5 – 5%	5.3-6.5%	$>5.7\%$	$>5.7\%$



Adrenal Lab Analysis

✓ Adrenal Stress Index – Saliva Test

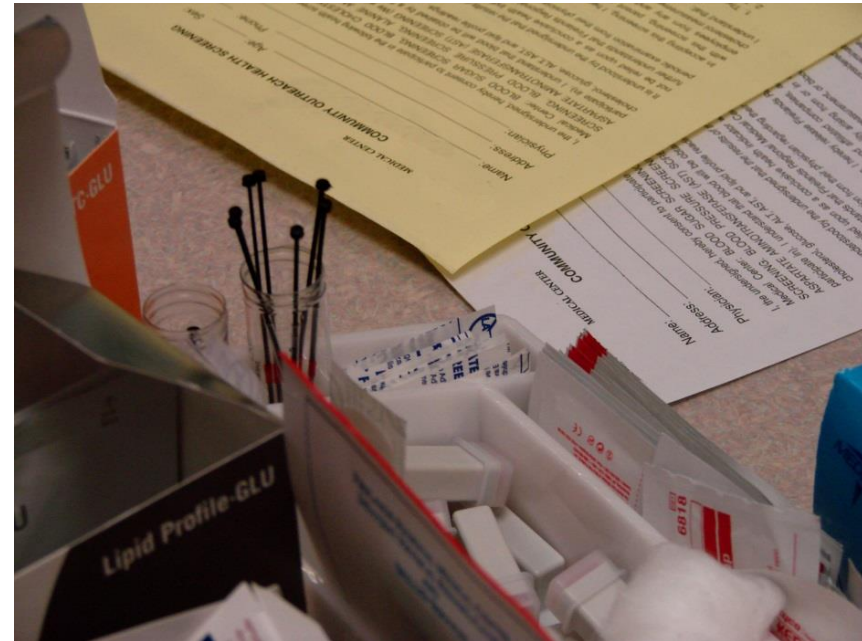
- Cortisol x 4
- DHEA x 2
- Secretory IgA *
- 17-OH-Progesterone *

✓ Blood Cortisol Levels

✓ Blood DHEA-S Levels

✓ Ratios of Blood Sodium, Potassium, and Chloride

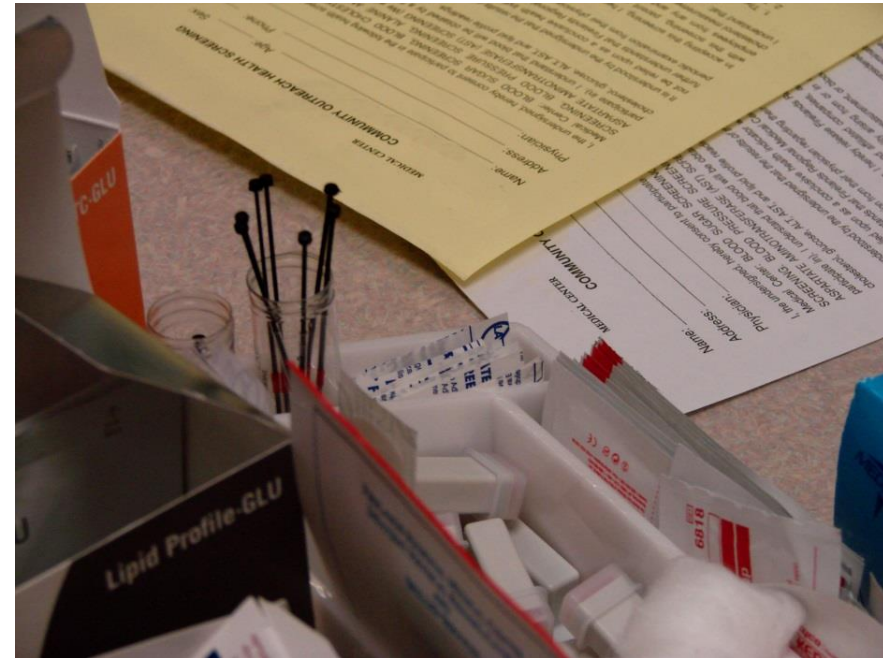
* *Some labs include these*





Thyroid Lab Analysis

- ✓ TSH
- ✓ Total T4 (thyroxine)
- ✓ Total T3 (triiodothyronine)
- ✓ Free T4
- ✓ Free T3
- ✓ Thyroid Antibodies
 - Thyroid Peroxidase
 - Antithyroglobulin
- ✓ Reverse T3
- ✓ Vitamin D
- ✓ Cholesterol





Female Hormone Testing

Blood Testing

- Progesterone
- Pregnenolone
- Estrogen
- Testosterones
- DHEA-S
- Thyroid
- Estriol



Specialty Testing

- **Female Hormone Panel - Saliva**
 - Estradiol x 11
 - Progesterone x 11
 - Testosterone average
 - DHEA
 - LH x5 (expanded panel)
 - FSH x5 (expanded panel)
- **24-Hour Urine Comprehensive**
- **Dried Urine 4 Collection Test**
- **Fatty Acid Profile**
- **Adrenal Stress Index**



Male Hormone Testing

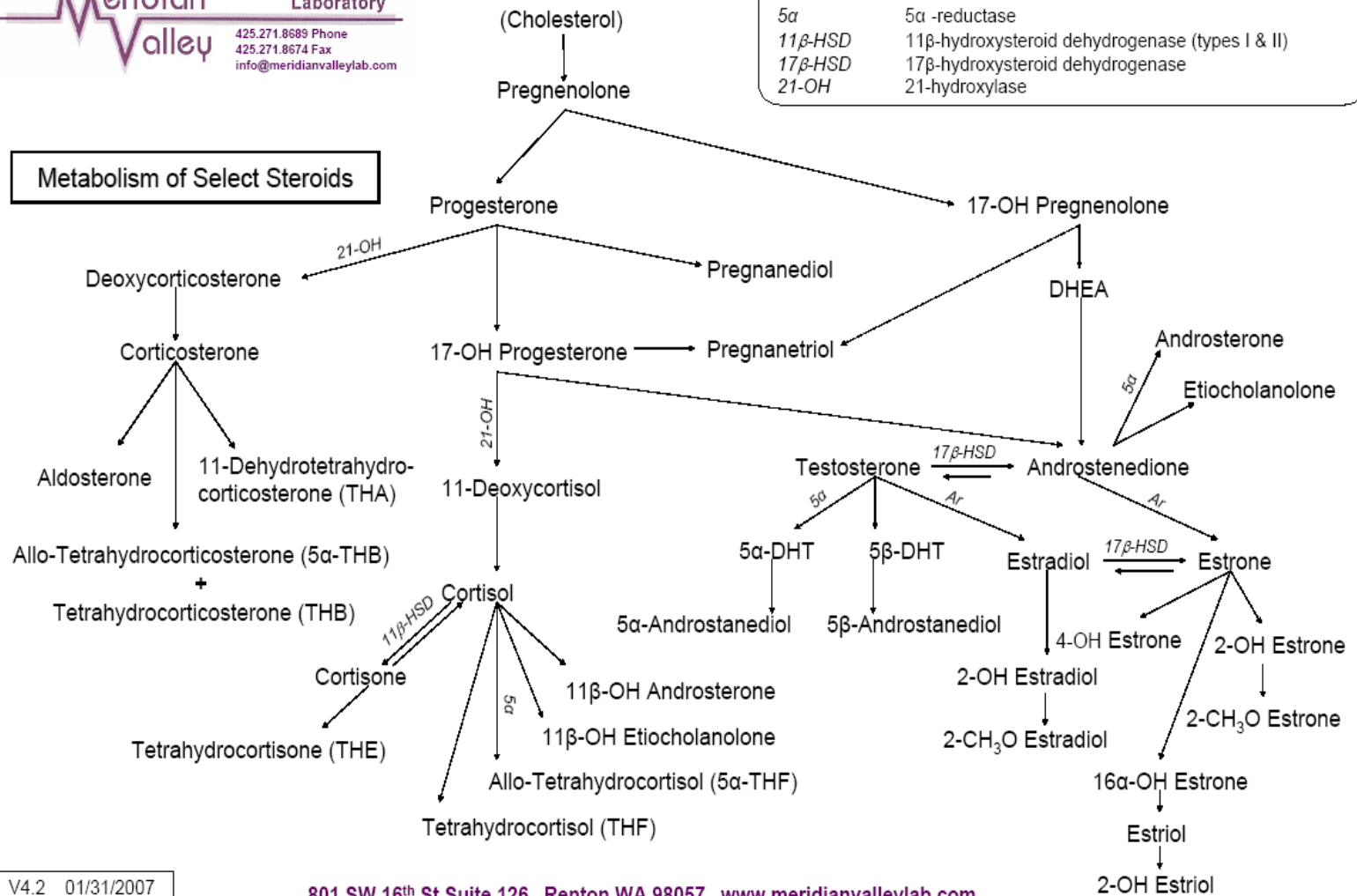
Blood Testing

- DHEA-S
- Testosterone
- Dihydrotestosterone
- Creatinine +
- Monocytes +
- PSA
- Progesterone
- Estrogen
- Thyroid



Specialty Testing

- **Male Hormone Panel - Saliva**
 - DHEA
 - Androstenedione
 - Testosterone
 - Dihydrotestosterone
 - Estrone
 - Progesterone
 - LH (expanded panel)
 - FSH (expanded panel)
- **24-Hour Urine Comprehensive**
- **Dried Urine 4 Collection Test**
- **Fatty Acid Profile**
- **Adrenal Stress Index**





Hormone Testing Resources

- **Blood Testing**

Direct Labs: <http://www.DirectLabs.com/drritamarie>

- Thyroid
- Blood sugar
- Male and female

- **Saliva Adrenal Stress Testing**

- Genova: <http://www.gdx.net>
- Diagnos-Techs: <http://www.diagnostechs.com>
- BioHealth: <http://www.biohealthlab.com>

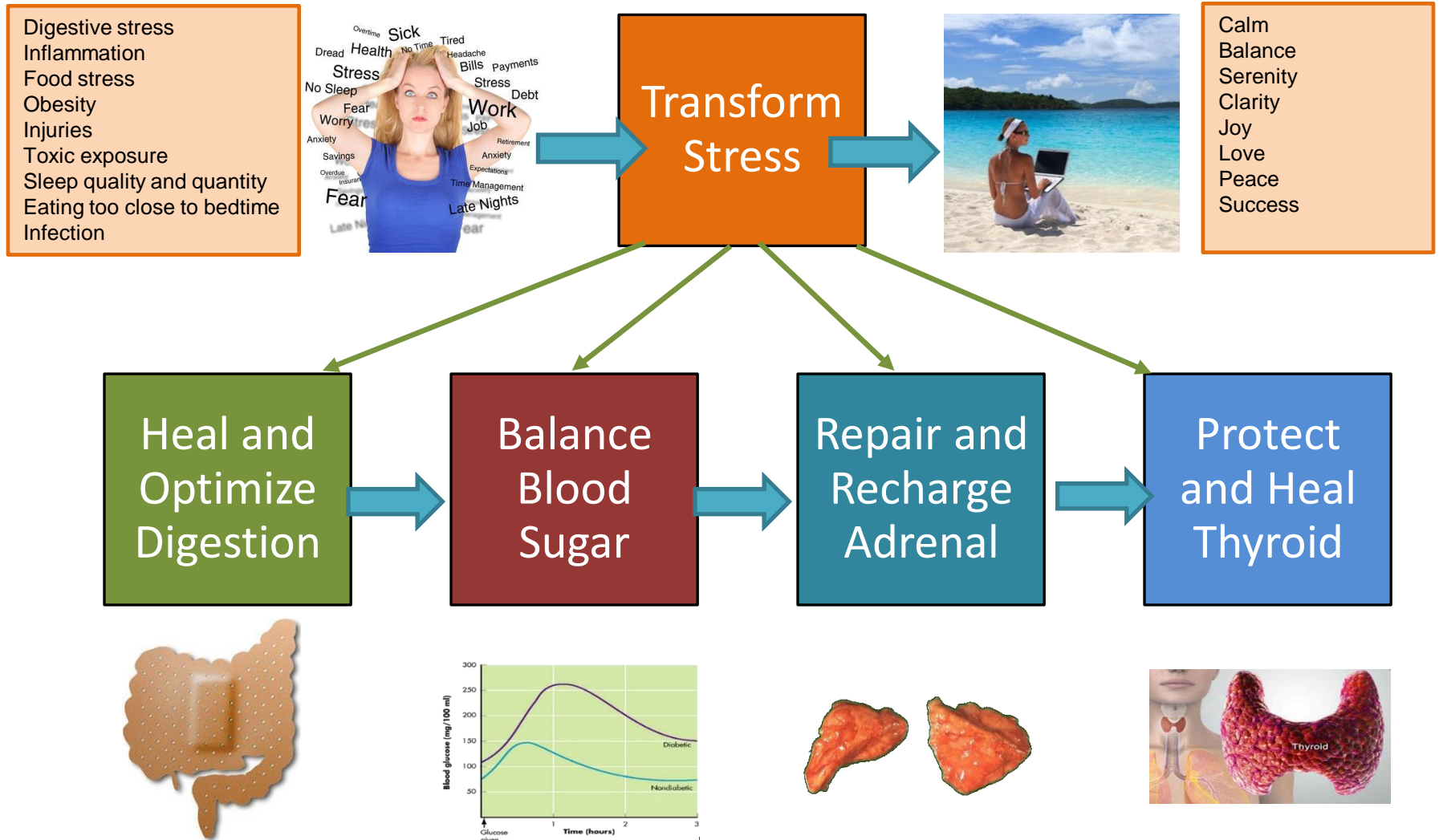
- **24-Hour Urine**

- Meridian Valley: <http://www.meridianvalleylab.com>



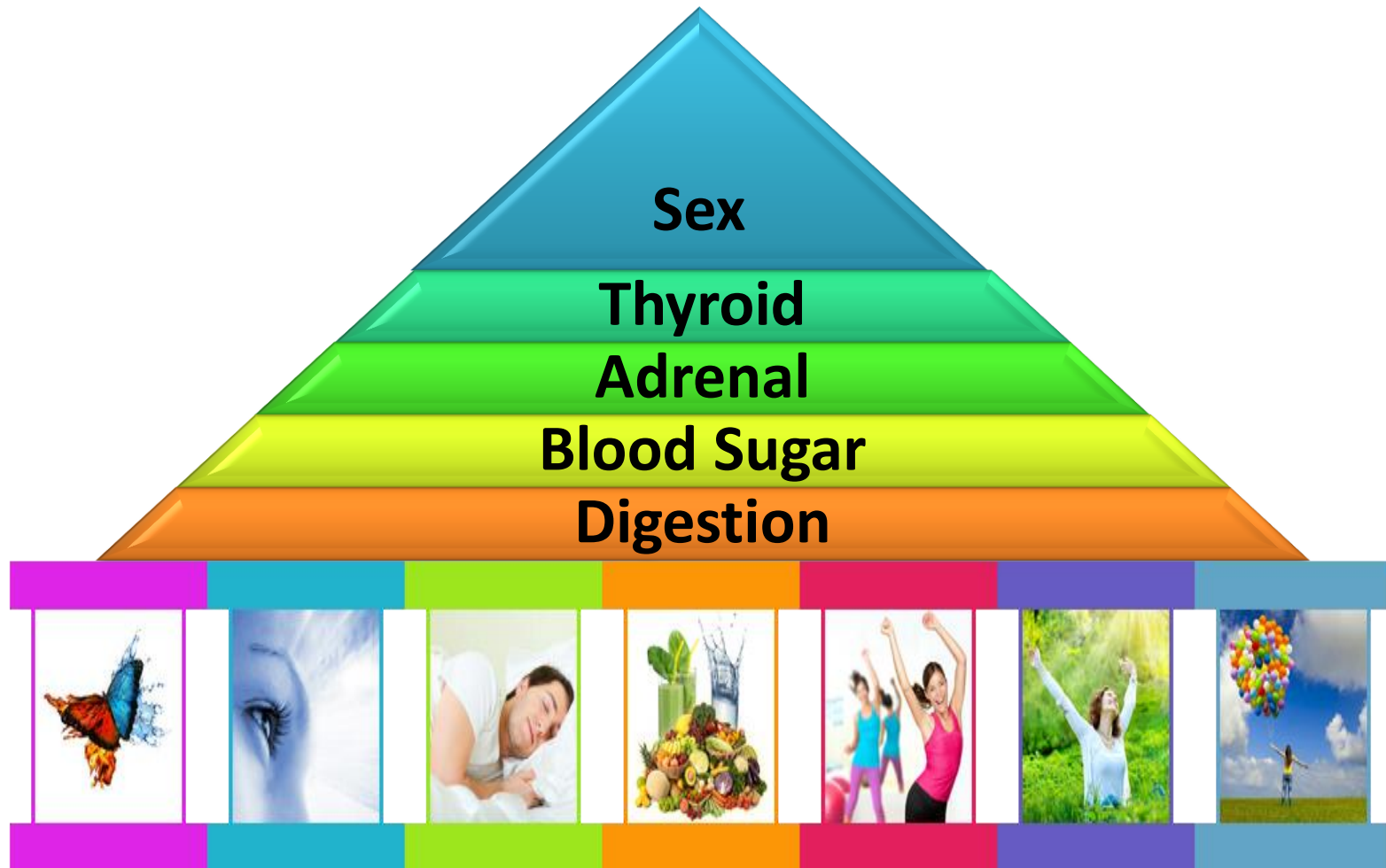


Order Matters!





Hormone Balancing Hierarchy





www.SpringIntoVitality.com







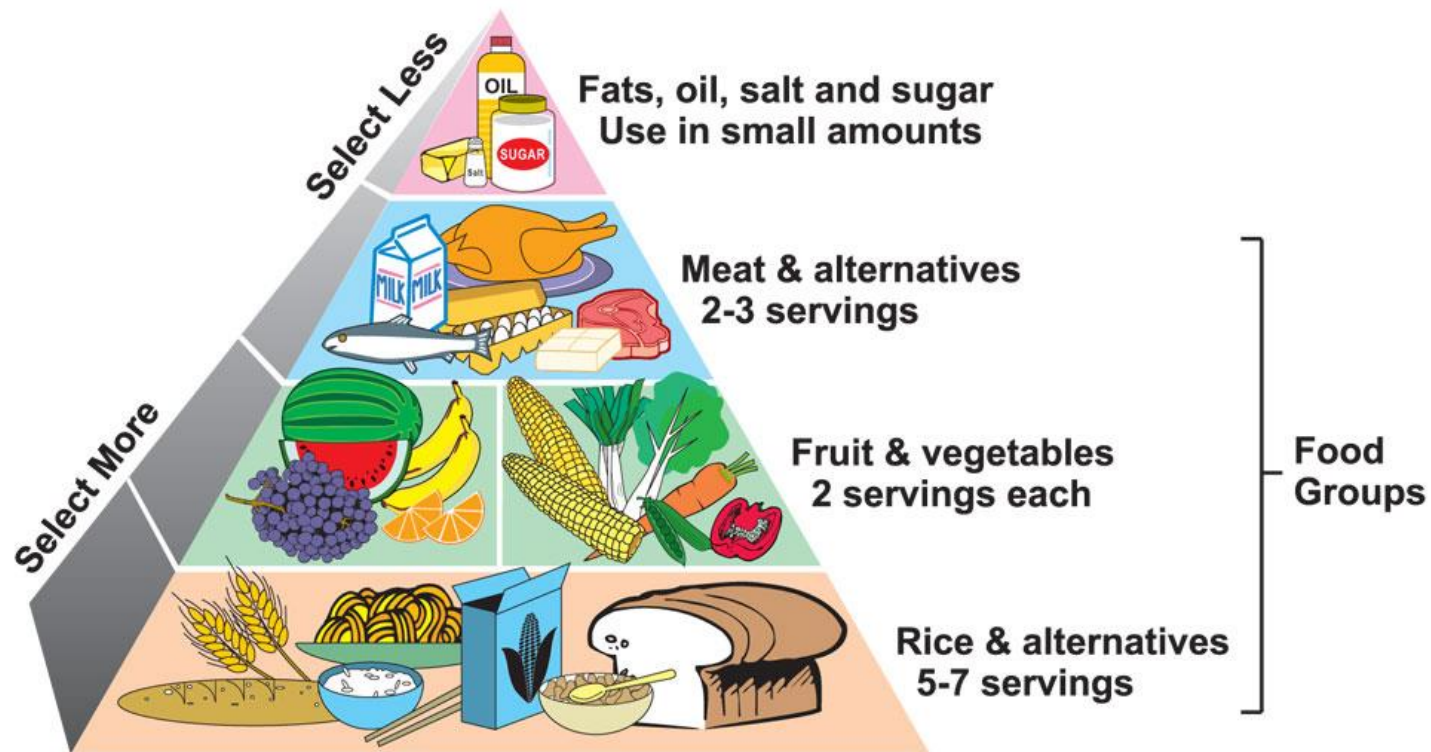
**“If diet is *Wrong*
medicine is of no use.
If diet is *Correct*,
medicine is of no need.”**



-- Ancient *Ayurveda Proverb*



...The So-Called “Healthy Diet” – A Hormone Disaster!





Is Your Diet Creating Hormone Harmony Or All-Out War?





Foods That Disrupt Hormones

- ✓ Charred meat
 - heterocyclic amines
- ✓ Processed high-glycemic foods
 - flour, sugar, grains
- ✓ Chemical-laden foods
- ✓ Excess alcohol
- ✓ Caffeine
- ✓ Hydrogenated and oxidized fats
- ✓ Foods in cans and plastic
- ✓ Allergens and inflammatory foods: gluten, dairy





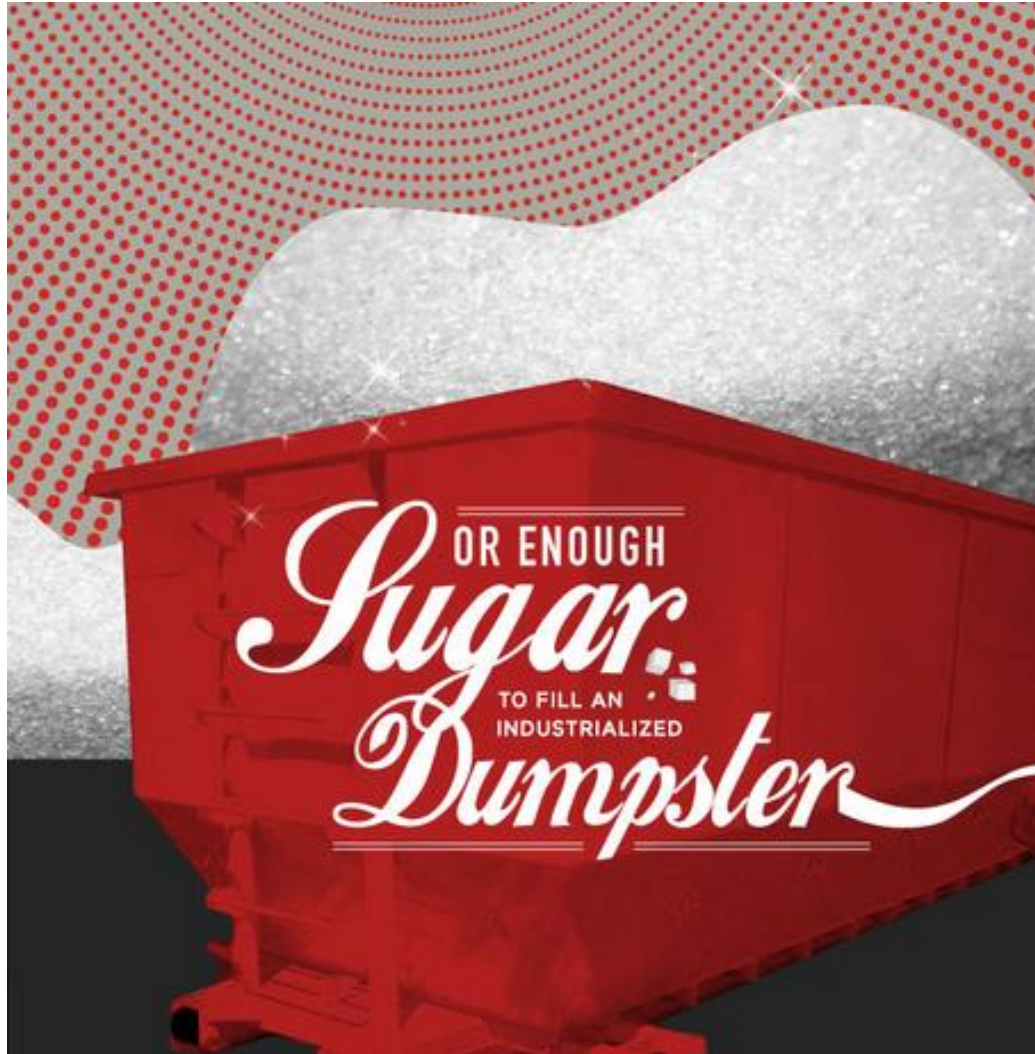
Gluten and Hormones

- ✓ Inflammation leads to adrenal stress
- ✓ Antibodies cross-react with thyroid
- ✓ Malabsorption leads to nutritional deficiencies
- ✓ Effects on estrogen and progesterone via adrenal exhaustion
- ✓ Effects on digestion and gut flora
- ✓ Effects on neurotransmitters
- ✓ Worsens at perimenopause





US Sugar Consumption





How to Choose Foods That Nourish Your Hormones and Protect You From the Dangerous Metabolites That Create Disease







Foods That Support Hormones

- ✓ Green leafy vegetables
- ✓ Raw nuts and seeds
- ✓ Low-glycemic fruits
- ✓ Brassicas
- ✓ Sea vegetables
- ✓ Omega-3 fats
 - Hemp seeds, chia seeds
flax seeds, algae
- ✓ Whole, non-gluten grains
- ✓ Garlic, onions, and mushrooms-especially shiitake
- ✓ Probiotic and pre-biotic foods – kefir, rejuvelac, sauerkraut, coconut yogurt, nut and seed yogurt, Jerusalem artichoke, and chicory root
- ✓ Coconut oil
- ✓ Sunflower lecithin
- ✓ Cumin
- ✓ Pomegranate
- ✓ **Lignans:** flax, sesame, and pumpkin seeds, soybeans, broccoli, beans, and some berries
- ✓ **Isoflavones:** soybeans, clover, kudzu, mung beans, alfalfa sprouts, black cohosh, and chickpeas





Meet the Brassicas



- ✓ Bok choy
- ✓ Daikon
- ✓ Radish
- ✓ Wasabi
- ✓ Arugula
- ✓ Broccoli, sprouts
- ✓ Brussels sprouts
- ✓ Cabbages – red, green, Savoy, Napa
- ✓ Kale

- ✓ Cauliflower
- ✓ Kohlrabi
- ✓ Daikon
- ✓ Collards
- ✓ Watercress
- ✓ Mizuna
- ✓ Mustard greens
- ✓ Rutabaga
- Turnip



Thyroid Nourishing Foods

- ✓ Sea vegetables: dulse, wakame, nori, bladderwrack, and kelp
- ✓ Nuts: almonds, walnuts, pumpkin seeds, and Brazil nuts
- ✓ Green leafy vegetables
- ✓ Low-glycemic fruit
- ✓ Coconut, especially coconut oil
- ✓ Algae-based oil
- ✓ Omega-3 foods: hemp seeds, chia seeds, flax seeds, and micro-algae like spirulina
- ✓ Probiotic and pre-biotic foods: sauerkraut and other fermented vegetables, kefir, nut and seed yogurts, Jerusalem artichoke, and chicory root
- ✓ Garlic and onions





Adrenal Nourishing Foods





Foods To Boost Your Energy, Reawaken Your Libido, and Thicken Your Hair

- ✓ Nettles
- ✓ Broccoli sprouts
- ✓ Chia seeds
- ✓ Walnuts
- ✓ Green leafy vegetables
- ✓ Pumpkin seeds





Fat and Hormone Balance

- ✓ High saturated fat promotes the dangerous estrogens
- ✓ Omega-3 fats reduce inflammation, reduce receptor resistance, and promote protective estrogen
- ✓ Omega-3 also reduce C-reactive protein
- ✓ Coconut protects digestion and the brain, and supports omega-3 metabolism





Hormone Helpers

Minerals

- ☐ Zinc
- ☐ Magnesium
- ☐ Iodine
- ☐ Selenium
- ☐ Potassium

Macro Nutrients

- ☐ Protein
- ☐ Carbohydrates
- ☐ Fats: omega-3
- ☐ Fiber

Misc Nutrients

- ☐ Indole-3-carbinol, DIM
- ☐ Sulforaphane
- ☐ Saccharomyces boulardii
- ☐ Alpha-lipoic acid with NAC
- ☐ Lignans
- ☐ Bioflavonoids
- ☐ Isoflavones

Vitamins

- ☐ B Vitamins:
 - ☐ Vitamin B6
 - ☐ Vitamin B12
 - ☐ Natural folate
 - ☐ PABA
- ☐ Whole complex Vitamin E
- ☐ Vitamin D
- ☐ Whole food Vitamin C





Most Common Nutrient Imbalances

– Why You Stay Foggy, Unfit, and Unproductive

- ✓ B Vitamins
- ✓ Zinc
- ✓ Selenium
- ✓ Magnesium

Runner's Up

- ✓ Vitamin C
- ✓ Iodine
- ✓ EFAs





Mineral Rich Foods

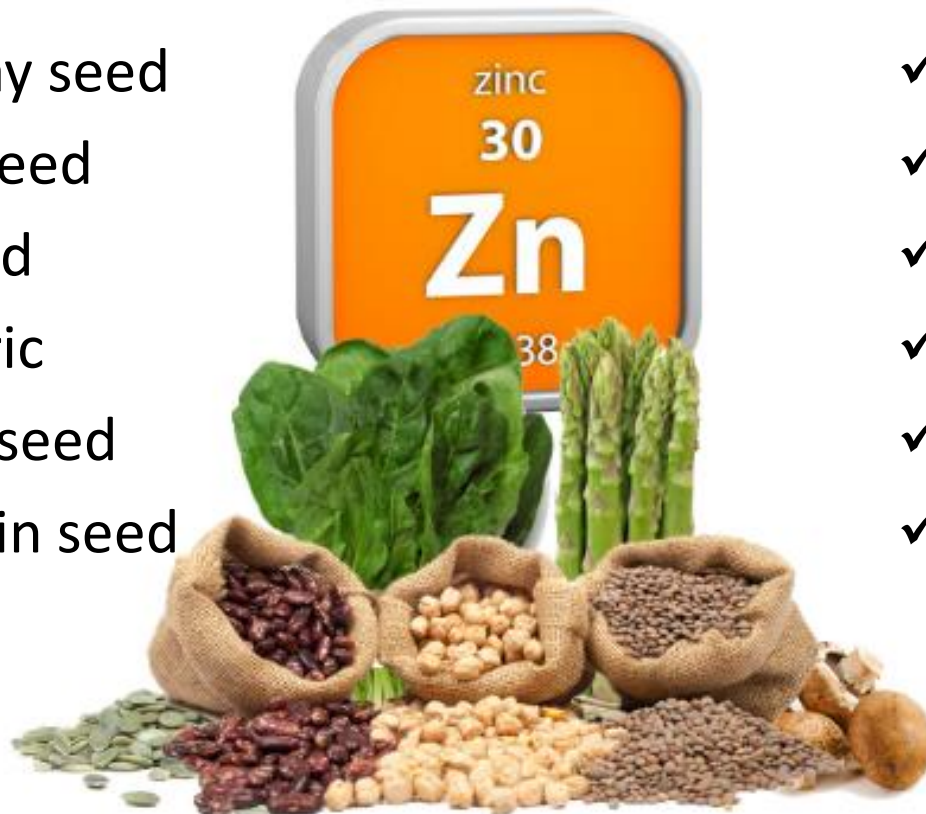
- ✓ Activate the essential fatty acid cascade
- ✓ Activate safe estrogen metabolism
- ✓ Co-factors for enzymes that run metabolic processes
- ✓ Help us make use of our energy
- ✓ Protect receptors
- ✓ Activate favorable conversions





Zinc-Rich Foods

- ✓ Poppy seed
- ✓ Mustard seed: yellow
- ✓ Celery seed
- ✓ Caraway seed
- ✓ Anise seed
- ✓ Dill seed
- ✓ Turmeric
- ✓ Cumin seed
- ✓ Pumpkin seed



- ✓ Fenugreek seed
- ✓ Thyme
- ✓ Curry powder
- ✓ Basil
- ✓ Paprika
- ✓ Ginger
- ✓ Oregano: ground
- ✓ Chili powder
- ✓ Garlic powder



Hormone Balancing Foods to Include Regularly

- ✓ Broccoli sprouts and other brassicas
- ✓ Chia, flax, and hemp seeds for omega-3
- ✓ Micro-algae, sea vegetables, and marine phytoplankton for omega-3 and iodine
- ✓ Probiotic-rich foods: sauerkraut, coconut kefir
- ✓ Coconut for medium-chain triglycerides
- ✓ Mushrooms if tolerated: shiitake, maitake, and reishi





Simple Meals That Leave You Feeling Balanced, Energetic, and Sexy





“Hormone Balancing Meals”



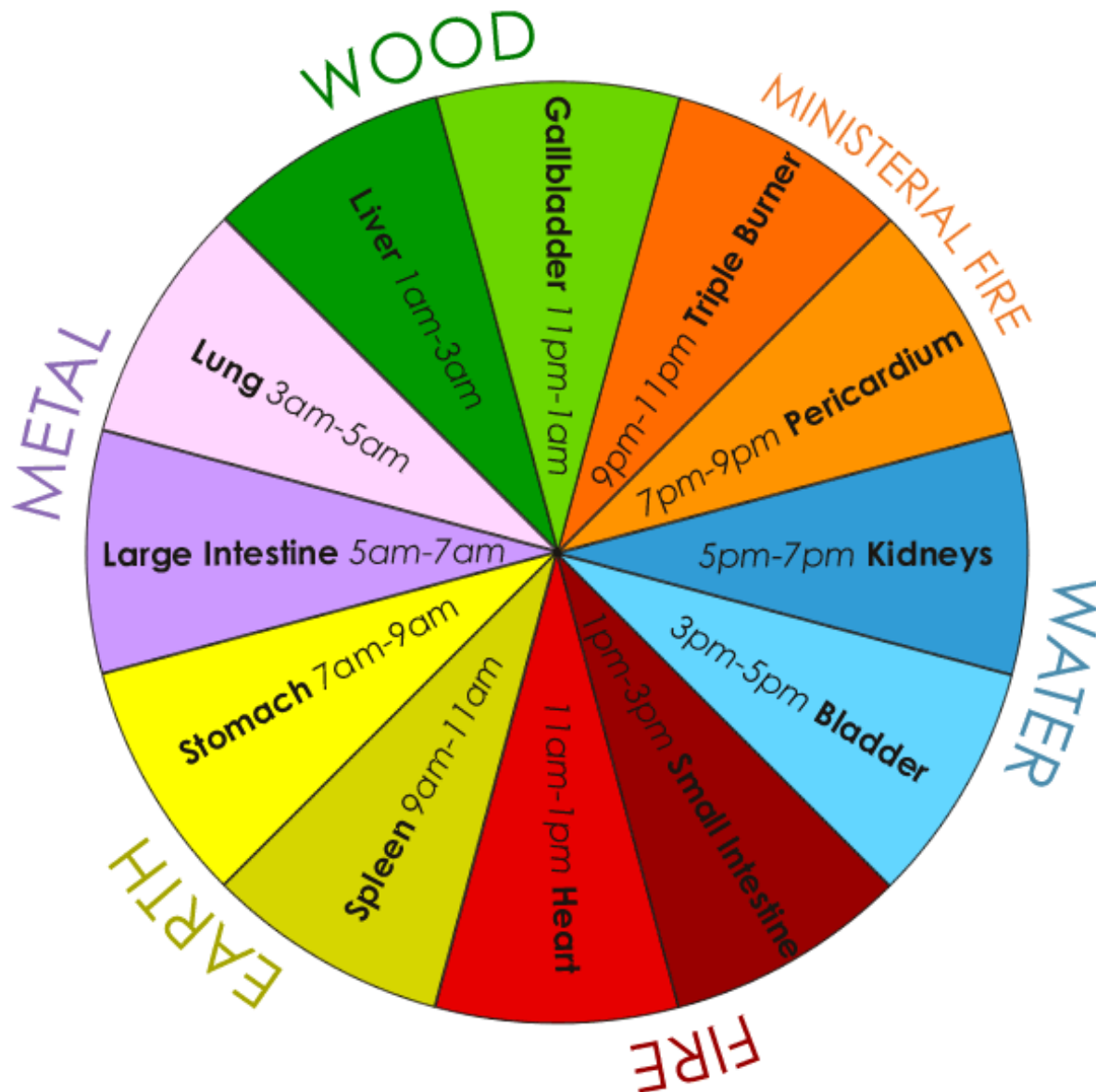
Chef Karen Osborne







Sleep





Relaxing Herbs That Help with Sleep

- ☐ Lemon Balm
- ☐ Chamomile
- ☐ Lavender
- ☐ Milky Oat
- ☐ Valerian
- ☐ Hops
- ☐ Passion Flower
- ☐ Magnolia
- ☐ Kava Kava





Supplements That Can Promote Good Sleep

- ☐ Magnesium
- ☐ Calcium
- ☐ Vitamin B-6
- ☐ Melatonin
- ☐ Phosphatidylserine
- ☐ 5-HTP
- ☐ GABA
- ☐ Theanine



