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*The*

# HORMONE CURE

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FAST START GUIDE  
DR. SARA'S GOOF-PROOF  
5-STEP SYSTEM TO  
BALANCE YOUR  
HORMONES  
NATURALLY



**DR. SARA GOTTFRIED, M.D.**

# Hello and Welcome!

Are you ready to go from OVERWHELMED to **OVERJOYED** in 5 steps?

I'm Dr. Sara Gottfried, MD — a wife, and mom to two incredible daughters. I'm also a Harvard-educated doctor, MIT bioengineer, certified yoga teacher, and author of the New York Times best-selling book, *The Hormone Cure*.

I know what it's like to juggle a lot of things and how important it is to have enough energy to do it all. I live a busy life traveling the world, teaching women how to balance their hormones naturally and step into their power. I've been so gratified to have helped more than 10,000 people in the past 10 years reclaim their lives—and go from feeling frazzled, frumpy, fat, and frustrated to energized, sexy, vital, and balanced from their cells to their soul.

I wrote **THE HORMONE CURE** because I want to change the conversation we're having about women's health & hormones — or rather, start the conversation we're NOT having. I want to get you the Cliff Notes in this multimedia guide.

## Here's the truth:

If you feel fat, cranky, brittle, exhausted, stressed, or don't want to have sex, **that's not "normal."** It's not healthy, juicy or fun. And it's *definitely* not your genetic destiny.

I wrote **THE HORMONE CURE** because I want to change the conversation we're having about women's health & hormones — or rather, start the conversation we're NOT having.

Feeling overwhelmed & unhappy is a loud 'n clear signal that your **neurohormonal dashboard** is out of whack — and it's up to YOU to re-set the way you **eat, sleep, move & think**.

**You don't need a pill. You need a new protocol — and Ladies, this ebook has got the GOODS.**

**THE HORMONE CURE** is your guide to a sexy, ripe & delicious life — at any age.

It's brimming with evidence-based methods, illuminating quizzes & hard-ass data, made riveting and relevant for YOU.

Buy it for yourself, and your sisters, daughters and granddaughters.

**Take it from a board-certified doctor, yoga instructor & lifelong seeker of knowledge & power: it's going to make your life so much better.**

To your best health and hormones,



*Dr. Sara*

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# Step 1. TEST: Your Symptoms

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## FACT: THIS STEP WILL CHANGE YOUR LIFE

Americans are the most over-medicated, overweight & chronically unhappy people on the planet. (Other Western countries aren't doin' so hot, either.)

The problem? Most doctors prescribe pills, shots & creams that only treat surface symptoms — not the root cause of your suffering. (Kinda lame. And highly ineffective.)



**It's time to take your health into your own hands — and do some fast and pro-active investigation.**

I've created a [simple quiz](#) — for ladies only — that will help you identify which of your hormones & neurotransmitters are rockin' steady, and which ones need TLC, immediately.

Once you know the chemical culprits that are making you feel crummy, you'll have a real chance at finding a cure. (And I'll give you a personalized list of options to explore.)

Maybe you bought my bestselling [new paperback book](#), maybe you didn't.

- If you bought the book, go to page 24 and fill out the questionnaires.  
(These are the same questionnaires I give to women in my medical practice.)
- If you didn't, [take my quiz](#) – a quick assessment of your symptoms.



Date	Results
	Cortisol:
	Thyroid:
	Estrogen:
	Other:
	Cortisol:
	Thyroid:
	Estrogen:
	Other:

## Step 2. TEST: Your Blood

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Now we need to substantiate your results from Step 1 and get “buy in” from your practitioner. Get a fasting blood panel from your doctor or practitioner, and ask for the following at a minimum:

- Cortisol
- Thyroid panel: TSH, free T3, reverse T3, free T4
- Estrogen

Weight to lose? Oh, I can relate! If you’re trying to lose weight, add on these labs:

- Fasting glucose
- Fasting insulin
- Fasting leptin



### **What to do if your doctor declines, says you don’t need it, or isn’t collaborative**

I understand the mainstream doctors’ reluctance to order labs—I trained in the same system. After getting educated for so many years, and then, finally, having your own medical practice, you want to have authority. You recommend smart things, hopefully change lives, and establish caring and long-term relationships. But all day long, in those seven-minute appointments, while American doctors are dispensing advice and rules, there’s often not much room for dialogue or partnership or collaboration. Here’s what I suggest as a next action:

- Contact one of the [practitioners I’ve trained in The Hormone Cure](#).
- Order the tests yourself at one of these direct-to-consumer labs:
  - > [My Med Lab](#)
  - > [Canary Club](#)
- Find a new doctor who is more collaborative, such as one of the functional medicine practitioners at the [Institute for Functional Medicine](#).

## Step 3. TEND: Your Cortisol

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Eat this (balances cortisol):

- Start your day with a shake (see my Shake Guide for ideas!)
- Omega 3s, such as from wild-caught salmon or grass-fed beef or purslane (richest plant-based source of omega 3s)

Don't eat this (raises cortisol too high):

- Sugar or sugar substitutes
- Dairy
- Gluten



# Step 4. TEND: Your Thyroid

- Take a [high potency multivitamin](#)
- Make sure you have enough iron from greens

## Eat Your Leafy Greens

Leafy greens are called  
**SUPERFOODS**  
for a good reason...

They are chock full of  
vitamins & help boost  
your immune system!



**Kale**  
(Antioxidants,  
Vitamin C)



**Spinach**  
(Vitamin K,  
Antioxidants)



**Baby Greens**  
(Antioxidants,  
Vitamin K)



**Sweet Potato  
Leaves**  
(Protein, Niacin)



**Arugula**  
(Potassium,  
Antioxidants)



**Lettuce**  
(Queroetin,  
Beta-carotene)



**Mustard**  
(Antioxidants,  
Folate)



**Collards**  
(Zeaxanthin,  
Antioxidants)



**Parsley**  
(Vitamin K, Iron,)



**Chard**  
(Magnesium,  
Potassium)



**Beet Greens**  
(Protein, Folate)



**Endive**  
(Folate, Iron)

[SaraGottfriedMD.com/YourHealth](http://SaraGottfriedMD.com/YourHealth)

## Step 5. TEND: Your Estrogen

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- Take 35-40 grams of fiber each day – 40-45 for men
- Don't increase more than 5 grams per day to avoid bloating and gut upset
- This removes the not-so-good estrogens that make you feel like crap



# LATHER, RINSE, REPEAT

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The key to hormone balance is continuous improvement. You stay on the path. You keep finding what works and do more of it. You find what doesn't work, and stop doing it.

- After you work your 5 steps for one week, retest yourself (Step 1)
- Repeat Steps 3-5 daily, then add one protocol from the book, *The Hormone Cure*
- Get your friends involved to try Step 1-5 with you, and keep each other accountable



“Forget all the reasons it won't work and believe the one reason that it will.”

# About Dr. Sara (And How To Learn More)



Dr. Sara Gottfried M.D. is a Harvard-educated physician, speaker, yoga teacher, and author of the *New York Times* bestselling book, *The Hormone Cure: Reclaim Balance, Sleep, Sex Drive, and Vitality with The Gottfried Protocol* (Simon & Schuster, 2014). For the past 20 years, Dr. Gottfried has been dedicated to practicing and helping women feel back home in their bodies.

After graduating from the physician-scientist training program at Harvard Medical School and MIT, Dr. Gottfried completed her residency at the University of California at San Francisco, where she still teaches medical students.

She is board-certified in Obstetrics and Gynecology, and offers novel group health coaching on the issues that plague women most – low energy, weight gain, low sex drive, and moodiness – through her online learning center at <http://www.saragottfriedmd.com>.

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