

## HORMONE RESET PROGRAM

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### Cortisol Cliffnotes (Part 1)

- ❖ Cortisol is a valuable hormone. When cortisol is out of balance, the result is sleeplessness, irritability, weight gain (the “muffin top”), premature aging, low sex drive and sugar cravings.
- ❖ Too much cortisol can burn through your “feel good” brain chemicals, leaving you unable to get satisfaction from things that you used to enjoy, unable to get good sleep, and feeling like you are no longer comfortable in your own skin.
- ❖ When you regain your cortisol balance, you will lose weight, be able to handle the stresses of daily life, sleep well, and want to have sex again.

### Do You Have A Cortisol Imbalance?

- ❖ Fill out the Cortisol Symptom Checklist!
- ❖ Cortisol Profiles in Your 20s and 30s:
  - ❖ 20s: The perfect hormonal specimen
    - Adaptable.
    - Able to roll with the punches.
  - ❖ 30s: Perimenopause
    - On average, at age 35 some signs of perimenopause appear.
    - You begin to feel the effects of cortisol.
    - We think this is just how life is, that things are different now.
    - The muffin top is an obvious sign of a cortisol imbalance.

## Cortisol Imbalance Solutions:

- ❖ Tiara Time
  - Women are wired to take care of the world. Over-providing is when you give more than is sustainable, probably for the wrong reasons.
  - Learning how to take a pause in your life for self care will lower cortisol, raise oxytocin, and get your life back into balance.
  - Designate “Tiara Time” - this can be personalized for you. Try yoga, meditation, or time with your girlfriends. Make an actual tiara for yourself!
- ❖ Orgasm
  - Orgasm is an incredibly effective hormone therapy! It increases oxytocin, which lowers cortisol. It makes your thyroid more efficient. It also allows the hypervigilance centers of your brain to rest.
- ❖ Changing What You Put in Your Body:
  - Take a good complex vitamin B supplement
  - Don't ignore the holistic approach! Vitamins are only one part of the equation.
  - High cacao chocolate (75% or higher) in small amounts can help lower cortisol.