

HORMONE RESET PROGRAM

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Cortisol Cliffnotes (Part 2)

Cortisol Imbalance Solutions

- ❖ Eliminate or reduce caffeine:
 - Calibrate this for your own body. Reduce caffeine intake and see how it affects you.
 - Better sleep means a more complete healing conversation with your adrenal gland, which will help lower cortisol in your body.
- ❖ Reduce alcohol intake:
 - Alcohol robs you of good sleep, like caffeine. Better sleep means more adrenal healing.
 - 3-6 servings of alcohol is enough to increase your levels of bad estrogen.
 - Drink less wine, buy more expensive wine!
 - Dilute drinks with ice.
 - Dilute drinks with club soda.
 - Make Sangria! Add half sparkling water, half red or white wine and fruit.
 - Buy single serving containers.
 - Try artisan vinegars, 2 tbsp, in water or club soda.

- ❖ Transitions are important. When we consume caffeine, alcohol, chocolate, sugars and starches, we are seeking transition to another physical or mental state. We need to find new ways to make that transition.
 - Try a bath!
 - Try the new vinegar wine substitute.
 - Tiara time!
- ❖ Successful shifts require a replacement activity. Don't quit via sheer willpower.
- ❖ Are you the kind of adult you want your children to grow up to be?
- ❖ Whether or not you have kids, are you a good example of how to live your life?
- ❖ You can't give the best to your family or career if you don't take care of yourself!
- ❖ Women can get into patterns of learned helplessness. This belief can prevent you from making changes, even when change is within your reach!
- ❖ Include Rhodiola, Relora Plus, and Fish Oil.
 - Essential supplements to lower cortisol, reduce anxiety and food cravings.
 - You will see improvements in 7 days.
- ❖ Orgasmic Meditation:
 - Combine the benefits of mindfulness with meditation.
 - Great for women after menopause.