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# YOUR HORMONE TOOLKIT

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DR. SARA GOTTFRIED, M.D.



# Welcome Message from Dr. Sara

I'm **Dr. Sara Gottfried, MD** — a Harvard medical doctor and yoga-powered champion for your health, happiness & hormonal equilibrium – and I have a recipe for resilience.

After more **20 years** of practice & **20,000 patients**, I've learned a thing or two about the physiological challenges & self-imposed pressures that women and men contend with, every day.

Let's admit it right now: **women have more pressures than men**, and there's many reasons for that. Our hormones are more **complicated**. And therefore, we need a toolkit.

This is small sampler of the issues that plague women and the natural solutions I've found as a woman who is 47 years young (and has had nearly every hormonal imbalance once can have!).

By requesting my Hormone Toolkit, you've already taken the first step. You're joining a **powerful community** of women (and the men that love them) around the world who are committed to looking and feeling great at every age. Welcome to the tribe!

The **Hormone Toolkit** is what I wish I had found when I was in my thirties and struggling with feeling fat, frumpy, frazzled and generally... well, you can imagine the fourth "F." I had a cranky mood, muffin top, sugar cravings, constipation, and a tendency to blame others and external circumstances. I was so frustrated with the long list of things that I tried, from S Factor, to running more, to birth control pills, to antidepressants, to Ayurvedic Panchakarma, to couple's therapy (!), to Chinese Medicine. I kept asking myself,

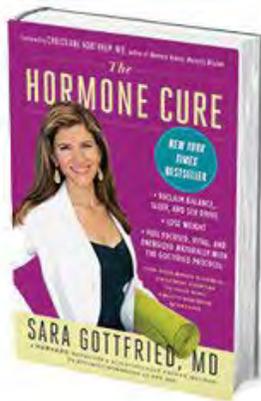
**“Why is it so hard to get my body  
into balance?”**

# Your Hormone Toolkit

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It took me a while to understand that my symptoms weren't the problem. They were just messages from my body's attempt to survive my crazy lifestyle as a working mom, pulled in many directions, like many of you (whether you have kids or not).

It was only when I learned to address the ROOT CAUSE of these symptoms that I was able to balance my hormones, shed the excess weight, and feel at home in my body again. Since then, I've made it my mission to share this work with others, so that you too can feel slim, sexy and vital from cells to soul.



I wrote my New York Times bestselling book, **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.

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.

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 whole new protocol —and ladies, this book 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. In fact, [buy it right now](#) on Amazon, and I'll shower you with all kinds of awesome gifts! Go to [www.thehormonecurebook.com](http://www.thehormonecurebook.com).

## *Your Hormone Toolkit*

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

I'm thrilled to be your partner & guide, from age 18 to 108.

“Luxury is not a necessity to me, but beautiful and good things are.”

— Anaïs Nin

Once you work through the steps in my Hormone Toolkit, I'd love to hear from you! [Leave a comment on Facebook](#) to let me know how it's going. And if you haven't already, be sure to pick up your copy of my New York Times bestselling book, *The Hormone Cure* – along with some very special bonuses – [HERE](#).

To your best health,



*Dr. Sara*

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# Step 1: QUIZ: What You Measure Improves

I designed my Hormone Quiz to give you a snapshot of which of your hormones are out of balance – so you can start taking steps to feel at home in your body again. It's a shorter version of what I offer to women in my integrative medical practice.

To take the online quiz, go to:

<http://thehormonecurebook.com/quiz/>

If you want to dive deeper, the full version of this quiz is in my book, [The Hormone Cure](#), and you'll find a list of my top 12 recommended hormone tests in this guide.



# Step 2: EAT: Fix Your Hormones with a Fork

Are you successful in resetting some of your hormones, but not others? I get it. I joke sometimes that I've had every hormone imbalance a woman can have, and I've also reset my hormones – some fast, some rather slowly. Among the smart people who work with me online or in my integrative medical practice, many struggle to get their thyroid hormones fixed, or their estrogen back in balance. But certain hormones are trickier to wrangle, like insulin, leptin, and that rascal, cortisol, the main stress hormone.

Short version: the best way to reset your hormones efficiently and permanently is with what you put on your fork.

Why? Because the latest synthesis of nutrigenomics, epidemiology, and endocrinology – a totally hot new field called **nutritional endocrinology** – tells us the importance of food first. Food and drink are information for your body, and we want to make sure you're conveying the right information.

Here's how to do it.



**1. Inhale the Kale.** When you cut kale in your kitchen and inhale the aroma, the innate intelligence of your body produces and releases exactly the right enzymes to digest the kale. This process ensures that you extract every morsel of nutrient-dense goodness from the kale once you smell, taste, chew, and savor it. When I realized this fact, I had to take a cold, hard look at how I was eating kale. Five years ago, I grew it in my organic garden and cut it myself, which releases the strongest scent – now I live on a hillside with no garden, and I often grab organic kale at the grocery store in a mad dash to pick up the kids at school. We need to slow it down. Rinse your kale at home, in your kitchen, like you would a precious tea from the Dalai Lama. Pay particular attention to the fragrance as you prepare the kale (or other greens) for your fork. Taking three slow, deep, steady breaths before eating kale has been shown to lower your cortisol (the main stress hormone) and improves digestion.

**2. Cut the GMO.** Genetically modified (GM) food appears to suppress fertility, probably by raising testosterone in females and raising estrogen in males. Among agricultural staff who work with GM foods, there are higher rates of miscarriage. While we lack rigorous data showing the adverse hormonal effects of GM foods on humans, I believe we need to apply the “Precautionary Principle,” which means *GM foods are guilty until proven otherwise* and do not belong on your fork. The solution that balances your hormones? Eat organic, or at the very least, non-GMO.

**3. Fire Up the Fiber.** Increased fiber intake has been shown to reduce cortisol (the main stress hormone), stabilize insulin and blood sugar, and lower bad estrogens (which may reduce your risk of breast cancer). Regardless of age, I recommend that women consume 35 to 45 grams of fiber per day as part of a healthy food plan; men should consume slightly more than this. To compare, most women only consume about 13 grams of fiber per day. I recommend a combination of eating fiber-rich foods – such as vegetables, fruit, chia seeds and flax seeds – and [taking a fiber supplement](#). But beware: increase your fiber intake *slowly*, by no more than 5 grams per day. Going faster may cause gas, bloating, and even constipation.



**4. Eschew Conventional Meat.** There are many reasons to purchase grass-fed, organic meat – instead of whatever you happen to find on sale in your local grocery store. Let’s take beef, for example. The average cow in the U.S. gets 6 or more growth hormones and steroids, which make you fat and raise insulin (the main fat-storage hormone). Conventional red meat consumption has also been shown to raise your risk of Type 2 Diabetes, according to the results of a new Harvard study that investigated the eating habits of nearly 150,000 U.S. adults over four years. While the data on organic and grass-fed meat isn’t conclusive, it’s a much safer bet for your health and hormones.

**5. Slurp the Oyster.** Oysters are rich in zinc, which raises testosterone (one of the most important sex hormones). Napa cabbage is another option.

- 6. Diversify Your Microbiome.** Your gut bacteria play a large role in whether you are fat or thin. They control how you respond to the food you eat: whether you store it as fat or use it as fuel. To turn on your “skinny bacteria” and turn off your “fat bacteria,” eat more probiotic-rich foods, such as: organic miso, sauerkraut, and kim chi. I also recommend [taking a probiotic](#). I recommend getting somewhere between 15 and 50 billion CFU per day, which is a large dose. Work with your doctor to make sure the dose is right for you. Similar to fiber, many people need to start low, such as less than 5 billion CFU per day, and gradually work up to avoid the “die off” reaction (makes you feel achey, tired – like you have the flu), diarrhea, or other abdominal issues.
- 7. Pass the Cheese.** Dairy and conventional cheese often cause food intolerance to casein, the main milk protein. If you are sensitive to casein, like I am, you want to avoid it because intolerance raises cortisol and contributes to leaky gut syndrome.
- 8. Sprinkle Turmeric.** For those of us who are chronically stressed, turmeric is the just what the Doctor ordered. It’s the most potent anti-inflammatory in the world and can calm down the battles that happen in the gut, so that you can absorb and assimilate the food you need to build your happy hormones.
- 9. Restrain the Grains.** If you struggle with your weight, have sugar cravings or know already that you are one of the half of Americans with diabetes (diabetes or prediabetes), you need to nix the grains on your fork. We eat too many refined carbohydrates, and grains often can cause hormonal havoc – more stress, higher cortisol levels, lower sex hormones (such as testosterone). Focus instead on low-starch vegetables and clean protein, eaten slowly and mindfully. After a period of reset, many people can add back grains but focus on the slow-burning types, especially sprouted grains that do not contain gluten.
- 10. Make Your Liver Dandy.** Between 30 and 50% of Americans have “Acute Fatty Liver,” which leads to problems with how you utilize hormones in the body since your liver is like a traffic cop for hormones. What helps? Avoid fructose, sugar, sugar substitutes. Focus on getting liver detoxifiers such as beets or dandelion leaves, or make a tea.

There are many other ways to upgrade your hormones, but the priority is to choose your food carefully based on your hormonal issues and to eat it mindfully. If you’re not sure which hormones are out of whack, start with cortisol because it pulls the other hormones offline and must be addressed first when resetting your hormonal harmony.

## Step 3: DRINK: How Alcohol Mucks with Hormones

Do you struggle with energy, sugar cravings, or weight gain?

If so, there are **many important reasons to limit** (and periodically *to avoid*) **coffee and alcohol, especially if you're female.**

**I recommend taking inventory of the two most commonly consumed psychoactive substances**— particularly those who are crazy busy, and you know who you are (takes one to know one!) – because you're more likely to **suffer from a cortisol, progesterone, or estrogen imbalance**, which may heighten your **risk for breast cancer, memory loss, and depression** (I discuss my reasoning in depth in [The Hormone Cure](#)). Yet, I realize that for many people — myself included — completely cutting caffeine and alcohol from our lives may feel unrealistic.



**I am often asked if there are healthy sources of caffeine or alcohol.** You may not like my response, as it's my sacred duty to hold you accountable for the addictions in your life. When I was flying from New York to San Francisco last week, I heard a great **definition of addiction:** it's when you keep doing something in **the face of mounting consequences.** Coffee and alcohol? Highly addictive, especially if your chronically stressed and/or have a genetic predisposition.

**The truth: there isn't a miracle drink** that can deliver substantial quantities of these substances to your system without some negative side effects.

**There are, however, beverages that contain lower concentrations of alcohol or caffeine and those that supply nutrients instead of toxins or sugars.**

## Get Your Caffeine Fix

There are times when we all could use the extra energy and focus that **caffeine** provides. Below I've ranked some popular caffeinated drinks in terms of their overall impact on your health.

### Worst

- **Energy drinks** often contain as much caffeine as five cups of coffee, and are laden with large amounts of sugar or dangerous artificial sweeteners. Energy drinks also fall under the category of supplements (instead of food), and are therefore unregulated by the USDA. If it looks like battery acid and tastes like battery acid, don't drink it!
- **Conventional coffee**, i.e. nonorganic coffee, made the USDA's "dirty dozen list" of foods with the highest levels of residual pesticides. Add conventional milk (also one of the "dirty dozen") and sugar (a Starbucks Caramel Frappuccino provides a whopping 64 grams!) and you might as well just take a nap. Your body will thank you.

### Better

- **Organic coffee** may be fine in moderation, as long as you don't have trouble sleeping at night, experience anxiety, or feel that you absolutely depend on it to start your day. Try taking a week off from coffee to reset and see how you feel. The harder it is to quit, the more serious your dependency.
- **Organic black and green teas** contain less caffeine than coffee, and green tea in particular has many health benefits, including possible cancer risk reduction.<sup>[1]</sup>

### Best

- **Decaffeinated organic coffee** is the caffeinated beverage I personally enjoy. Decaf coffee still contains a small amount of caffeine; I find it is enough to feel noticeably more alert. My favorite is [Dave Asprey's DecafBulletproof® Upgraded™ Coffee](#).
- **Decaf green tea** might not even belong on a list of caffeinated beverages. Since green tea already has a very low amount of caffeine, the decaffeination process leaves it with virtually none. If you aren't looking for much of a jolt but want the benefits of green tea this is an excellent option.

## How to Drink to Unwind without Coming Undone

When I mentioned [Bulletproof® Upgraded™ Coffee](#) during a recent speech, an audience member asked, **“So, is there a ‘Bulletproof’ alcohol?”** **There isn’t unfortunately, but as long as you stick to three drinks** or less per week, certain alcoholic drinks are better than others.

### Worst

- **Sugary mixed drinks/cocktails** are by far the worst, especially if you are concerned with weight loss. In this department they pack a double punch; the alcohol sidetracks your fat burning mechanisms while the sugar spikes insulin (the hormone that tells your body to store fat).
- **Beer** is on my “black list” because of gluten and carbohydrates. While there are gluten free beers, they’re hard to find, and you’re still feeding you body refined carbohydrates. Studies are continually finding that gluten contributes to far more ailments than celiac disease alone. A gluten-free diet has been shown to reduce inflammation, adiposity, and insulin resistance, which is a major factor in the onset of obesity and type-2 diabetes.<sup>[2]</sup> The good news for beer lovers is that organic gluten-free beer varieties are now widely available, but again – if you have a beer belly, think twice about the carbohydrates.

### Better

- **Organic red wine** is far superior to conventional in terms of pesticide exposure, as grapes are one of the most heavily sprayed fruits, both in the US and France. Fungicides also inhibit the growth of wild strains of yeast that would otherwise live on the skin of the grapes and add complexity to the flavor of the wine as it ferments.

### Best

- **Filtered water.** Not glamorous, but most of us are dehydrated. On a recent trip to the Caribbean, I got a great tip from a plastic surgeon: drink a full glass of filtered water when you go out for drinks with your partner or girlfriends. Go
- **Kombucha** is not going to pack a punch, with approximately 0.5% alcohol per serving, but this delicious fermented mushroom tea is great for parties — or anytime you want to have something bubbly and tasty in your glass without the booze. Kombucha has also been shown to be a powerful detoxifier, antioxidant, and supporter of immune system function. <sup>[3][4][5]</sup>

### Take this Advice with a Lump of Coal...

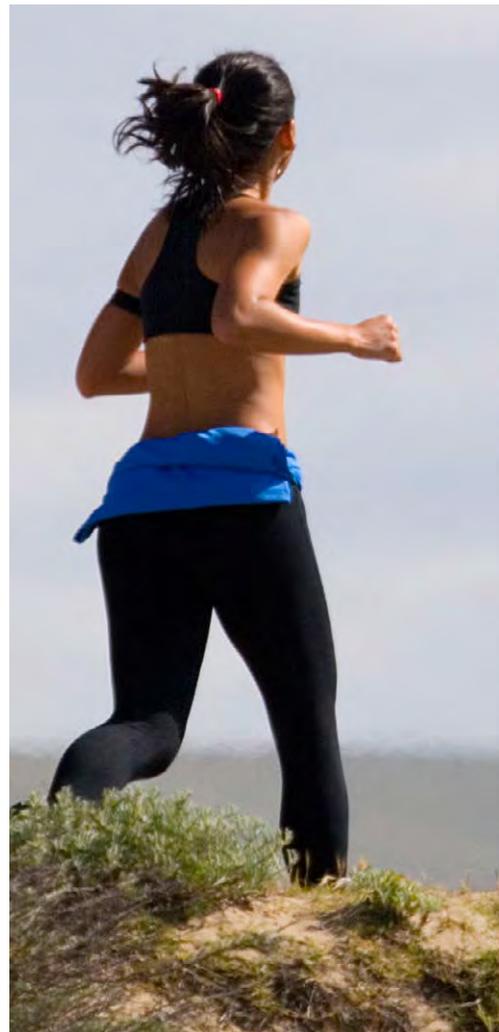
Before you have a drink, **I suggest taking a couple of tablets of activated charcoal.** When a patient is admitted to the ER for a drug or alcohol overdose, doctors administer activated charcoal to absorb and filter the toxins in their stomach. It's not a miracle fix, or an excuse to drink more than three drinks, but it does give your liver a little boost.

#### ***Now it's your turn.***

When you're trying to boost your energy, or enjoy the holidays without feeling deprived, **what do you drink?**

My online clients tell me daily that when they kick alcohol and/or caffeine to the curb in my Detox, they sleep another 30 to 60 minutes each night, and their energy is more consistent. **Is that true for you?**

**What if you committed to drinking a glass of filtered water at each party or night out, before indulging in alcohol?**



<sup>[1]</sup><http://www.ncbi.nlm.nih.gov/pubmed/24283885>

<sup>[2]</sup><http://www.ncbi.nlm.nih.gov/pubmed/23253599>

<sup>[3]</sup><http://www.ncbi.nlm.nih.gov/pubmed/24192111>

<sup>[4]</sup><http://www.ncbi.nlm.nih.gov/pubmed/23907022>

<sup>[5]</sup><http://www.ncbi.nlm.nih.gov/pubmed/24023583>

## Step 4: TEST: Dr. Sara's Top 12 Hormone Tests

***“Dr. Sara, I feel like CRAP! I bet my hormones are out of whack and that’s why I feel so lousy. What should I do first?”***

This is a question I’ve been asked thousands of times, both in my integrative medical practice and from my online community. Let’s face it: Taking the first step to correcting a suspected hormonal imbalance can be confusing.

Is it a new diet?  
A shiny new supplement?  
Different exercise?

The answer is D: *None of the above.*

If you want to go from out of whack to back on track, here’s my little secret: You can’t start improving something until you know where you stand. Before you tackle treatment, I always recommend a test (or two).

We’ve all heard the saying that “what you measure improves.” In my experience, this is absolutely true when it comes to your health and hormones. You need a great baseline for yourself, and even if you’re feeling great - document what that looks like hormonally.

That’s why I’m sharing with you the list of the tests I most commonly encourage my patients and online clients to obtain. Once you get your test results, you’ll know which hormones need the most TLC, and which ones are doing just fine.

These tests are listed in rank order - most important to less important (although all of them will provide you with valuable insight) . . .

### **1. Get Your Doc to Order a Blood Panel**

Blood tests speak the language of conventional physicians, so I typically start with blood to build a bridge.

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Ask your doctor to order:

- Thyroid tests — but not the usual standard-issue tests. Request: TSH, free T3, free T4, and reverse T3
- Check those adrenals: Measure cortisol first thing in the morning, free and total testosterone, and DHEA. Also get progesterone on day 21-23 (if you're cycling), fasting insulin and glucose, IGF-1 (growth hormone) and glucose.
- The list is longer if you're an overachiever like me!  
Go to <http://thehormonecurebook.com/tests>

## 2. You Can Also Order Your Own Tests!

If your doctor won't order the above blood tests, order them yourself from [www.CanaryClub.org](http://www.CanaryClub.org) or [www.MyMedLab.com](http://www.MyMedLab.com). I especially like Canary Club's blood spot test because the thyroid hormones are very stable. If you can afford it, I recommend the Advanced Plus Hormone Profile.

## 3. Is It Time for an Oil Change?

I recommend the Omega-6/Omega-3 ratio, which costs about \$150 and is offered from Metagenics. You can also get this done as part of the NutrEval test (#5 below). If you are overweight and can't seem to lose the fat, order this test. If you are having new symptoms of ADD in perimenopause, get this test. If you wonder how all those fish oil supplements are working for you, get 'er done. Omega 3s are one of the most proven supplements we have, but most people don't optimize their level.

## 4. Complete Hormone Profile

If your doctor is the more open-minded type, I recommend the [Complete Hormones Genova test](#). It will tell you about your adrenals, both short-and long-term, and inform you of your estrogen metabolism.

## 5. NutrEval

For those of you who really love to measure everything, and want to know where your nutritional deficiencies are...consider your prayers answered with the [NutrEval FMV](#). The cost is reasonable for people with insurance who qualify for Genova's Pay Assured program at \$169. Add on Vitamin D for \$5.

## 6. Mercury

I commonly see women and men with fatigue, hair loss, weight gain, low sex drive and underperforming thyroids. I encourage them to test for mercury from [Mercout.com](#).

## 7. Telomeres

For those soul sisters and brothers who delight in quantifying biological age, the best marker is your telomeres, the cute little caps on your chromosomes that keep your chromes from unraveling and are similar to shoelace caps. Get those telomeres tested at [www.Spectracell.com](http://www.Spectracell.com)

## 8. Neuroendocrine Panel

For women in perimenopause and men with “Grumpy Old Man” Syndrome — both of you may be facing more stress, irritability, waning libido and focus. Stop blaming yourself and order one of my favorite tests: the Neuroendocrine 3 panel (9505) from [Neuroscience](#). This tests looks at the intersection of your hormones with your neurotransmitters. It’s very satisfying, and it generates a personalized amino-acid balancing protocol. This test is excellent for women and men trying to get off antidepressants, sleeping pills, or anxiety medication.

## 9. Pathway Fit

The [Pathway Fit test](#) provides a personalized look into your genetic code. It analyzes your metabolism, eating habits, and the way your body responds to exercise. The test, along with a lifestyle questionnaire, tells you how to optimize your diet, workouts and lifestyle for a strong metabolism. Talk about a tailored weight loss plan!

## 10. Genova’s Menopause Plus

The Menopause Plus test by [Genova Diagnostics](#) will test your melatonin and cortisol levels, as well as your estrogen and progesterone. What I like about this test is that it tests your estrogen and progesterone over three days for a more accurate result.

## 11. You Want to Test My WHAT?

I know, I know. But I’d never ask you to do something I haven’t done myself. Yes, I’ve done THREE of these, my friends guys. Here’s a [sample](#) for your review. You need to know if there are bag bugs hiding in your gut, like party crashers, making you fat and jonesin’ for carbs. Not all tests are created equal. The best test is by Doctor’s Data.

### **12. Finally, Let's Examine Your Mind. GENOMIND.**

Let's face it: your mind is the main reason you're stuck in hormonal purgatory. When you understand how the genes your parents gave you set you up for certain behaviors and nutritional needs, it can make all the difference in the world (in fact, I'm writing a book about that!). I find that one test is super helpful for patients in my practice: Ask your doctor to order one of these puppies for you. <https://www.genomind.com/>

### **How to Proceed**

These tests are Step 4 of an important process: Figuring out the root cause of your health issues. Once you know the area that is causing the most harm and start to treat it, you'll be amazed at how the rest of your hormones and health get back into balance too.

The secret sauce to measure, manage, and improve your hormonal equilibrium is this:

Use these tests to help you proceed in a meaningful way — taking into account your values, genetic tendencies, current health, lifestyle, and blind spots. Use these numbers for motivation, because you now have the information you need to reclaim your vitality. Share this list with every person you love, so they can get a taste of what's possible with testing.



# Step 5: CHILL: Carry the Repair in Your Purse

Last fall, I was on book tour for my bestselling book, [The Hormone Cure](#), (just go ahead and buy it on Amazon, OK?), and I was asked for my secret sauce — how do I cut through the noise to achieve hormone balance? I was last asked this question in Seattle by a woman seated next to my on my practitioner dinner lecture tour. It made me realize that we're all trying to figure out how to accomplish a lot without becoming road kill. I thought about her question for a moment, and then saw my purse.

*My secret sauce is contained in that purse!*

Here's a quick tour of my purse, and how you can balance your hormones with small essentials that are easy to carry. At a recent speaking event, a participant asked me if I could sell the whole purse! Hilarious! We're working on it!

**1. Hit the Reset Button Each Morning.** How can you balance your hormones fast? Pull out a packet – which contains my multivitamin, omega 3s, and resveratrol. They are designed to reset your hormonal Charlie's Angels – cortisol, estrogen, and thyroid. [Order here.](#)

**2. The Antidote to Overgiving!** Women are wired to over provide. We give until we drop. The women who need self-care the most don't get it. What can we do about that? Take Tiara Time™. Carry a tiara in your purse and whip it out when your family needs to know that it's time for self care. Take 15 min four times per week to take a hot bath, or drop into a quick yin yoga pose [like this one.](#)

**3. iPhone It in.** Technology is a major source of stress because we're constantly checking our phone and texts, but it can also be your salvation. Here are two apps that I love and use regularly to de-stress: GPS for the Soul and iPromise.

- GPS for the Soul measures your HRV with the camera on your iPhone – HRV is Heart Rate Variability, a measure of the time between each heart beat and an indicator of resilience. The app utilizes Heart Math technology, which is proven to reset cortisol and DHEA. [Here's the link](#) to download for free.
- One of the best differentiators between a woman who feels empowered and vital, versus overwhelmed and cranky, is a spiritual practice. But don't worry because I define that broadly and keep it to 7 minutes or less! iPromise is an app from yogi Mark Whitwell, and it's a seven minute practice. I feel like it's what yoga is truly about. [Check it out.](#)

### 4. Supplements to Have at the Ready?

- Carbfest, anyone? I carry CarbXZyme from Designs for Health.
- Cranky or stressed out? I believe that pharmaceuticals are not a cure. But there is a supplement that can have a dramatic instant effect. What is it? Phosphatidyl serine, a supplement that I keep in my purse.
- Prevent the collateral damage. I carry a small pill container of activated charcoal with me for when I drink alcohol or eat food of unknown quality (conventionally-raised meat, or possibly genetically modified foods). Favorite brands include Bulletproof and Integrative Therapeutics.

**5. Keep Your Besties on Speed Dial.** Once again, that smart phone provides the remedy for a stressful day. The chief of psychiatry famously said that if you're a guy and you want to improve health, be with a woman. If you're a woman and you want to improve health, hang out with your girlfriends. Pick out your best deputies who hold you accountable for taking care of yourself and getting your weekly dose of laughter — and keep them on speed dial for those moments when you want to bark at your spouse or kids. It raises oxytocin to hang with your girlfriends, and it's the best way for women to reset their hormones — oxytocin lowers cortisol and resets estrogen and thyroid.

**6. Shoegasm!** I like to wear beautiful shoes because it raises my oxytocin, the hormone of love, bonding, and intimacy. It doesn't need to be shoes — a set of matching bra and panties also works. Hugging works too, but you need eight per day!

**7. My Favorite Mindfulness Meditation?** Eat dark chocolate. It's proven to lower your cortisol. I keep a small stash in my purse, pop a bite in my mouth, and resist the urge to gobble and chew. I let it melt, and I slowly take in how delicious it is.



# Step 6: DETOX: Do this Twice/Year (Non Negotiable)

When was the last time you felt strong, slim, energized, balanced, and truly at home in your body? Was it a month? 3 years ago? Never?

Far too many women (and men) go through life feeling fat, worn out, overwhelmed, and ashamed about the way they look and feel.

**If you're tired of fad diets that leave you hungry and miserable, medications that don't work, and detoxes that leave you feeling worse** than when you started, then my Detox is the program you've been searching for.

My goal is to make the sacredness of resetting your biology and relationship to food completely affordable, and to fit into your busy life. Hey – I'm a mom, wife, doctor, and yoga teacher – I know what it's like to be crazy busy! Yet that's both the obstacle and the path to feeling better and dancing differently with your hormones.

[Click here to get on the priority list for the next Dr. Sara's Detox.](#) We offer them **twice/year.**

Thousands of people around the world have gone through this program – and now it's your turn . . .



"On Dr. Sara's Detox, I finally lost 15 pounds of super stubborn baby fat. I feel amazing, healthy, and clean. I promised myself to be fit by 40 — Dr. Sara's Detox showed me the way!"

— Anna Esterline, 39 years old (Portland, OR)

## **WARNING: Common Results from Dr. Sara's Detox Include:**

- ✓ Feeling 10 years younger
- ✓ Reducing annoying symptoms like moodiness and feeling stressed out by 56%, according to quantitative surveys (OK, I'm a geek....)
- ✓ Sleeping like a baby, waking up refreshed, and having more energy all day long
- ✓ Discovering that your clothes fit better than they have in years — or are literally falling off of you!
- ✓ Feeling unconditional love and appreciation for the woman (or man) staring back at you in the mirror
- ✓ Losing excess weight — and keeping it off for good
- ✓ Laughing and smiling for no apparent reason
- ✓ Developing a sudden passion for healthy food and recruiting all of your friends and family to do a detox with you.



I've even vetted the safest, healthiest ways to augment your detoxification with supplements



## What's Included In Dr. Sara's Detox Program?

### Exclusive Downloads Pages

Includes Digital Access To Over 150 Pages Of Course Content, Worksheets, Recipes And Guides, And Over 145 Minutes of Video.

### Detailed Instructions for Each Phase of Detox

Video webinar recordings with Dr. Sara tell you everything you need to know.

### Step-by-Step Detox Guides

With daily reminders and insights for an easy, rewarding detox experience.

# Your Hormone Toolkit

## Daily Journal

Track your food, mood, sleep, measurements and other observations during the detox.

## Shopping List & Tips

Dr. Sara's recommended food, supplements, products – plus tips for a detox-friendly shopping experience.

## Detox-Friendly Recipes

Sample recipes for delicious drinks, shakes, meals, and desserts you can enjoy during the program.



## Live Coaching & Community Support



### 3 Q&A Calls with Dr. Sara

Get your questions answered during these 60-minute live coaching calls – spaced throughout the program.

### Downloadable Recordings of the Q&A Calls

Just in case you can't make it to the live calls, or want to listen again at your leisure.

### Access to a Private Facebook Group

Get the support and accountability you need by connecting with women and men who are detoxing with you around the world.

## Email Reminders & Encouragement

Every 2-3 Days You'll Get An Email From Dr. Sara, Explaining Your Next Steps Or Offering Additional Tips And Encouragement To Keep You Motivated Throughout The 30 Days.



## **Surprise Contests & Bonuses**

Special Bonuses Will Be Sent To You Throughout The Program, And Contests Will Offer You A Chance To Win Valuable Prizes For Your Creativity And Engagement!

## **Discount on Dr. Sara's Detox Kit**

The Detox Kit is available for a special price while detox registration is open — a \$31 SAVINGS on the cost of the individual products in the kit! You will be given the option to add this to your order during checkout. Alternatively, you may choose to purchase your preferred brand of detox supplements, shake powder and fiber blend. Please note that we cannot ship the Detox Kits internationally at this time.



“This program incorporates my latest protocols and cutting-edge research to get you results. I’ve designed it to be simple, easy to follow, and fun, so you can keep living your life while you transform your health.

Past participants have reversed insulin resistance, doubled energy, diminished cravings, and lost weight. What will your success story be? I hope you’ll join me to find out!”

— Dr. Sara Gottfried, MD

# **YES, I'M READY TO GET STARTED!**

## **Complete Digital Detox Program**

- 150+ Pages of Life Changing Material
- Video Webinar Recordings To Walk You Through Each Stage of the Program
- Step-by-Step Guides, Shopping List, Recipes, and Worksheets
- 3 Live Q&A Calls with Dr. Sara (Plus Downloadable Recordings)
- Access to a Private Program Facebook Group
- Email Reminders & Encouragement Throughout the Program

## **Fast Action Bonus!**

- First 50 People To Register Get A Bonus Live Q&A Coaching Call With Dr. Sara At The End Of The Program – How to Maintain the Sacredness of Body Awareness

**All For Just \$97**

**GET ME ON THE PRIORITY LIST!**

# **Step 7: UPGRADE: Dr. Sara's Travel Secrets**

How to Navigate Vacations, Business Trips & Other Voyages – Without Gaining 10 Pounds

It's tough enough to stick to a healthy routine at home, but go on a trip and most of our healthy habits fall right out the window, bounce off the airplane wing and disappear into the clouds.

Know what I mean? Fast food becomes acceptable especially when there's no other options, (maybe even genetically modified food even sneaks in, but

you look the other way – after all, you are traveling and the bar is lower), extra doses of high-octane coffee is allowed to combat jet lag, and an unfamiliar bed make it nearly impossible to get a good night's sleep.

Unfortunately, these actions collectively add up to groggy business meetings, weight gain, and vacation pictures that don't exactly feature us at our healthy, glowing best.

Travel is one of the great pleasures in life, and there are some surprisingly easy ways to optimize your out-of-town experience.

Here are the top 12 Dr. Sara-approved strategies for keeping travel — whether for business or pleasure — as healthy as possible. I promise that they are tried-in-true. In fact, I'm writing this guide for you from the Salt Lake City airport after test-driving nearly every strategy below!

## **1. Take Your Supplements**

If you're like most people, you've got a daily routine that includes bathing, brushing your teeth, and maybe a little lip gloss. While a toothbrush is a staple in most suitcases, I know most people rarely think to pack their cache of vitamins and other supplement. If you take a few extra supplements that help balance your hormones (like fish oil, vitamin D, or a probiotic), don't forget to take those on your trip as well!

Especially if you're planning to loosen your dietary rules a little, the extra vitamins and minerals will keep your hormone levels balanced and your mind sharp. My patients for the past 20 years have asked me to make this ridiculously easy, so I created a [multivitamin packet](#) that balances your hormones and is conveniently divided into packets.

Your trip is 5 days? 5 packets.

*Done.*

[Go here to get yours.](#)

## 2. Shop for Activated Charcoal

When I travel, I know that the food quality is not the same as when I'm at home, particularly at airports. There may be GM foods. There may be more alcohol than intended. There will definitely be vegetables and salads that are not 100 percent organic.

For that reason, I take a bottle of activated charcoal.

Want the "why?"

Of course you do!

Activated charcoal is a bit strange in the realm of supplements. You're not taking it to fill a nutritional gap like the many supplements that I recommend in my New York Times bestseller, [The Hormone Cure](#).

### What is activated charcoal?

It's carbonized organic matter — such as coconut shells, peat, or coal — that is designed to soak up potentially harmful toxins or chemicals.

### Why is activated charcoal used?

It's used mostly in emergency rooms to help people who've ingested something they shouldn't have, such as a bottle of sleeping pills. In other words, it's used to soak up potentially harmful or toxic substances.

Activated charcoal can only absorb toxins or chemicals that are still in your stomach and intestines. The charcoal and toxin are then removed from your system when you have a bowel movement.

### When do you take it?

I advise taking it as a capsule prior to eating food of unknown quality or alcohol.

### 3. Pack the Mini Blender (Nutribullet, in my case) and Shake Powder!

Another travel essential, especially when you're traveling for business (and there's less time for the slow meal), is your mini blender and shake powder.

Here's what I do. I take my Nutribullet with my protein powder and fiber individually packed as serving sizes in zip lock baggies (2 scoops of protein powder plus 2 scoops of fiber in each bag). I start each day with a shake, which stabilizes my blood sugar all day, and helps me make wise nutritional choices.

[Get my shake here.](#)

It's delicious: I promise! I'm a shake snob, and drink it every day!

[Buy your fiber here.](#)

I purchased my Nutribullet on [Amazon](#).

### 4. Success Rewards the Planner: Bring the Protein + Snacks

Here are my top three easy-to-pack protein snacks.

- **Prepackaged nuts.** Have you ever had the experience of a bowl of nuts disappearing on you while you were mindlessly snacking? We've all been there. It's easier if you plan the right serving size. I bring small stainless steel containers with 20 soaked and dehydrated (super crunchy) raw almonds! Go to [www.thehormonecurebook.com/recipes](http://www.thehormonecurebook.com/recipes) for my favorite protein snacks including a yummy ghee, almond, rosemary, and macadamia mix.
- **Sardines.** These are not your father's sardines! I take either Crown Prince or Matiz with me.
- **Canned or bagged wild-caught salmon.** Make sure there's no BPA! Make it easier by ordering [my package of wild Alaskan salmon](#) at a deep discount!

## 5. Stainless Steel Water Bottle

I cannot say enough good things about packing your own stainless steel water bottle when you travel, but here are a few of my top reasons:

- Hydration is key for healthy skin and happy cells. The pressurized air in airplanes has an extremely low humidity point, so drinking lots of water during your flight (not alcohol) will help you feel less blah and more ta da! when you de-plane.
- You'll save money: Bottled water in airports and hotels is notoriously expensive. Beat the system!
- It's green! Plastic water bottles are serious issue for the environment.

Reduce your carbon footprint by reusing your H2O receptacle; just make

sure it's BPA free. My favorites are durable metal bottles with funky graphics — that is, stainless steel. They don't break and they don't disrupt your normal hormone balance.

## 6. Track Your Travel

Let's face it: when you're traveling you're often too exhausted to consider hitting the hotel gym. Instead, focus on increasing your steps and set a goal! I aim for 12,000 steps a day, and it's surprisingly easy to hit that goal especially when schlepping around airports to catch connecting flights. Take a walk around the airport during your layover, go on a hike instead of hanging out in your hotel, or walk to nearby destinations instead of taking a taxi. I recommend using a tracking device such as the [Up by Jawbone](#), the [Nike+ Fuelband](#), or the [FitBit](#) — but you can also use a regular pedometer.

## 7. Get Your Pound of Vegetables!

I recommend that my clients eat one pound of vegetables per day, and I guarantee that you will prevent constipation and feel more energized if you hold the line.

Pack sliced veggies and hummus – and always order the salad first on a menu. Low-glycemic vegetables will keep your blood sugar stable, help your cells retain water, and keep you feeling full longer than the high carb options you find while traveling.



### 8. Eat Regular, Nourishing Meals & Snacks Throughout the Day

Don't let your blood sugar get low, as you are more likely to overeat when this happens. Your internal schedule may be a little bit off, but eating meals at normal times can help get you back into a normal eating and sleeping pattern. Don't fall prey to the coffee and pastry breakfasts offered at hotels and conferences; if you can, try to eat produce and protein at every meal.

Pack your homemade trail mix, berries, coconut water, and dark chocolate.

Here are my favorite swaps:

- Choose black or green tea for coffee.
- Try substituting a couple of pieces of 80%+ dark chocolate instead of over-indulging in sweets. Dark chocolate helps lower cortisol, improves insulin sensitivity, and is loaded with antioxidants.
- Substitute sparkling water with lemon or lime for soda or alcohol.



### 9. Sleep Your Way to the Top

If you want to “win” your vacation or business meeting, you can't do it without a rejuvenating night of sleep backing you up. Whether you're defeating jet lag or staying sharp for a high-level meeting, sleep is crucial element in everything from mental acuity to metabolism.

Not getting enough sleep lowers your insulin sensitivity (cue the sugar cravings), raises your cortisol levels, and slows down your thyroid. That means sluggishness and brain fog during the day, but over time a pattern of poor sleep can lead to weight gain and an increased risk of heart disease and diabetes. I suggest [melatonin](#) – not sleeping pills – as a natural sleep aid that helps with jet-lag and eases falling and staying asleep.

### 10. Make Your Smartphone Your Friend

Use your smartphone to help manage the stress of travel. I know my own cortisol levels skyrocket when I'm rushed before a trip, so here are my smartphone strategies to make travel just a little smoother:

- Take photos of your credit cards, passports, and prescriptions. If your luggage is lost or your wallet stolen, you'll have all the important info still stored in your phone.

## Your Hormone Toolkit

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- Download several inspirational books on tape for the plane or beach—this will cut down on heavy tomes weighing down your carry-on. What's on my nightstand? [Grain Brain by Dr. David Perlmutter](#).
- Download the free [Inner Balance app](#) for on-the-go stress reduction. Guided meditation, color and music therapy, and calming reminders help me keep my cool at the airport and on the plane.

### 11. Go Shopping upon Arrival

No one says you have to eat out every meal while you travel. Look for the closest health food or grocery store, and buy enough healthy snacks or even meal ingredients to last for the duration of your trip. I always make sure that my hotel rooms have at a minimum a mini fridge, and at best a kitchenette. Not only is it more cost effective, but exploring new grocery stores and farmers markets is one of my favorite ways to get acquainted with a new city, and add steps to your pedometer!



### 12. Sweat a Little (or a LOT!)

If you're going to travel a week or longer, you'll want to incorporate some fitness into your trip. I love early morning runs through new neighborhoods, but I'm also a big fan of hotel room yoga or resistance band sessions. I pull up a few [YouTube videos](#) of my favorite instructors and get to it. If you're feeling adventurous, you could sign up for a local class, whether it's yoga, boot camp, or CrossFit. I also take Jillian Michaels with me on my iPad, especially her 20-minute workout.

### Final BONUS: Pack Smart

What's in your suitcase? It could make the difference between a grand adventure and great flop. There are a few travel essentials that will keep you healthy and happy during your trip. Below is a list of must-haves for up-leveling your immunity while on the road:

- Sunscreen. My favorite is organic from Alba or Eminence.
- Benadryl for allergies or nausea
- Antibiotic ointment
- Pain relievers, such as arnica, or ibuprofen
- Hand sanitizer (works way better than regular hand washing!)

## Step 8: GIFT: A Hormone Balancing Gift For You

Congratulations! If you've made it this far, chances are you are starting to feel stronger, slimmer, and more like yourself than you have in years.

I am always looking for ways to help you on your journey to optimum health, so today I have a very special gift for you...

### 20% Off My All-In-One Hormone Balancing Shakes!

Use this special coupon code **HormoneSG2014**

when you place your order.

Gluten-Free – Soy-Free – Dairy-Free – NO Artificial Sweeteners

Available In Both Chocolate And Vanilla Flavors

Learn More And Order Here:

<http://www.saragottfriedmd.com/hormone-shakes>

Coupon good on Hormone Balancing All-in-One Shake purchases only.

Not valid on combination packages.

May not be applied toward previously placed orders.

Expires 6/1/2014



## ENJOY: Dr. Sara's Hormone Balancing Shake Recipes

### Basic Vanilla Shake

Ingredients:

- 2 scoops [vanilla shake powder](#)
- 1/3 cup frozen blueberries
- Filtered water or almond milk to desired taste/consistency
- Handful of ice cubes

Blend and enjoy!

### Chocolate Green Milkshake

Ingredients:

- 2 scoops [chocolate shake powder](#)
- 2 scoops [fiber blend](#)
- 1/3 cup frozen blueberries
- 2 handfuls chopped kale or spinach
- 1 tablespoon cacao nibs
- Filtered water or coconut milk to desired taste/consistency
- Handful of ice cubes

Blend and enjoy!



# ABOUT: Dr. Sara Gottfried, MD



Dr. Sara Gottfried, M.D. teaches women how to balance their hormones naturally so they can rock their mission. She is a Harvard-educated physician, speaker and New York Times bestselling author of *The Hormone Cure* (Simon & Schuster, 2013). She is board-certified in Obstetrics and Gynecology, and is regularly featured in magazines such as *Cosmopolitan*, *Glamour*, *Redbook*, *O Magazine*, and *Yoga Journal*, and TV including *The Ricki Lake Show* and *20/20*. Known for quoting Top 40 lyrics and effortlessly blending the seriousness

of women's health with playfulness and humor, Dr. Sara's mission is to help women lose weight, feel great and vital from their cells to their soul. Learn more at [www.saragottfriedmd.com](http://www.saragottfriedmd.com)

## **BONUS!**

# **DR. SARA EXPERT INTERVIEWS**

### **DR. DANIEL AMEN:**

The Female Brain



Click the image above to listen,  
or visit: <http://instantteleseminar.com/?eventid=41123658>



### **GIGI SAGE:**

3 Ways To Transform Your  
Relationships With Men –  
At Home, At Work, And Beyond

Click the image to listen, or visit:  
<http://instantteleseminar.com/?eventid=48439281>

## *Your Hormone Toolkit*

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### **DR. MARK HYMAN:**

Sugar, Sugar, Sugar



Click the image above to listen, or visit:

<http://instantteleseminar.com/?eventid=41727954>

### **HALLMARK CHANNEL:**

The Hormone that's Pulling You Out of Balance  
+ 3 Ways to Rebalance & Lose the "Pizza Dough"



Click the image above to watch, or visit:

<https://www.youtube.com/watch?v=QwtdqUd02qY#t=78>

# READ: The Hormone Cure Paperback

Did you buy my book yet? I added nearly 50 pages of new content for women of all ages – those who are trying to get pregnant or are pregnant, or are trying to lose the baby fat; women how are in menopause and can't figure out what to do next to fix their thyroid, memory, or belly fat; women who've just survived breast cancer and realize their hormones need an overall... all of you will find a home in the [brand new version of the book!](#) Here's few more wise comments about it, to push you over the fence and [buy it now...](#)

### From Booklist

Gottfried, a beautiful Harvard Medical School graduate, board-certified gynecologist, and yoga teacher, looks like an advertisement for healthy living and convincingly pushes women to make lifestyle changes rather than immediately asking for conventional prescription drugs to treat problems such as depression. To make her points, she cites studies. Otherwise, she is careful to insert “in my opinion.” For example, she does not like the form of progesterone sold as Provera, because she believes it causes “terrible mood problems” and “removes sex drive in both men and women.” Occasionally, she words her sentences too casually: “Estrogen is actually a group of sex hormones responsible for keeping women juicy, joyous, and jonesin’ for sex.” Goodness. And some of her advice may seem too hard to live by. Still, most of her tips are solid and helpful: break a larger goal into smaller ones, eat like your great-grandparents, cut out white foods, and move more. A glossary of terms and several appendixes should help anyone who wants to understand hormones and the female body. A valuable title for any middle-aged woman.

(Karen Springen)

“*The Hormone Cure* is a breakthrough hormone guide—entertaining, persuasive, hilarious. I’ve not seen this content anywhere! Get to the root of your issues: low energy, fatigue, low sex drive, anxiety, weight gain. This book is gold.”

(Marci Shimoff, author of *Love for No Reason*)



## *Your Hormone Toolkit*

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“*The Hormone Cure* is the playbook for your mojo, your mind, and your bootie. With every chapter I thought, “So THAT’s how that works.” I wanted to call every girlfriend and give them the goods on how to glow...now and always”

(Danielle LaPorte, author of *The Fire Starter Sessions*)

“Never before have I read a book and shouted, ‘Oh my God, that’s ME!’ Managing hormones is the most important issue of women my age. I don’t just want to read Sara Gottfried, I want her to be my doctor, my friend, and my sister.

(Ayelet Waldman, author of *Red Hook Road* and *Bad Mother*)

“A cogent, hilarious, wise explanation about why women feel the way they do at different times in their cycles—and sensible advice, too. Dr. Gottfried is Dr. Weil and Dr. Northrup’s love child—part of the new conversation about hormones.”

(Adair Lara, author of *Naked, Drunk, and Writing*)

“Gottfried is a rare breed of physician who can discuss both progesterone replacement and the power of chanting. Her engaging and well-researched book offers women an excellent resource for the wild ride from peri to menopause.”

(Daphne Miller, MD, author of *The Jungle Effect: Healthiest Diets from Around the World*)

“This wonderful book transforms how we approach women’s health issues, and will help you understand how to achieve hormonal equilibrium if you suffer from fatigue, depression and other endocrine-based neuropsychiatric symptoms.”

(Jay Lombard, DO, author of *Balance your Brain, Balance your Life*)

“If I could recommend just one book to women about hormones and perimenopause, *The Hormone Cure* would be it. Dr. Sara Gottfried is a genius, compassionate and wise, not to mention a first-class writer. Read this book!”

(Jonny Bowden, Nutritionist and author of *Living Low Carb*)

“Dr. Sara is smart, she’s hip, and yet she’s pure Harvard! Learn how to make your hormones hum. Run, don’t walk, to buy this book—for yourself and your friends. The life you save may be your own.”

(Hyla Cass, MD, author of *8 Weeks to Vibrant Health*)

“A magnificent book! Every woman needs to read it, and every doctor.”

(Louann Brizendine, MD, Author, *The Female Brain and The Male Brain*)

## *Your Hormone Toolkit*

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“Don’t accept the hormonal hell of being tired, stressed, fat, never in the mood for sex. Dr. Gottfried gives you an effective, easy-to-follow plan to balance your hormones and become lean and energetic. Stop settling, reclaim your sexy!”

(JJ Virgin, author of *Six Weeks to Sleeveless and Sexy*)

“Occasionally a book comes along that’s perfect for its time—on topic, written with authority. Such is the book by Sara Gottfried, MD. It is a definitive integration of safe and effective approaches to the management of menopause.”

(Jeffrey Bland, PhD, author of *The 20 Day Rejuvenation Diet Program*)

“Thoughtful, poignant and devilishly irreverent, *The Hormone Cure* is the book you need for lasting health from head to toe. Dr. Sara turns your hormones into allies that create the life you want to live. Women, get this book!”

(Jamie Dougherty, Integrative Health Coach and Official Nutritionist/  
Wellness Coach for Clif Bar)

“How many years did I suffer in hormone hell? If I only I had Sara’s wisdom sooner. This book is going to help save the world—because too many women’s gifts are smothered by hormone imbalances, preventing us from doing our great work.”

(Jennifer Loudon, author of *The Life Organizer: A Woman’s Guide to a Mindful Year*)

“Dr. Sara is bridging the chasm between the woman who wants to take action to feel better and the encapsulated medical body of knowledge. Dr. Sara hunts the core issues women are wrestling with and answers the essential question: ‘What the hell is wrong with me & what can I do about it?’ I am making this book required reading.”

(Ana T. Forrest, Founder of Forrest Yoga and author of *Fierce Medicine: Breakthrough Practices to Heal the Body*)

“Gottfried takes a comprehensive look at the most common physical and emotional ailments affecting women and explains why a hormone imbalance may be at their root. Her premise is simple: when a woman’s hormones are in sync, she’s a powerhouse, but when they’re out of whack, they wreak havoc on her body and mind. The book is both fun and an informative read [and] Gottfried’s take on the female body is eye-opening and empowering.”

*(Spirituality and Health)*

### **Medical Disclaimer**

Information provided in this document is for informational purposes only. The information is a result of years of practice and experience by Sara Gottfried, MD. However, this information is NOT intended as a substitute for the advice provided by your physician or other healthcare professional, or any information contained on or in any product label or packaging.

Do not use the information provided in this document for diagnosing or treating a health problem or disease, or prescribing medication or other treatment. Always speak with your physician or other healthcare professional before taking any medication or nutritional, herbal or homeopathic supplement, or using any treatment for a health problem. If you have or suspect that you have a medical problem, contact your health care provider promptly. Do not disregard professional medical advice or delay in seeking professional advice because of something you have read in this document.

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