

The GOTTFRIED PROTOCOLS

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Your Condition

HELP ME GET OFF SUGAR (Chocolate, Wine)

Possible Cause(s):
High Cortisol

Step 1 FOOD/LIFESTYLE/ MOVEMENT

1. Eat recommended protein - 0.75 to 1 gram of lean protein per pound of lean body mass.

2. Get regular massages, practice meditation and/or yoga, limit or eliminate caffeine and alcohol - both raise cortisol and drive sugar cravings.

3. Supplements Glutamine 500-1000mg - empty capsule on the tongue when you have a sugar craving.

5-HTP
I recommend you work with a Gottfried-trained practitioner. Follow directions on the bottle. Must NOT be taken with a

prescription antidepressant because of the risk of serotonin syndrome. Typical dose is 50-100mg at night, and twice per day (max 300 mg per day)

Tyrosine 1,000 mg/day

Probiotic - daily

Step 2 BOTANICALS*

Stabilize Cortisol with Rhodiola 200 mg once or twice/day

Step 3 BIOIDENTICAL*

I only recommend steps 1 & 2.

**The Gottfried Protocols are intended as health information and not medical advice. Please consult your doctor before following Step 2 and Step 3 of the Protocols.*