

DR. SARA'S

# HORMONE SURVIVAL GUIDE



# 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.

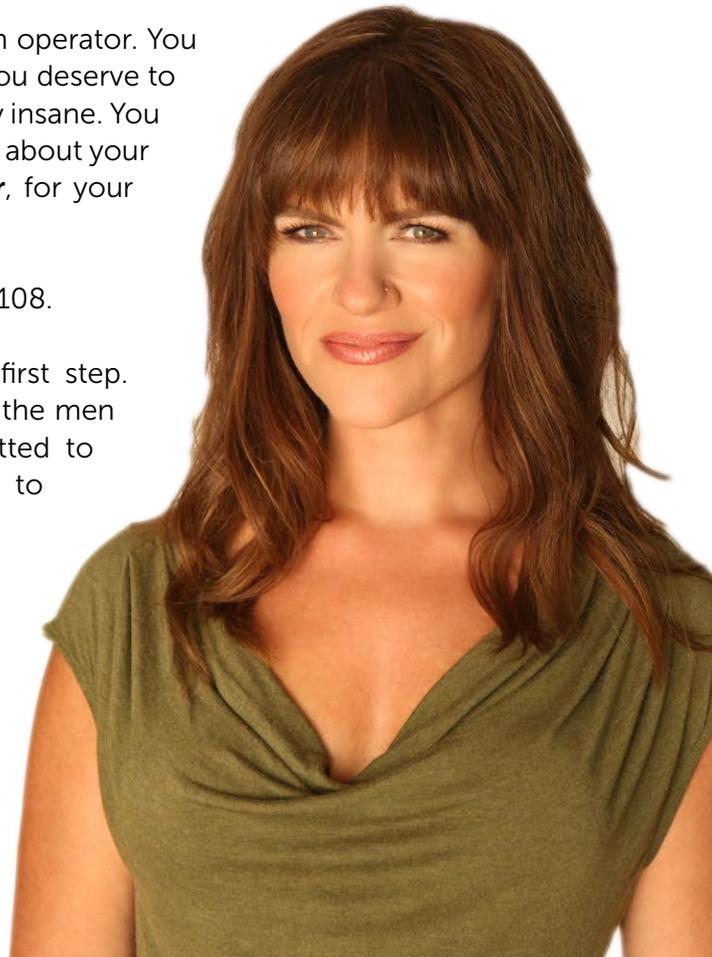
After **20 years** of practice & **20,000 patients**, I've learned a thing or two about the physiological challenges & self-imposed pressures that women and men contend with, every day.

Here's what I know for sure: when it comes to our health, **we need more choices, not less**. I'm here to offer those choices. **Choices** that will ignite your energy, mood, sex drive & metabolism. **Choices** that can change your waistline — and change your worldview. **Choices** that will get you feelin' sexy, slim & balanced — at any age.

You deserve a **body** that simply works — like a smooth operator. You deserve to look at your belly and love what you see. You deserve to lift the lid on your fears and doubts that keep you mildly insane. You deserve grace, confidence, and respect for your beliefs about your body, cell to soul. You deserve a trustworthy **partner**, for your healthcare adventure.

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

By requesting this guide, 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!



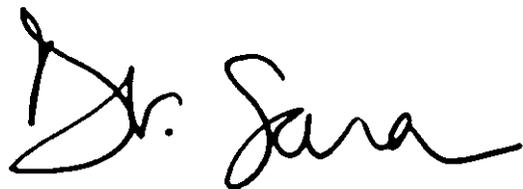
The **Hormone Survival Guide** is what I wish I had found when I was in my thirties and struggling with my cranky mood, muffin top and general fatness, sugar cravings, constipation, tendency to blame others and external circumstances, and perpetual weight gain. I was so frustrated with the long list 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?"

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.

Once you work through the steps in this guide, 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 bestselling book, [The Hormone Cure](#).

To your best health,

A handwritten signature in black ink that reads "Dr. Sara". The signature is written in a cursive, flowing style.

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## Step 1: Take the Hormone Quiz

My Hormone Quiz was designed to give you a snapshot view of which of your hormones are out of balance – so you can start taking steps to feel at home in your body again.

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 10 recommended hormone tests on page 8 of this guide.

## 10 Ways to Reset Your Hormones with Your 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 that 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.

## Top 10 Hormone Tests

*"Dr. Sara, I know my hormones are out of whack and that's why I feel like crap. 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.

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.

### How to Proceed

These tests are Step One 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.

## How to Balance Your Hormones with Your Purse

I'm often 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 me 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? Try my personally formulated [Carb Control.](#)
- 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.

## 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 **HormoneBalance**  
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:

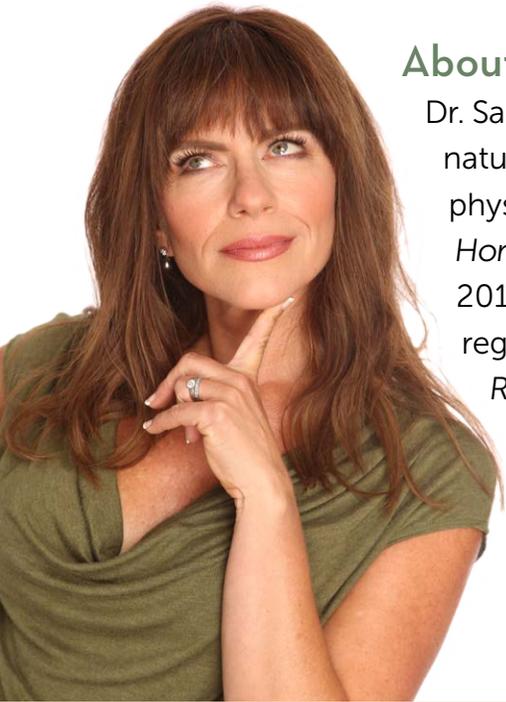
<http://go.hormoneset.com/balancing-shake>

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 12/31/2015



### About Dr. Sara

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* (check out the new paperback from Simon & Schuster, 2014). She is board-certified in Obstetrics and Gynecology, and is regularly featured in magazines such as *Cosmopolitan*, *Glamour*, *Redbook*, *O Magazine*, and *Yoga Journal*. Known for 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 be vital from their cells to their soul. Work with her online by joining her semi-annual detox for 21 days! Learn more at [www.saragottfriedmd.com](http://www.saragottfriedmd.com).

## Medical Disclaimer

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