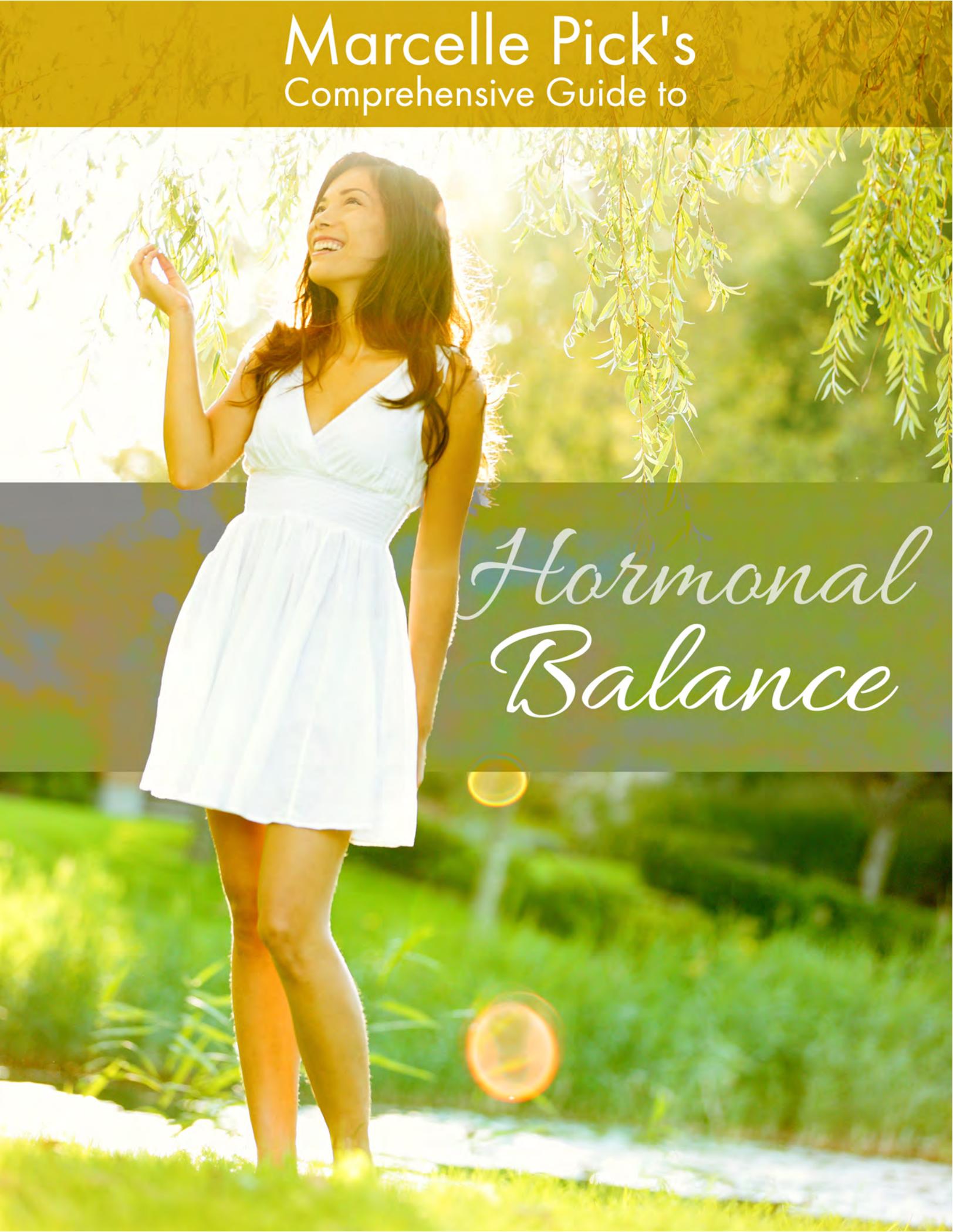


Marcelle Pick's  
Comprehensive Guide to

*Hormonal  
Balance*



Are you ready to feel better? I appreciate that you turned to me for guidance, and I hope this e-book offers you the inspiration you need to take control of your health.

I know you want to feel better, more like yourself. Right now, you may be feeling weak, anxious, fatigued and like your life is beyond your control. I can help get you regain your vitality and vibrancy and let you feel in charge of your life again. Reading this guide is the first step.

I can also offer personal support, myriad resources through my website and newsletter, and an individual regimen of supplements designed to address your specific needs. Start with the information in this guide and contact me if you are interested in a personal consultation to keep you moving on the right path toward your best health.

This guide is filled with information based on over three decades of successfully helping women rebalance their hormones and take their lives back. I've worked with thousands of women who were right where you are now. Your situation is unique to you, and the circumstances leading to hormonal imbalance vary for each woman.

That's why we remind women that discovering what's happening for you takes time and patience and regaining balance can be hard work. Trust me when I say that taking the steps you need to take to get your health – and your life – back is worth every bit of effort you put in.

I always remind my clients that living your best life is a marathon, not a sprint. Your body is crying out for help through the symptoms that you feel. It took a long time for your symptoms to build to crisis level, and it will take time to heal the underlying causes as well, especially when taking a natural approach. And although a prescription might make you feel relief faster, medications won't actually do anything for those root causes – so the moment you stop taking them, your symptoms will return – possibly even worse than before.

If you are ready to make some changes and try a new approach, I can help you. But don't take my word for it – your proof will be in the way you feel!

I appreciate the faith you are showing in my ability to help, by reading and following the suggestions in this guide. I promise that you don't have to do this alone – I'm right here if you need extra support and guidance.

Yours in health,

*Marcelle*



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# A quick look at healing hormonal imbalance

You've taken the first step towards feeling better by picking up this e-book. Healing hormonal imbalance leaves a lot of the decisions in your capable hands. You can choose where to begin, which steps you take, and how quickly you want to tackle your issues. Below are three areas of focus that build the foundation of promoting hormonal balance. These three areas will help you find relief, whether your symptoms are few and mild or widespread and intense.



## High quality nutritional supplements and herbal remedies support balanced hormones

To function at its best, your body needs specific nutrients and minerals. Quality supplements can provide exactly what you need, when you need it. Herbal remedies complement these supplements to give your hormones a boost, helping you quickly feel better.

**QUICK TIP:** Keep an extra dose of MultiEssentials in your pocketbook or lunch bag.



## Eating for healthy hormones: Food is the best medicine

Making healthy choices in both what you eat and what you avoid has a direct impact on your hormones. Eating the right combination of foods – and avoiding some key disruptors - can keep blood sugar levels stable and hormones balanced, which makes a big difference in the way you feel.

What you eat — and what you choose not to eat — dramatically affect both the balance of your hormones and blood sugar levels, two major factors that influence how you feel.

**QUICK TIP:** Protein should be included with every snack and meal. Great options include nuts, yogurt, cheese, or meat (unless dairy is an issue for you).



## Lifestyle changes that make a difference: Exercise, Sleep, Emotional Health and Detoxification

Self-care isn't an option, it's a requirement for healthy hormonal balance. Research indicates that women who live with constant stress exhibit more physical and emotional symptoms of imbalance. Making sure you are tending to your own needs is essential in preventing symptoms and finding relief.

**QUICK TIP:** Sleep is critical. Strive to get eight hours every single night.

## Steps to take right now

Women lead amazingly busy lives these days. There are so many facets to manage: work, relationships with a spouse or partner, tending to children or aging parents, being a supportive friend. At times, it seems impossible to balance it all. But balance may mean stepping back from some areas while focusing on others. The same principle applies to balancing hormones. It may seem overwhelming to think about changing everything all at once – and you don't have to.

To create lasting results, you must approach change slowly and deliberately. I recommend that women take baby steps, and I always suggest starting with nutrition. Adding supplements to your routine is often the easiest to tackle – you don't have to change old habits, just add a new one.

So many women have a “full speed ahead” personality and they want to go all in, making multiple changes to transform their lives. I'm okay with that – as long as it works for you and doesn't add more stress to an already stress-filled life. But it's important that you know that little changes can make a big difference too. Every small step you take gets you one step closer to your end goal, and because you implement one change at a time, you may find it much easier to stick to the plan.

Finding balance in your life is a journey - and you can't heal your hormones overnight. Remember to trust in the process and keep taking small steps forward. You WILL succeed as long as you keep taking baby steps.

## Your first steps towards success

- 1 Add targeted supplements to your routine as soon as possible. Aiding your body with nutritional and herbal support is a key factor in initial healing. You can read more about the importance of supplements later in this book.
- 2 Take a look at my dietary recommendations to discover how your food acts as medicine to support hormonal balance.
- 3 Start a journal to track your successes, both major and minor. Keeping track of where you started – and how much better you feel – is great motivation to continue making changes for a healthy life.

It may seem like the challenges are too big to even begin, but if you start with these three steps, you'll soon have the energy and good health to tackle even bigger changes.



# Monitoring your success

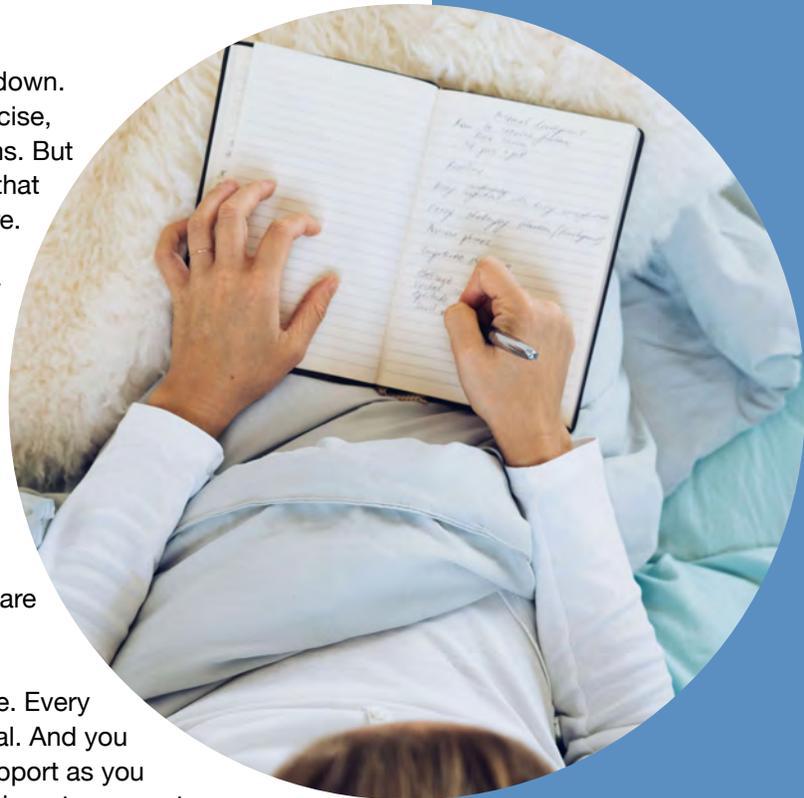
When you take the time to monitor your progress, you will have far more success in achieving hormonal balance. It's all too easy to think you are doing everything right and forget about the "little cheat" you had at lunch or skip exercise for three days without even realizing it.

The best way to track your progress is to write everything down. There are apps you can use to track your food intake, exercise, water consumption, and even your emotions and symptoms. But an old fashioned journal can do the same thing, and I find that writing things by hand helps me reflect on them a little more. Be sure to set aside time each day to make a list of symptoms, write down the steps you are taking, track your nutrition, and keep all of the information that will help you transform your health in one place.

You can also use my Medical Symptoms Questionnaire (MSQ), available on [www.marcellepick.com](http://www.marcellepick.com), to notice improvements that are a result of your hard work and lifestyle changes.

All of the information that you gather can help your healthcare professional guide you in your next steps.

Remember, you don't have to change everything all at once. Every action you take, no matter how tiny, will help your body heal. And you don't have to do it alone. If you are looking for personal support as you make your way down the path to better health, my team is here to support you. Call my office for an appointment or phone consultation. I also have numerous articles and other resources that can help support you on your journey at [www.marcellepick.com](http://www.marcellepick.com).



# Where hormonal imbalance originates

So many of the symptoms that bring women to me are common signs of hormonal imbalance: fatigue, low energy, weight gain, foggy thinking, hot flashes, and irritability among others. And there are many just as concerning, but less well known symptoms too: hair loss, digestive difficulties, even heart palpitations.

All too often, women assume (or even told by trusted medical professionals) that hormonal symptoms are a natural part of being a woman, and there's nothing to be done about them. I couldn't agree less. Balance is absolutely possible – and totally in your personal control. You can feel better, and that begins with understanding and attending to the problems that are behind hormonal imbalance. If you are attentive to creating hormonal balance in your life all the time, you may even avoid the uncomfortable symptoms altogether.

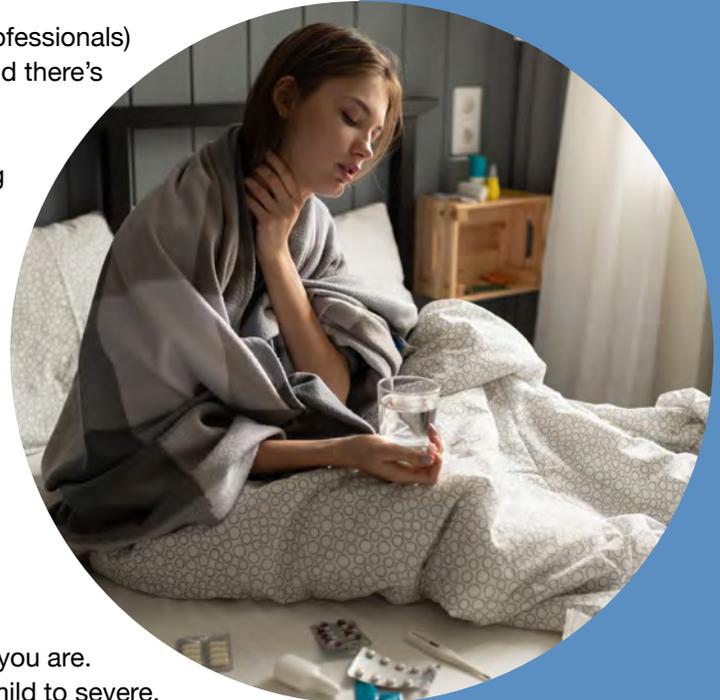
But you are probably reading this because you already have symptoms, which can make it difficult to have the patience required to level out your hormones. When you feel lousy, you just want a quick solution that works. But taking the time to educate yourself on where those symptoms originate can help you follow the right path to good health and relief from hormonal imbalance.

Some fluctuation in sex hormones is normal no matter what age you are. It's the extreme changes that can cause symptoms, ranging for mild to severe. Understanding what causes those more extreme changes is critical.

Your hormones are your body's internal delivery system, carrying chemical messages throughout the body. If these messages get garbled anywhere along the route, you may end up with imbalances in the ratio between estrogen, progesterone, testosterone, and other hormones in your neuroendocrine system. These include imbalances due to PMS and Menopause, but can also be a result of the following:

- Estrogen dominance
- Blood sugar imbalances, including insulin resistance
- PCOS
- Androgen imbalance
- Progesterone deficiency

And that's not all – many hormone imbalances don't have a specific name, but that doesn't mean that your symptoms are any less real or worrisome. You do so many things each and every day that could already be keeping your hormones in an imbalanced state without even realizing it. These are factors you can control, and that can help lead you to more balanced hormones.



# The foundation for balanced hormones in three steps

## 1. Vitamin and Mineral Deficiencies

All of those symptoms I talked about earlier – fatigue, weight gain, irritability and more can be related to deficiencies of specific nutrients. Many women don't know how important certain nutrients are to hormonal balance. You can ensure that you have the nutritional base you need by adding a comprehensive multivitamin/mineral supplement to your daily routine. This will support both healthy metabolism and hormonal balance.

## 2. The Food You Choose To Eat

This bears repeating over and over again: the food you choose to eat has a major effect on hormonal balance. This is because food affects both blood sugar and insulin levels. Eating too much sugar or too many starchy foods can create high blood sugar levels and throw your insulin out of balance. Insulin affects other hormones, since they are in the same feedback loop in the brain, so you may end up with other imbalances as well. If your blood sugar levels are unstable, you could get lightheaded, or have low energy, irritability, and major food cravings.

The way we lead our lives, running from one thing to the next with no break for regular meals, often leads to grabbing convenience foods for a quick boost. But these things – coffee (often sweetened with large amounts of sugar), cookies, muffins or other sweets, and salty potato chips or crackers are a very temporary fix. They might give you an initial boost, but then your blood sugar levels – and your energy levels – crash. This puts additional strain on your body when what it needs is a break – and this can lead to hormonal imbalances.

## 3. How You Respond to Stress

Our lives are filled with stress, which comes in more forms than you may realize. Excess time on screens, including computers, tablets and phones, job stress, and a constant stream of obligations at home. It all adds up to more continual stress than any of our ancestors ever had to deal with. Some stress is absolutely unavoidable – and sometimes our stress response will truly help us survive. But when our bodies produce a steady supply of the stress hormone cortisol, it can hinder production of other hormones, especially sex hormones. When the message is being sent that you need more and more cortisol, the production of hormones in your ovaries can be disrupted, causing those bothersome symptoms.

Understanding how each of these three factors impacts weight gain gives you essential information so you can uncover the source of the problem. Examining what you are eating, the stress in your life, and the nutrients your body needs (which it may not be getting) helps you take specific action to get back on track more quickly. That's why the three focus areas are so important – they get to the root of the problem and help you resolve symptoms where they begin.



## Foundation of hormonal balance Tip #1: High quality nutritional supplements and herbal remedies.

No matter how well you eat, due to modern agricultural practices and the way our food is processed, it can be very difficult to get all the essential nutrients we need, at the proper time and in the right amounts.

So many nutrients are the foundation of enzymes and hormones your body needs to function properly. These include magnesium, potassium, zinc, folate, and vitamins A, B6, B12, C and D – and many others. To make things even more complex, these vitamins and minerals work in conjunction with one another in very specific ways sometimes.

Long term deficiencies of any of these crucial nutrients can lead to big health issues, like hormonal imbalance, with a range of uncomfortable symptoms. That's why I recommend that all my clients take at least a high-quality multivitamin to give their bodies the best support possible. Sometimes, when hormonal balance is an issue, other supplements can be very helpful to healing as well. My supplements are a natural alternative to expensive prescriptions that can have nasty side effects. And this natural approach is backed up by scientific research.



## Multi Essentials: a proprietary blend of essential vitamins and minerals

My specially formulated blend offers more than 100% of the daily value of 17 critical nutrients. It's designed to support bone health, improve mood, increase energy levels, support your adrenals and healthy thyroid functioning.

All vitamins are NOT created equal. The kind you find on a supermarket shelf may not do anything to support your health, since they often aren't easily absorbed, or don't contain the right form on the nutrients you need. Many aren't tested and may not contain what they say – or may contain unnecessary fillers. My Multi Essentials formula is specially designed to allow your body to fully absorb the vitamins and minerals you need. And, it's tested for quality so you know you won't be throwing away your money like you might be on a lower quality supplement.

While many vitamins stick with the Recommended Daily Allowances (RDAs), what most people don't know is that these are the minimum amount of a vitamin or mineral needed to prevent major disease. But to keep hormones balanced and support true health, you sometimes need far larger doses – which my Multi Essentials provide.

I believe that supplements can help you get exactly the right nutrients and support your body requires for balanced hormones and optimal health.

I also take care to be sure vitamins are balanced in the proper ratio. Vitamin D, calcium, and magnesium exist in Multi Essentials in a 1:2 ratio, and selenium and iodine, critical to healthy thyroid function, are also balanced.

My Multi Essentials formula contains important nutrients critical to your overall health, including:

- **Alpha lipoic acid:** Reduces oxidative stress in the body and is anti-inflammatory.
- **Trimethylglycine (TMG):** Makes cells more resilient to stress and may lower homocysteine levels (an indicator of heart disease).
- **Fruit bioflavonoids:** Helps maximize the benefit of vitamin C.
- **Choline:** A macronutrient critical in liver function, brain development, muscle movement, nerve function, and encouraging a healthy metabolism.
- **Inositol:** A vital cofactor in your brain's major neurotransmitters. Helps maintain healthy hormone levels, boosts mood, and maintains a healthy circulatory system.
- **High gamma tocopherol vitamin E:** Traps and neutralizes free radicals and reduces inflammation.
- **NatureFolate:** A proprietary blend of isomer naturally occurring folates and natural mixed carotenoids. Stress depletes vitamin B levels quickly, and my blend combats this issue.



## MULTI ESSENTIALS +

### Dosage:

Take three capsules twice daily, or two capsules three times per day, with meals.

## Did you know?

Folic acid must be converted to its active form 5-MTHF to do its work, which includes creating a foundation for healthy cardiovascular function. Up to 60% of the population in the US may have difficulty with this conversion!

Multi Essentials do not need to be refrigerated, but should be stored in a cool, dry place away from light. To remind yourself to take your capsules, keep your Multi Essentials in easy to see places: in the kitchen where you prep meals, at your place at the table, in your desk at work, near your toothbrush, or in your purse. Be sure to drink lots of water throughout the day.

Most people can tolerate Multi Essentials well, but there may be a period of adjustment. If you have digestive reactions to the capsules, be sure you are taking them with food, and try your later meals instead of first thing in the morning. If reactions continue, try taking one capsule at a time and slowly building to the full dosage over the course of several days.

If your digestive problems persist, adding a probiotic or glutamine to your regimen may allow you to continue taking Multi Essentials. If you have any questions about my supplements, don't hesitate to give customer service a call.

# Targeted supplements for hormonal imbalances

When hormones are seriously out of balance, you may need even more targeted support. Women are particularly vulnerable to hormonal imbalances in perimenopause and menopause, and many others suffer extreme symptoms during the time just before their menstrual cycle begins. I have supplements specifically designed to support your body through menopause or PMS.

## Menopause Support

My Menopause Support is a blend of specific herbs, vitamins and nutrients that alleviate the uncomfortable symptoms menopause can bring on – including hot flashes, mood swings and irritability, and night sweats.

Here's how each nutrient in Menopause Support supplement aids your menopause experiences:

- **Black Cohosh Extract:** A classic herb known for balancing hormones and addressing menopausal nervousness, irritability, blood flow, and occasional sleep disturbances.
- **Chaste Tree Extract:** An herb that's been used for hundreds of years to help balance hormones, regulate menstrual cycles, and PMS symptoms.
- **Diindolylmethane (DIM):** Supports beneficial estrogen aromatase activity and reduces hot flashes.
- **Chrysin:** Supports beneficial estrogen aromatase activity and reduces hot flashes.
- **Calcium-D-Glucarate:** Promotes proper elimination of excess estrogens.
- **Rosemary Extract:** Promotes mental clarity and improves circulation.
- **Resveratrol:** A powerful hormone balancer and supports maximum antioxidant protection.
- **Grape Seed Extract:** Reduces hot flashes and supports maximum antioxidant protection.
- **Green Tea Extract:** Supports maximum antioxidant protection.
- **Vitamins B6 & B12:** Promotes proper cell differentiation.
- **Magnesium & Calcium:** Supports bone and hormone health.



**Dosage:** Take four capsules of Menopause Support each day, split into two doses with food or as recommended by your healthcare practitioner.

## PM Support

If you find that your symptoms are severe just before your cycle begins, and subside the rest of the month, this may be just the formula you need to keep your hormones balanced all month long. This formula contains a premium blend of vitamins and botanicals known to regulate menstrual cycles and balance hormones. With balanced hormones, you'll have less cramping, improved mood and a more regular cycle.

Some key ingredients include:

**Black Cohosh Extract:** A classic herb known for balancing hormones and addressing irritability, circulation, and occasional sleep disturbances.

**Chaste Tree Extract:** An herb that's been used for hundreds of years to help balance hormones, regulate menstrual cycles, and PMS symptoms.

**Diindolylmethane (DIM):** Supports beneficial estrogen aromatase activity.

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**Calcium-D-Glucarate:** Promotes proper elimination of excess estrogens.

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**Grape Seed Extract:** Supports maximum antioxidant protection.

**Green Tea Extract:** Supports maximum antioxidant protection.

**Vitamins B6 & B12:** Promotes proper cell differentiation.

**Magnesium & Calcium:** Supports bone and hormone health.



For more detailed information on all of my supplements, visit my store at <https://shop.marcellepick.com>

## High quality is my promise to you!

Everything I sell is manufactured in a facility validated by the NSF (The Public Health and Safety Company), to meet or exceed all governmental requirements for good manufacturing practices (the FDA's GMPs). Every batch of my supplements undergoes rigorous evaluation in a laboratory – just like pharmaceuticals.

## Foundation of hormonal balance Tip #2: Eating for healthy hormones: food is the best medicine

I can't say this one enough: what you eat matters. High quality food can cost a little more than processed convenience foods, but if you consider the money you spend on health care due to a poor diet, I think you'll see that healthy food is the best investment you can make. So many of the symptoms you experience that indicate hormonal imbalance are impacted by the foods you choose to consume.

That means that the choices you make about your diet can influence the way you feel a great deal. When you work on developing healthier eating habits, you'll find relief more quickly – and that relief will last! You'll also be giving your body the supportive boost it needs to heal long-term.

Your current eating habits will dictate how much you can take on at once. If the bulk of your meals are packaged convenience foods or take out, you may not be ready to cook from scratch every night. Slow, steady progress is the goal – so determine your starting point and take baby steps from there. The only wrong way to change your habits is to do nothing different at all!

**Whole,  
organic  
foods**  
are best to  
keep  
hormones  
balanced

## Balance your hormones by reducing or eliminating THESE foods

- **Anything processed.** If you don't know the ingredients on the label, don't eat it.
- **You can also follow the "rot rule":** If you can leave the food on the counter for several days without it rotting, it's best avoided.
- **Any type of soda** (even diet) and processed fruit juice.
- **Refined carbohydrates,** which are typically white foods. White sugar, flour or cereals are all processed like sugar in your body.
- **Too much salt,** which can increase bloating.



# Tips for overall improvement of your diet

There are many ways to approach dietary changes, from adding a few integral foods to your routine to changing everything about the way you are eating. Whichever approach you choose, making these changes will not only relieve symptoms of hormonal imbalance, but will also bring more energy, focus and confidence to everything you do! The following tips are things you can do to keep yourself healthy and happy – all the time!

- Don't skip meals. For many people, three balanced meals that include all the essential components, as well as two snacks per day keep metabolism steady and cravings at bay. Skipping meals can slow your metabolism and create hormonal imbalances.
- Choose fresh, local, organic foods as often as possible to reduce the risk of chemical contamination.
- Don't eat the same things all the time. The nutrients your body gets from eating varies by food choice, so make sure you are rotating foods as well as including healthy fats, complex carbohydrates and protein in every meal.
- Portion size matters. You can generally eat all the non-starchy vegetables (i.e., broccoli, bok choy, spinach, other leafy greens) you want without issue, and some fruits as well, but for everything else, be aware of how much you consume. On the go without measuring tools? Use your hand to estimate portion sizes. An appropriate serving of protein, for example, is about the size of your palm.
- Breakfast is important for hormonal balance. Fix yourself a healthy breakfast that includes fruit and vegetables, and your day will be off to a good start – and easier to keep on the right track! Likewise, starting with pastries or simple carbs can set you up for blood sugar crashes and cravings!
- Eat the rainbow. When you eat a variety of vegetables and fruit in rich colors, you boost your nutrient intake a great deal. The highest concentration of nutrients is found in dark green, purple, deep red and orange foods.
- Read food labels and avoid anything that contains ingredients you don't know or can't pronounce. Pay attention to added sugars.
- Dairy can be a problem for some people, so pay attention to how you feel after consuming dairy products. If you can tolerate them, still limit yourself to 4 or less servings per day. Good dairy choices include either organic or goat's milk, yogurt and cheese.



# Essential dietary components: protein, complex carbohydrates, fiber and fats

There are so many fad diets out there it's hard to keep track. Unfortunately, these often rely on cutting entire types of food out. If the one you're looking at suggests cutting all protein, complex carbohydrates, fiber or fats from your diet, STOP. All of these are important to proper body functioning, and cutting them out will make your situation worse, not better!

Balancing the foods you eat at each meal can help keep those hormones balanced as well. When you have a healthy balance of these key components at every meal, you get the nutrients you need, have adequate fuel to keep you moving, and your blood sugar levels will stay stable.

Let's take a closer look at each category, so you can understand just what it does for your body.

## Protein

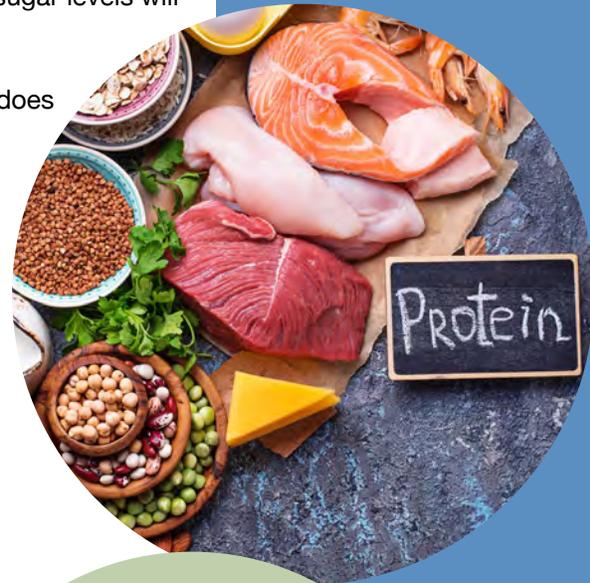
Why does your body need protein?

Protein has two very important jobs: to build and to repair. Protein is responsible for these things in hormones and neurotransmitters as well as other tissues.

The carbohydrates in your meals create a rush of insulin, and protein is also critical in helping to counterbalance that, which keeps your body from either storing the energy from those carbs in your cells or converting it to fat. Protein can also help give you a full feeling, and keep sugar cravings at bay, due to its relationship with insulin.

Important things to think about:

- Women typically need 60-70 grams of protein each day. However, if you lead a very active lifestyle and feel a lot of fatigue, you may need to increase your protein intake.
- You should have protein at every meal whenever possible (and snacks too).
- If you eat protein at each snack, you'll keep blood sugar well balanced and feel full longer. When you include protein in your snacks, you can avoid snacking constantly without ever feeling satisfied.



## Good Sources of Protein:

Cheese, if dairy is not a problem for you.  
Eggs, fish, chicken, turkey, and lean meats (grass-fed and antibiotic free)  
Seeds, nuts, legumes, lentils, and foods made from soy (tofu, tempeh and soy milk)

# Carbohydrates

Why does your body need carbohydrates?

So many popular diets suggest cutting carbohydrates without distinguishing between simple or complex carbs at all. But you need some carbohydrates because your brain needs the glucose they provide to keep your head clear and your body energized.

If you cut all carbs out completely, your insulin-to-glucagon (a hormone that helps correct very low blood sugar) ratio can drop, leading to fatigue, insomnia, depression and bone loss.

The most important thing to remember is to eat the right balance of the right types of carbohydrates.

Important things to think about:

- Your brain may not receive the message that you are full if you eat carbohydrates on their own. That's why it's best to eat protein or fats with your carbs. (It's also why you can sometimes eat a whole box of crackers without even realizing it).
- Complex carbohydrates are the best choice. These are both digested and absorbed more slowly.
- When dealing with hormonal imbalance, most women should stick to 16 grams of carbohydrates per meal, particularly in the beginning.

## What are the best carbohydrates to consume?

Carbohydrates are made from sugar, but complex carbohydrates are sugars bonded together in a longer chain. This bonding makes it more difficult for digestive enzymes to break the sugars down, which slows digestion and reduces the amount of sugar converted and stored as fat.

It can be confusing at first to know which carbs are good, and which should be avoided. The chart to the right can help you understand which foods have a quick impact on blood sugar, and which work more slowly. But there are so many factors that impact how your body reacts to these foods that some may work differently in your body. It's never a bad idea to choose minimally processed, nutrient rich carbohydrates.



### Fast-Acting Carbs

Alcohol  
Cookies  
Cake  
White Bread  
White Pasta  
Cereal with added sugar  
Juice

### Intermediate-Acting Carbs

Fruits  
White potatoes  
Sweet potatoes  
Carrots  
Beets  
Winter Squash

### Slower-Acting Carbs

Whole brown rice  
Quinoa  
Millet  
Sprouted Grains  
Other whole grains  
Broccoli  
Nuts  
Milk and yogurt



## Fiber

Why your body needs fiber:

Healthy fiber, found in non-starchy vegetables and fruits, provides vitamins, minerals and micronutrients that all have an impact on aging, and on our genes. When fiber is eaten with carbohydrates, it can help slow down the spike of insulin, keeping you feeling full and helping to prevent other food cravings.

Important things to think about:

- You always have a green light to eat non-starchy vegetables. See the sidebar for good choices.
- Just like protein, you should have fiber at every meal.
- To get the most nutrition from your fruits and vegetables, buy organic and local as often as possible.

## Fat

Why your body needs fat:

Despite the best efforts of the sugar industry to convince us otherwise, fat is NOT the enemy. In fact, you need fat for good health – and weight loss. Natural fat not only increases immunity, provides energy and stabilizes blood sugar, but it's also an important factor in hunger control. That's because consuming fat prompts your stomach and intestines to release a hormone that triggers that "full" feeling.

Your body doesn't let fat go to waste; it uses it in a number of critical processes. For instance, the production of estrogen and other sex hormones begins with one key thing: cholesterol.

Important things to think about:

- Natural fat is what you need. It's best to stay away from man-made and damaged fats. Don't be fooled by labels that claim the food has no trans fats but has the word "hydrogenated" on it!
- Make healthy fats a part of every meal. Foods rich in omega-3 fatty acids are particularly good for your health.
- Oils should be stored in the refrigerator to stay fresh.
- Low, even temperatures are best for cooking fatty meats and fish. High temperatures can damage the fats, and these damaged fats can cause stress in your body. They are also known carcinogens.



## High-Fiber Foods

- Dark green leafy vegetables like spinach, arugula, and kale
- Brussels sprouts
- Broccoli
- Cauliflower
- Bok Choy
- Celery
- Apples, berries, and other fruits

## Healthy Fats:

- Organic dairy products
- Fish
- Vegetables (especially avocado)
- Nuts, seeds, and their oils
- Foods high in omega 3's including sardines in oil, deep water fish, flaxseed, borage, hemp, sesame seeds and wheat germ.

## Some last words on healthy food choices:

Don't assume a food is healthy just because the label says so. Check saturated fat content, salt, and added sugars on prepackaged snacks. And remember - fresh foods are always a better choice!

Chocolate is a big trigger for many women, who find themselves eating an entire bar at once, often without even tasting it. Very dark chocolate (70% cacao content or higher) can satisfy your sweet tooth but stick to just one ounce every once in a while.

Hidden food sensitivities can make balancing your hormones very difficult. Consider eliminating common "problem foods" like gluten and dairy from your diet for a month. Add them back one at a time to see how you feel. There are lots of great options if you are gluten or dairy free, so there's no need for despair if you find they are a problem for you.



Food is the most powerful drug we have. That's why making good food choices is so important!

Remember – the pace at which you make these changes is up to you. If changing everything at once seems impossible, don't push too hard. Take a step (or several steps) back. When you follow your own lead, you'll be able to make sustainable changes to your diet.

# Transform your meals to combat weight loss resistance: healthier choices for a healthier life

I'm often asked for ideas on how to transform meals with simple substitutions. I asked Tara, a 40 - year old teacher to tell me what a typical day of eating might look like for her. I used that menu to make some suggestions that might ease her symptoms - and help her get rid of the "muffin top" of fat in her abdominal region that she hated so much.

Every woman is a unique individual, so every woman will have to find changes to her own typical diet that will work for her body. But my hope is that an example can help you see where you can make changes – even if they aren't the same as Tara's – to boost your daily nutrition habits.

Tara's Typical Diet	Healthier Choices
<b>Breakfast:</b> Plain bagel with butter Bowl of fruit Coffee	<ul style="list-style-type: none"> <li>✓ Instead of bagels made with white flour, choose millet or rice bread. Choose a nut butter instead of the dairy variety</li> <li>✓ Instead of a bowl of fruit, choose a hard-boiled egg for more protein</li> <li>✓ Skip the bagel and make oatmeal instead; add spices, or apples and walnuts, for flavor</li> <li>✓ To boost your healthy fat content, add cream to your coffee</li> </ul>
<b>Morning snack:</b> Pretzels or a banana	<ul style="list-style-type: none"> <li>✓ Don't forget the protein. Choose Greek yogurt, cheese, or fruit with a little nut butter.</li> <li>✓ Change it up with a handful of nuts, edamame, or a small salad with seeds</li> </ul>
<b>Lunch:</b> Turkey, ham, or roast beef sandwich (with onion, tomato, mayo) Apple Water	<ul style="list-style-type: none"> <li>✓ Skip the bread and make it a salad instead. If you want some bread, have an open-faced sandwich with just one slice of whole grain millet or rice bread</li> <li>✓ Soup or stir fry are great lunch options – and an easy way to get lots of veggies!</li> </ul>
<b>Mid-afternoon snack:</b> Whatever's in the staff lounge; often sweets like muffins, cookies or coffee cake	<ul style="list-style-type: none"> <li>✓ Keep pumpkin seeds – rich in magnesium and iron – in your desk.</li> <li>✓ Rice or seaweed crackers or lentil chips are a salty, crunchy alternative that you can easily keep on hand, so you don't have to scavenge for snacks.</li> </ul>
<b>Dinner:</b> Pasta with meatballs and vegetables Dessert – small scoop of chocolate ice cream	<ul style="list-style-type: none"> <li>✓ Quinoa, brown rice or sweet potatoes are a healthy substitute for pasta; you can also try spaghetti squash. If you do choose pasta, make sure your portion size is just ½ a cup.</li> <li>✓ Make sure the vegetables include green, non-starchy options. If they don't go well in your main dish, have them on the side.</li> <li>✓ Bake an apple with cinnamon or try some strawberries and cream (without added sugar in either) to satisfy your craving for sweets.</li> </ul>

Your Typical Diet	Healthier Choices

## Eating Out

- Don't keep your quest for wellness a secret. Tell the people you are dining with ahead of time that you are making some changes to improve your health. Ask for their support before you even sit down.
- Substitute extra vegetables for starchy sides.
- Decline the breadbasket.
- If you don't see certain vegetables on the menu, ask if they are available. Don't be shy about what you need, especially when it comes to preparation. Even if stir-fried, steamed or sautéed vegetables aren't on the menu, most restaurants can accommodate a special request. All you have to do is ask!
- If you're eating breakfast out, order eggs (with lots of veggies) and ask for a side of cottage cheese instead of potatoes.
- At lunch or dinner, choose salads with protein. If you don't see one on the menu, ask. Be careful about salads with candied nuts, sugared raisins, etc. Those can add a lot of sugar to an otherwise healthy choice. A tossed or Caesar salad with salmon, chicken or shrimp is perfect. And skip the dressing – use a squeeze of lemon or a small amount of oil and vinegar instead.
- Choose simple options without heavy sauces. Grilled, poached, stir-fried or roasted meat and vegetables are a safe bet, especially if you ask them to skip the sauce (or bring a small amount on the side).
- Try an antipasto plate filled with olives, roasted red peppers and cheese for a light meal.
- Cheese or fruit plates make a delicious dessert.



## Eating at Work

- Repeat your favorite meals as many times as you like. Some people like a lot of variety. Others like to eat the same thing every day. While you should vary your vegetables to get as many nutrients as possible, if you have a healthy choice you love, eat it often!
- Make extra soup or chili on the weekend and take it to work with a salad or other veggies.
- Wrap your meat and veggies in lettuce or a thin cheese slice instead of bread.
- Whole grain pitas and corn tortillas are a great option; fill them with nitrate-free meats, fish, cheese, veggies, or egg, tuna or chicken salad. The options are endless!
- Roll up meat and veggies in long, thin cheese slices or wrap them up in a lettuce leaf for a carb-free alternative.
- Enjoy your meal! To make it easy to transport, buy a nice set of containers (glass, preferably), pack utensils and a real plate to make your meal a relaxing, pleasant event.
- Leave your desk! Take a real break from your day and really taste your food. If the weather is nice, eat outside. If not, find a quiet corner to relax and enjoy your lunch.

### Get your family involved!

Double or triple healthy recipes to make meals for large families or have enough for leftovers. If you or your family prefer a narrow set of choices, don't be afraid to repeat meals often. My meal plan offers variety for those who prefer it, but you can choose meals that work for you.

Get your partner and/or your kids involved. Kids can measure, stir, add ingredients and learn healthy habits early as they help you create delicious meals. And often, when kids help make something, they're more open to trying it!

Grow your own food. Gardening is a great way to teach children how food grows and may entice them to eat more vegetables if they can pick them right in their own back yard.

Take your children to the supermarket or farmer's market and let them choose new fruits and vegetables to try.

## Tip #3: Lifestyle Changes That Make a Difference

Lifestyle factors influence hormonal balance more than you know!

This section of this e-book will help you learn how to make small but impactful lifestyle changes in four critical areas:

1. Exercise and physical wellness
2. Emotional well-being, including stress reduction
3. Sleep
4. Detoxification

Believe it or not, forming better habits in these areas can lead to real relief!

Keep your body physically strong and flexible for relief from hormonal imbalance

There are so many ways to get your body moving. There is a wealth of research that shows a vital connection between exercise and health - including relieving symptoms of hormonal imbalance.

Here are a few ideas that you can try if you're looking for new ways to stay active. If you haven't been exercising at all, start with walking and build from there. There's no wrong way to get more active - even taking the stairs instead of the elevator counts.

On the next couple of pages, I will describe some common types of physical activity. When you add some of each into your regular routine, you may be surprised at how energized and amazing you feel!



All movement counts!  
Find something you love, and move that body!

## Aerobic Exercise

When you increase your metabolic rate through aerobic activity, your body burns fat for energy, allowing you to maintain a healthy weight and hormonal balance. Sweating can also help you cleanse your lymph system to flush out toxins and excess hormones.

You don't have to do a high-impact cardio class to reap these benefits. Biking, Zumba, Running or brisk walking, swimming, dancing, or hopping on an elliptical machine all get your heart pumping, giving you that aerobic boost.

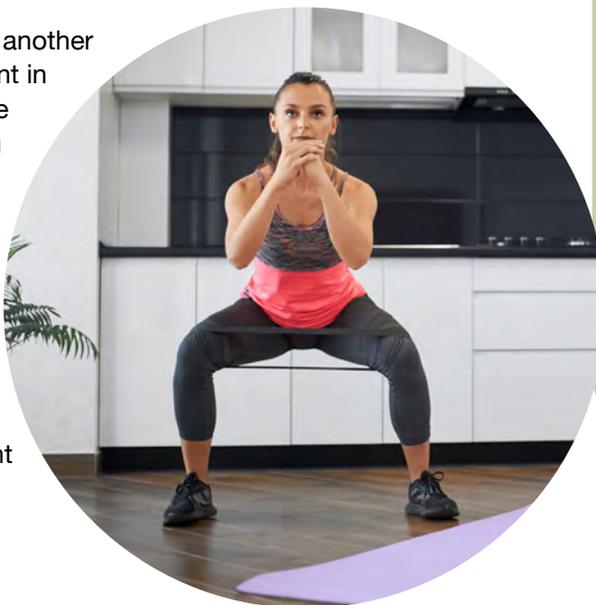
## Stretching and Flexibility Training

Stretching is so beneficial – and all too often ignored in a regular exercise routine. Yoga and Pilates both build muscle and can be quite invigorating, and when you're done, you'll have a sense of relaxation and peace. Research shows that stretching through yoga poses may help reduce stress and relieve some of the symptoms of hormonal imbalance. There are many forms of yoga - even some that incorporate snuggling kittens, playing with baby goats, or learning to “fly” - so it's easy to find one that works for you.

In the box to the right, I've described some of the most helpful poses and how they can help your body regain balance.

## Strength/resistance training

Strength training is another essential component in a balanced exercise regimen. When you have more muscle, you'll burn more calories, which is why keeping yourself lean and building muscle helps maintain an ideal weight. Being at an optimal weight helps you maintain hormonal balance.



### **Utkatasana(chair pose)**

This helps relieve cramping and digestive issues. This pose also raises the power and fire in the organs in your abdominal area, including sex organs.

### **Uttanasana (standing forward fold)**

This pose is helpful in reducing stress and anxiety, as well as relieving other symptoms of hormonal imbalance. It can also have a positive impact on fertility.

### **Virabhadrasana2 (warrior 2 pose)**

This pose stimulates abdominal organs and improves overall endurance. This is another pose that can have a therapeutic influence on infertility.

### **Supta Baddha Konasana (supportive reclining cobbler's pose)**

This restores balance by opening your heart and hips, as well as releasing your lower abdomen. It is useful in both soothing anxiety and fertility.

## The importance of breathing deeply

One of the easiest, most important things you can do for your health is to pause several times each day to take deep, cleansing breaths. The beauty of deep breathing is you can do it anywhere, and it only takes a minute. A routine that includes regular stretching and exercise can be augmented by regular, deep breathing. Try using a counting method, such as 7-7-7 breathing, where you breathe in for seven, hold for seven, and then release for a count of seven. Whatever method you choose to do your deep breathing, try to both inhale and exhale through your nose as often as possible.

Inhale in for 7  
Hold for 7  
Exhale for 7

## Finding the motivation to stay active

- If you aren't active at all, try making a commitment to yourself to do something active once or twice per week for 20-30 minutes. You can work your way up from there, until you are participating in physical activity three to five times each week, for at least 30 minutes.
- If you don't care for running or other aerobic exercise, remember that you don't have to do high impact movement to feel results. In fact, sometimes, less strenuous exercise is just what your body needs to balance essential hormones. T'ai chi, qi gong, yoga and Pilates are gentle and effective for both physical wellness and reducing stress.
- If you've always thought that exercise is boring, you need to change your idea of what exercise is! Choose something you enjoy, or you won't keep doing it. If you don't like doing the same thing day after day, try rotating your exercise so you get a balance of cardiovascular exercise (such as swimming, running, or an aerobics class), strength training (with weights), and stretching/flexibility work. Another great way to make physical activity interesting is to jump into something new, like Irish step dancing, learning a new sport, climbing a mountain, or jumping rope. There are myriad possibilities – so find something that brings you joy!
- If time is limited, remember you don't have to exercise for long periods of time to feel the impact. Burst training is an especially effective way to fit in a workout that boosts fitness quickly. During cardio routines, increase your speed to twice what your usual pace is for 30 to 60 seconds. Return to your normal pace for a few minutes, then burst again. Just 20-30 minutes of a burst workout a few times a week is all you need to feel some real benefits.
- Another great thing to remember is that your activity doesn't have to happen all at once to count. Park ten minutes from your office and get a brisk walk in both before and after work.
- Getting started is often the hardest part. Make a commitment to yourself that regardless of how tired you feel, you will exercise for at least ten minutes each and every day. Often, once you begin to move, you'll feel a surge of energy and end up exercising longer than you planned. You can also pay attention to the time of day you feel the most energy and try to plan your exercise for then.



## The role of emotional well-being and stress reduction in symptom relief

When I helped found the Women to Women clinic, we already knew that emotional wellness played a big role in overall health. We were talking about it long before it was a mainstream idea. I have known for decades that the emotions we experience day-to-day and the unresolved emotions we are holding on to may have more impact on our physical health than anyone knew.

It turns out, I was right. The groundbreaking Adverse Childhood Experiences study brought the importance of dealing with past trauma to the forefront, and these days “trauma informed practice” is a term used in many fields, including health care. Often, this trauma from your past can have a big impact on hormones, since you may be using fat as a protective layer or food for comfort.

It’s unrealistic (and even unhealthy) to try and eliminate all stress in your life. Some stress is necessary and helpful to your survival. However, stress that never lets up will have a negative impact on your health, so it’s important to know the role that stress plays and understand what you can do to counteract its effects.

### Steps to take starting NOW

- Write your feelings down to help you identify emotions that you may be holding back – or have buried deeply. Journaling can help you recognize patterns in your behavior and reactions as well.
- Try meditation. Even ten minutes a day can bring great physical and mental benefits. There are many apps these days that can lead you through guided meditation, but you don’t have to go that route. Get yourself started by simply sitting or lying in a comfortable position and staying totally quiet and still. Focus on your breathing. Notice your thoughts, and then let them go while you come back to your breathing.
- You must find time for relaxation and joy every single day – no matter how busy you are. True self-care is not a massage or mani/pedi. It’s recognizing that your wants and needs matter too and making sure these are met.
- Do something that makes you happy, whether that’s a dance party in your living room, reading a book while sitting in the sun, walking on the beach, playing with children or pets, or simply taking a few minutes to daydream. If you are a primary caregiver for someone else, it’s even more critical that you make this time for yourself.
- Try using positive affirmations. When you are repeating these statements, you can focus on the things you want in your life – not what your life is missing. Use the present tense to state your affirmations. Acting as if they are already real and present in your life can attract these desires, helping you find what you are seeking.

#### Sample Affirmations

- I am strong and powerful.
- I have control over my own life.
- I am living each day fully.
- My life is full of people who care about me.
- My body is beautiful.

Start using affirmations **RIGHT NOW**. Think of three things you like about yourself and your life and say them out loud.

# Detoxification and Hormonal Balance

When I say detoxification, I don't mean doing anything radical. I'm simply referring to the natural detoxification your body does. Your body comes equipped with natural processes to eliminate waste and toxins that you take in through the air you breathe, the food and drink you consume, the environment, and, believe it or not, your emotions.

Toxins come in many forms. Both chemicals and organisms that cause disease put an immense amount of stress on your body. That means that the process of getting rid of them can also throw hormonal balance off. When you take steps to offer your body support with supplements, probiotics, fiber, purified water, exercise and reducing stress, this balance can be restored.



## Try these tips for quick detoxification:

- Breathe Deeply. Incorporate taking 3-5 deep breaths into your daily routines. I like to make time for deep breathing before each meal, at bedtime, and when I first wake up each morning.
- Promote healthy lymph flow with massage or lymph drainage by a trained professional.
- Ditch the processed foods. Clean out your kitchen cupboards. Toss anything that contains refined flour, sugar, high-fructose corn syrup, trans fats (anything with "hydrogenated" should go), and anything artificial – sweeteners, dyes, flavorings and preservatives.
- Choose organic, local, fresh foods as often as you can. Be sure to wash/rinse fruits and vegetables well.

# Find relief from hormonal imbalance with quality sleep

I have never seen more exhausted women than I have in recent years. The stress of trying to keep up with all of the demands of daily life is interfering with sleep more and more often. Why is this so?

Difficulty sleeping often stems from the way your body is interpreting your daily activities. So much of what you do, including things you enjoy, is perceived as stress. And your body responds to all stress in the same way – as a possible threat to survival. For instance, you might think a roller coaster is an exciting thrill, but your body thinks you're plummeting towards death. Your stress response is activated, which keeps you on high alert, ready to respond to danger, for several hours. This disrupts your circadian rhythm, the natural sleep-wake cycle of your body.

Sleep is also when your body repairs and rejuvenates damaged tissues, so getting the proper amount of sleep is essential to the detoxification process, reducing stress, and soothing increasingly uncomfortable symptoms of hormonal imbalance.

To be sure you are getting the sleep you need, try setting a regular bedtime routine that is calming and peaceful, to let your body – and your parasympathetic nervous system – know that it's time to settle down and get ready for sleep.

## Factors that may be preventing quality sleep

One of the easiest ways to determine what could be disrupting your sleep is to keep a sleep log for one week. Look for patterns in these areas:

- Consumption of caffeine, nicotine or alcohol
- What you are eating – and when.
- Your bedtime routine – including what time you go to bed
- Stress and anxiety levels
- Any medications, vitamins, or supplements you take – and when
- When you exercise, and what you are doing
- Menstrual cycle patterns
- Sleep environment (temperature, light, sound, bedding)

Once you recognize certain patterns, you can try simple changes (such as eliminating caffeine by a certain time of day or changing the time you exercise) that might lead to better sleep.

## Establish a relaxing bedtime routine:

- Go to bed at the same time each night
- Turn off electronics at least an hour before bedtime.
- Try some gentle stretching or meditation to help your body wind down.
- Have a warm cup of herbal tea (be sure it doesn't contain caffeine) to help yourself relax.
- Listen to soft music rather than watching television before bed.

## Tips to promote quality sleep

It's crucial to get quality, restful sleep every night. Here are some guidelines to follow all the time to be sure you are getting the rest you need:

### What – and when – you eat matters

Your last full meal should be several hours before you try to go to sleep. That doesn't mean, however, that you should ignore signs of hunger or dropping blood sugar levels. If you are waking up in the middle of the night hungry, try a small snack that includes protein, carbohydrates and/or fiber an hour before bedtime. Don't choose starchy food, sweet treats, or products made with white flour for this snack.

### Design a soothing sleep environment for yourself

- Your bedroom should be a calming retreat. Choose bedding that is comfortable for you, not too heavy or light, and soothing colors that you love.
- Block out distracting noise with earplugs, a fan, or a “white noise” machine.
- Use blackout curtains or shades to keep out light.
- Don't put your office where you sleep. If you have no alternative, separate work areas from your bed with a divider screen.

### Unplug

- Turn off electronics – including cell phones, computers and televisions, an hour before bedtime.
- If watching TV is part of your evening routine, choose comedies. Laughter helps you relax.

### Examine your routines to be sure they meet your sleep needs

- Exercise early in the day is usually best, so you aren't too energized in the evening.
- Know how much wind-down time you require. Some people can be ready for sleep in 10 to 15 minutes; other people require at least an hour. Understanding your own needs can help you set an ideal schedule for yourself.
- It's best to use your bedroom (particularly the bed) for sleep and sex only

### Pay attention to your emotions, and the impact they have on your sleep

Dreams can bring buried emotions to the surface. If your dreams are causing anxiety, keep a dream journal. Write out your dreams and explore the emotions that are behind them. Taking time to reflect and write things down can release those emotions and allow for more restful sleep.

Do you tend to lie in bed running through your to-do list for the following day? Keep a notebook and pen on your bedside table, and if this begins to happen, turn the lights on and make yourself a list. If there's a simple task that can be completed quickly, it might help to simply get up and do it.



# How hormonal imbalance impacts weight loss resistance:

One of the most frustrating symptoms for women when their hormones are out of balance is the inability to lose extra weight. Hormonal balance is critical in maintaining a healthy weight, and when hormones are out of balance, you are much more likely to experience weight loss resistance. Here's why:

All of your hormones are tied to each other along the same brain-body axis, from those that impact your reproductive system to the hormones that impact how your body uses and stores calories.

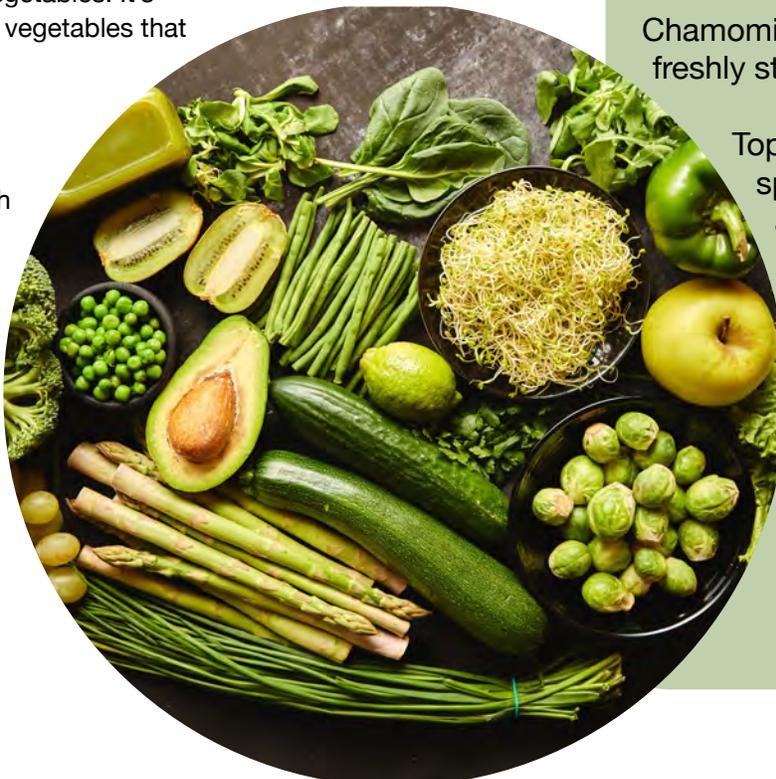
Hormones, particularly estrogen, can be produced by fat cells. That's why you gain more weight when your hormones are imbalanced. Your body is desperately trying to regain hormonal balance.

When your hormones are working well and properly balanced, your body can release extra weight. Following are some additional tips to help women struggling with hormonal imbalance lose weight and maintain an optimal weight.

## Creating a hormone-balancing diet

As I said before, the best eating plans for healthy hormones include a balance of protein, quality fats and vegetables. It's really important to include vegetables that contain phytoestrogens.

Your body needs both protein and fat to produce hormones. Vegetables with phytoestrogens gently change your hormones at a cellular level, but don't raise estrogen levels. My nutritional guidelines (available on my website) and the chart on the following page can help you create an individualized hormone-balancing diet plan.



## Foods/Beverages that Promote Hormonal Balance

These foods/beverages are rich in phytoestrogens, which help bring hormones into balance:

Raw celery, broccoli and carrot sticks.

Roasted soy nuts, non-GMO with natural seasonings like sea salt.

Old-fashioned oatmeal. Top with 3 tablespoons freshly ground flax seeds and soy milk.

Chamomile tea, either iced or freshly steeped.

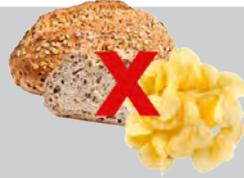
Top salads with broccoli sprouts, or add them to a whole grain wrap or omelet.

Soy smoothie. Blend with ice and your choice of berries.



**INCLUDE**  
these foods for  
hormonal balance

- Non-starchy vegetables, especially broccoli, cabbage, and Brussels sprouts
- Leafy greens
- Alfalfa beans and sprouts
- Complex grains
- Lean, hormone-free animal protein
- Soy protein
- Hormone-free dairy, 2% or full fat
- Eggs
- Legumes
- Sea kelp
- Nuts and seeds
- Lemons and Limes
- Basil, cardamom, cinnamon, cumin, fennel, garlic, ginseng, oregano, pepper, sea salt
- Balancing teas like ginkgo, ginseng, green, fenugreek, dandelion, red raspberry, dong quai



**AVOID**  
these foods for  
hormonal balance

- Alcohol (including wine and beer)
- Sugar, fructose, high-fructose corn syrup, maltose, dextrose, honey, and maple syrup
- Refined flour, grains and breads
- Baked goods
- Chocolate and candy
- Crackers, chips, and salty snacks
- Dairy products that contain added hormones

**Restore hormonal balance with exercise**

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**More yoga poses that balance hormones and relieve symptoms\***

**Fatigue:** Supta Baddha Konasana

**Hot flashes:** Ardha Halasana (half plow pose)

**Anxiety, sleep issues, and irritability:**

Uttanasana (standing forward bend),

Prasarita Padottanasana (wide-legged standing forward bend)

**Depression, mood swings, and fuzzy**

**thinking:** Setu Bandha Sarvangasana

(bridge pose)

Adapted from: Gura, Trisa. The Graceful Change. Yoga Journal. URL:

<http://www.yogajournal.com/health/1139>

## Avoid chemicals that disrupt your hormones

Avoid plastics and other endocrine disruptors as much as possible. You may not realize how many synthetic chemicals are in your body – many women don't. But the information is compelling and startling – your body is full of unnatural chemicals! Where do these come from? The truth is, everywhere. They're in the air you breathe, the makeup you use, the detergents you wash clothes with, the products you clean your house with, and the containers you store leftovers in. While you can't do anything about what's in the air you breathe, you can take steps to avoid other toxins, by being aware of the products you choose. Check labels for BPA, phthalates, parabens and PCB's. These all impact the thyroid, reproductive system, and brain health. It's also important to avoid the use of pesticides whenever possible – that's why organic food is so important.

Take steps to control cortisol and insulin levels. Both are major hormones in your body – and when out of balance, they each have an effect on the minor hormones, including estrogen, progesterone and testosterone. Diet is one of the best ways to maintain proper insulin levels by eating balanced meals and avoiding simple sugars. Healthy cortisol production results when you make a conscious effort to reduce both physical and emotional stress in your life.



# Meal and snack ideas for healing hormonal imbalances

This section is designed to make it easy for you to follow my nutritional and lifestyle guidelines (available at [www.marcellepick.com](http://www.marcellepick.com)) and make food choices that support healthy hormones. Use the following lists to develop meal plans and grocery lists so you can plan ahead for your entire week. For ease of use, this list is broken into specific meals and healthy snacks that support healing.

I've included some tips for those in a hurry (and who isn't these days?). Changing habits takes time, but if you stick to foods on this list, you'll find yourself eating delicious meals and feeling great sooner than you might think!

## BREAKFAST

**Eggs any way you choose:**  
Hard- or soft-boiled; Scrambled; Omelet; Frittata; Fried, sunny-sideup or over-easy; Poached

**Cheese, such as:**  
Mozzarella; Swiss; Goat cheese; Feta; Camembert; White cheddar; Cream cheese

**Nitrate-free meats or fish, such as:**  
Bacon; Ham; Sausage; Turkey; Chicken; Beef; Pork; Shrimp; Wild Pacific salmon

**Unlimited amounts of non-starchy veggies, such as:**  
Peppers; Mushrooms; Onions; Tomatoes; Asparagus; Eggplant; Lettuce; Zucchini; Bean sprouts; Green beans; Garlic; Cucumber; Broccoli; Celery; Snow peas; Shallots

**One choice from below:**  
1 orange  
1 cup cantaloupe  
1/3-cup roasted potatoes (feel free to add onions, peppers, veggies)  
1/2 grapefruit  
3 oz carrot juice  
6 oz veggie juice

## LUNCH

**Made to order salad with:**  
Unlimited non-starchy veggies with oil and vinegar dressing (or organic bottled dressing)

Your choice of nitrate-free meats or fish: Chicken, egg, or tuna salad (with meat, mayonnaise, celery, and Dijon mustard to taste)  
Any of the following: Hard-boiled eggs; Cheeses; Olives; Salsa (without sugar) or sour cream

**Select one carb choice:**  
1 six-inch corn tortilla; 1/4-cup brown rice; 1/3-cup quinoa; 1 orange; 1 cup cantaloupe; 1/2-cup roasted potatoes (feel free to add onions, peppers, veggies); 1/2 grapefruit; 3 oz carrot juice; 6 oz veggie juice; 1/2 baked potato; 1/2 roasted or baked sweet potato; 1/4-cup mashed potatoes; 1/4-cup brown rice; 1/3-cup quinoa; 1 corn tortilla; 1/2-cup polenta; 1/3-cup lentils

**Grass-fed or organically raised meats such as:**  
Chicken; Turkey; Pork; Steak; Pot roast; Lamb (leg or chops); Tofu; Meat loaf (without bread crumbs); Kebabs; Any fish of your choice

**Broil, roast, bake, sauté, poach, stir-fry or grill (preferably on an electric grill)**

**Vegetables (unlimited unless specified):** Broccoli; Mixed veggies; Green beans; Asparagus; Brussels sprouts; Squash; Zucchini; Cauliflower; Cucumbers  
Tomatoes; Artichoke (one)

## DINNER

**Protein: (Meats should be grass-fed and organic)**  
Chicken; Turkey; Pork; Steak; Pot roast; Lamb (leg or chops); Tofu; Meat loaf (without bread crumbs); Kebabs; Any fish of your choice

**Broil, roast, bake, sauté, poach, stir-fry or grill (preferably on an electric grill)**

**Vegetables (unlimited unless specified):**  
Salads with non-starchy veggies of choice; Broccoli; Mixed veggies; Green beans; Asparagus; Brussels sprouts; Squash; Zucchini; Cauliflower; Cucumbers; Tomatoes; Artichoke (one)

**One carb of your choice (with butter if desired):**  
1/2 baked potato  
1/2 roasted or baked sweet potato  
1/4-cup mashed potatoes  
1/4-cup brown rice  
1/3-cup quinoa  
1 corn tortilla  
1/2-cup polenta  
1/3-cup lentils



## Snacks

Snacks can be an important part of a healthy, balanced diet - as long as you are choosing wisely. Instead of sweets or simple carbs, choose one thing from each list, twice per day, in the mid-morning and mid-afternoon.

### List 1: Celery sticks with:

- 2 Tbsp almond butter
- 1-1/2 Tbsp cashew butter
- Cream cheese
- 1/3-cup hummus with carrots, celery and pepper sticks
- 1/2-cup cottage cheese with carrots and celery
- 1/2-cup ricotta cheese or soy cheese
- 1/2-cup strained Greek yogurt, sweetened with 1/2-Tbsp unsweetened applesauce, or Stevia or Xylitol to taste
- Olives, with or without cheese



### List 2: Cheese or a hard-boiled egg, with any of the following:

- 1/2 small apple
- 1/2 orange
- 1 tangerine
- 1/2-cup melon
- Handful of grapes
- 1/4-cup raspberries or blueberries
- 1/2-cup cherries
- 1 apricot
- 1 plum
- 3/4-cup strawberries
- 1/2 peach
- 4 rice crackers
- Handful (10) of nuts or seeds (pumpkin, sunflower, cashews, pistachios, walnuts)



Non Starchy  
Vegetables  
are permitted  
any time