

28 Day Reset Diet



Week #4
Dr. Linda Marquez Goodine

Review

◆ Hormones are the language of communication - 2 most important are:

Their nick names are INez & COurtney.....

#1 Insulin

#2 Cortisol

◆ Top root causes of dis-ease are:

- **Poor diet - toxic foods, wrong foods**
- **Poor sleep - less than 7 hours and interrupted**
- **Insulin resistant- snacker, grazer, craves sugar**
- **Poor digestion - constipation, IBS, bloating, gas**
- **Chronic infections - parasites, EBV, candida**
- **Toxins - heavy metals, silver fillings**
- **Poor adrenal & thyroid health - feeling tired, low energy**
- **Poor liver function - fatty liver from foods especially high fructose corn syrup, too much alcohol**
- **Exercise- too much, too little, wrong type**
- **Nutritional deficiencies - selenium, magnesium, iron, Vitamin D, B, zinc**

Good News!! After 21 days:

- Add beef, venison, sheep, lamb
- 20-30 grams at lunch & dinner
- Remove lentils if GI issues



Digestion

Every time we eat or drink or expose ourselves to chemicals and hormones, we are either feeding disease or fighting it!

◆ Why our gut is important:

- **The gut is the 2nd brain**
- **60-70% of your immune system is in your brain**
- **The estrobolome the gut that metabolizes estrogen so it doesn't re-circulate in the body**
- **Unhealthy gut results in increase beta glucuronidase toxins (recirculates estrogen)**
- **GALT is gut associated lymphoid tissue more 70% of your entire immune system and it protects form foreign invaders**

◆ Signs/symptoms of poor gut health

- **Poor digestion - IBS, diarrhea, constipation**
- **Anxiety**
- **Brain fog**
- **Poor thyroid function**
- **Increase heart rate**
- **Increase blood pressure**

Fixing your gut is key to weight loss, cancer prevention, hormone balance, brain health, thyroid health, heart health

28 DAY RESET DIET

DATE:

◆ What are vitamins?

Organic compounds that people need in small amounts

◆ Name the minerals?

Minerals are organic compounds found in nature, most important magnesium, potassium, zinc

◆ Name the fat soluble vitamins?

Vitamins ADEK

◆ Name the 3 macronutrients

Protein, Fats, Carbohydrates

◆ What are Dr. Linda's recommended supplements for optimal health:

Vitamin D3 - 10,000 IU's/

Magnesium - 300 - 1,000mg

Digestive support - 500 mg of HCL & enzymes

Probiotics - no prebiotics if bloating

Other - thyroid and adrenal support

◆ 3 Action steps to take this week:

1. Record my story

2. Add fermented foods to my diet

3. Raise oxytocin by hugging others or complimenting them