

# 28 Day Reset Diet



**Week #2**  
**Dr. Linda Marquez Goodine**

# Review

## ◆ Top 10 root causes of disease

- **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**

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

### **Cortisol & Insulin**

- Hormones can be high or low and impact EVERY SYSTEM
- Even your THOUGHTS impact your hormones
- When your hormones are not balanced you feel like crap

*Good News!! After 7 days:*

- Add fish and chicken to eating template
- 20-30 grams at lunch & dinner
- Remove lentils if GI issues



# Food is Information

*"Let Food Be Thy Medicine. Let Medicine Be Thy food."*

◆ My new health agreement:

**sample: I will choose foods that nourish my body because food is information, that turns on/off different systems in the body that promote disease or sickness**

◆ FIVE Eating rules for optimal health & hormone balance:

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- 1. Break fast with protein, 20- 40 grams**
- 2. Eat 3 meals with 25-30 grams protein, remove snacks**
- 3. Eat 5-7 cups of vegetables with healthy fats like olive oil**
- 4. Eat last meal by sunset**
- 5. Make love to your food eat slowly & enjoy**

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28 DAY RESET DIET

DATE:

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◆ 3 New nourishing foods I will focus on this week;

1. **Beets**
2. **Steamed broccoli**
3. **Steamed spinach**

◆ Ten(10) Foods I am letting go of 28 days (My word is my agreement):

- **Coffee**
- **Sugar**
- **Chips**
- **Candy**
- **Milk**
- **Cheese**
- **Cookies**
- **Crackers**
- **Soda**
- **Store juices**

◆ Four (4) food swaps I can make:

I will swap this **Milk** ..... for: **coconut milk** .....

I will swap this **Rice** ..... for: **cauliflower rice** .....

I will swap this **Sugar** ..... for: **stevia** .....

I will swap this **White flour** ..... for: **coconut or blanched almond flour** .....

# Sleep Matters

*Quality sleep is essential for optimal health, hormone balance, & body modification*

◆ What does quality sleep look like:

- **Asleep within 15 minutes your head hits the pillow**
- **In bed by 9-10pm (every hour before midnight is 2X's deeper)**
- **Wake up without alarm clock**
- **7-9 hours of uninterrupted & unmedicated sleep**
- **Wake up feeling rested**

◆ How poor sleep impacts my health ?

- **Increase weight gain**
- **Increase inflammation**
- **Insulin resistance (more sugar cravings)**
- **Increase cortisol (increase belly fat)**
- **Decrease thyroid output (low energy & weight gain)**
- **Increase ghrelin hormone (I'm hungry hormone)**
- **Decrease leptin hormone (I'm full hormone)**
- **Increase obesity**

*Sleep is an essential part of life-but more important sleep is a gift.*

◆ How does my body benefit from sleep?

- **Stabilizes hunger levels**
- **Improved insulin sensitivity**
- **Weight loss**
- **Muscle growth**
- **Better memory & mental clarity**
- **Brain cleansing**
- **Balanced hormones**
- **Lowers inflammation**
- **Less grouchy therefore happier**

◆ Four (big changes to create a bedroom sleep sanctuary

- **No TV & electronics**
- **Keep it dark**
- **Keep it cold**
- **Only for S&S (sleep & sex)**

◆ 3 Action steps to take this week:

1. Dry brushing

2. Oil pulling 5 minutes

3. Mental Rehearsal



*Remember to:*



Post your wins on social media, encourage other ladies, share your recipes with the group. Every week a winner will be chosen for the most active lady