

28 Day Reset Diet



Week #3
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

◆ Why we need to manage stress. This is what happens when we don't:

- **Creates hormone imbalance**
- **Premature aging**
- **Sleep issues**
- **Weight gain**
- **Contributes to heart disease**
- **Interferes with healing**

◆ Trying harder isn't the solution. What I can do:

- **Hire a coach**
- **Find a mentor**
- **Accountability partner**
- **Create a supporting or be part of a supporting community**

Good News!!

After 14 days:

- Add egg yolks for 2 days & then whole eggs
- 20-30 grams at lunch & dinner
- Remove lentils if GI issues



Exercise

"Work out because you love yourself, not because you hate your body."

◆ Benefits of exercise

- **Decrease stress**
- **Elevates mood (happier)**
- **Increases confidence**
- **Improves sleep**
- **Change in body composition**
- **Improves memory**
- **Improves muscle/bone health**
- **Hormone balance**
- **Decreases sugar cravings & improve insulin resistance**

◆ BEST exercise for changing BODY composition & optimal health

- **Resistant training - bands, weight, body weight**
- **Cardio (short less than 20 minutes)- HIIT, high intensity interval training that increases heart rate 60% or more**
- **Cardio - Aerobic (longer 30-40+ minutes) - walking, biking, hikes, swimming**
- **Balance - Tai Chi**
- **Flexibility - Yoga**

28 DAY RESET DIET

DATE:



◆ My 3 non-negotiable morning routine strategies:

Examples include:

- **Gratitude journal & prayer**
- **Morning cold shower**
- **Mental rehearsal**
- **Oil pooling**
- **Exercise**

◆ My 3 non-negotiable evening routine strategies:

Examples include:

- **Gratitude journal & prayer**
- **mental rehearsal**
- **Write life script**
- **Stretch**
- **Epsom salt bath**

◆ Best food for estrogen balance

- **Flaxseed**
- **Pumpkin seeds**
- **Berries**
- **Cruciferous veggies**
- **Calcium-d-glucarate supplement**

◆ Best food for progesterone balance

- **Sesame seeds**
- **Sunflower seeds**
- **Butternut squash**
- **Squash**
- **Kiwi**
- **Chasteberry supplement**

◆ My new amazing life story?

I am so happy and grateful now that.....

◆ What are 4 things I LOVE about being me:

- **Encouraging**
- **Kind**
- **Helpful**
- **Optimistic**

◆ 3 Action steps to take this week:

1. Power pose
2. Read 10-15 minutes personal development
3. Mental Rehearsal am, pm or both



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