28 Day Reset Diet



Week #4 Dr. Linda Marquez Goodine

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Hormones are the language of communication - 2 most important are:
Their nick names are INez & COurtney
#1
#2
✦ Top root causes of dis-ease are:

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: ✦ Signs/symptoms of poor gut health

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

28 DAY RESET DIET	D&TE:
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+	• what are vitamins?	
•		
+	Name the minerals?	
+	Name the fat soluble vitamins?	
+	Name the 3 macronutrients	
+	What are Dr. Linda's recommended supplements for optimal health:	
•		
	✦ 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	