

# 35

natural hormone

# resets

lose weight, feel vibrant & well-rested, and gain mental clarity & focus

Reset your **health**. Reset your **life**.



## Welcome!

When it comes to your hormone health, what has held you back all along? What have been your limits?

Let me be straight-forward with you...Things can change. **Your health can reset. Your life can reset.** After treating tens of thousands of patients specifically for natural hormone balancing, my team of physicians and I know it's possible. Never give up on yourself. You can feel revitalized.

To aid in your optimal health journey, I'd like to share our **'35 Natural Hormone Resets'** eMagazine with you. These simple tips are all fresh ways to keep you on track with your hormone health and support your thyroid and adrenal function. When your hormones are balanced, you'll lose weight, feel vibrant & well-rested, and gain mental clarity & focus. After enjoying the free tips, we would love to hear which are your favorites! Feel free to let us know on our Facebook page: [www.facebook.com/IntegrativeHealth](http://www.facebook.com/IntegrativeHealth)

And if you have thyroid issues or Hashimoto's, you'll finally find your answers in my books: **"The Complete Idiot's Guide to Thyroid Disease"** and **"Healing Hashimoto's – A Savvy Patient's Guide"**. Remember, whatever your hormone needs are, my docs are here for you!

In Good Health,

Dr. Alan Christianson

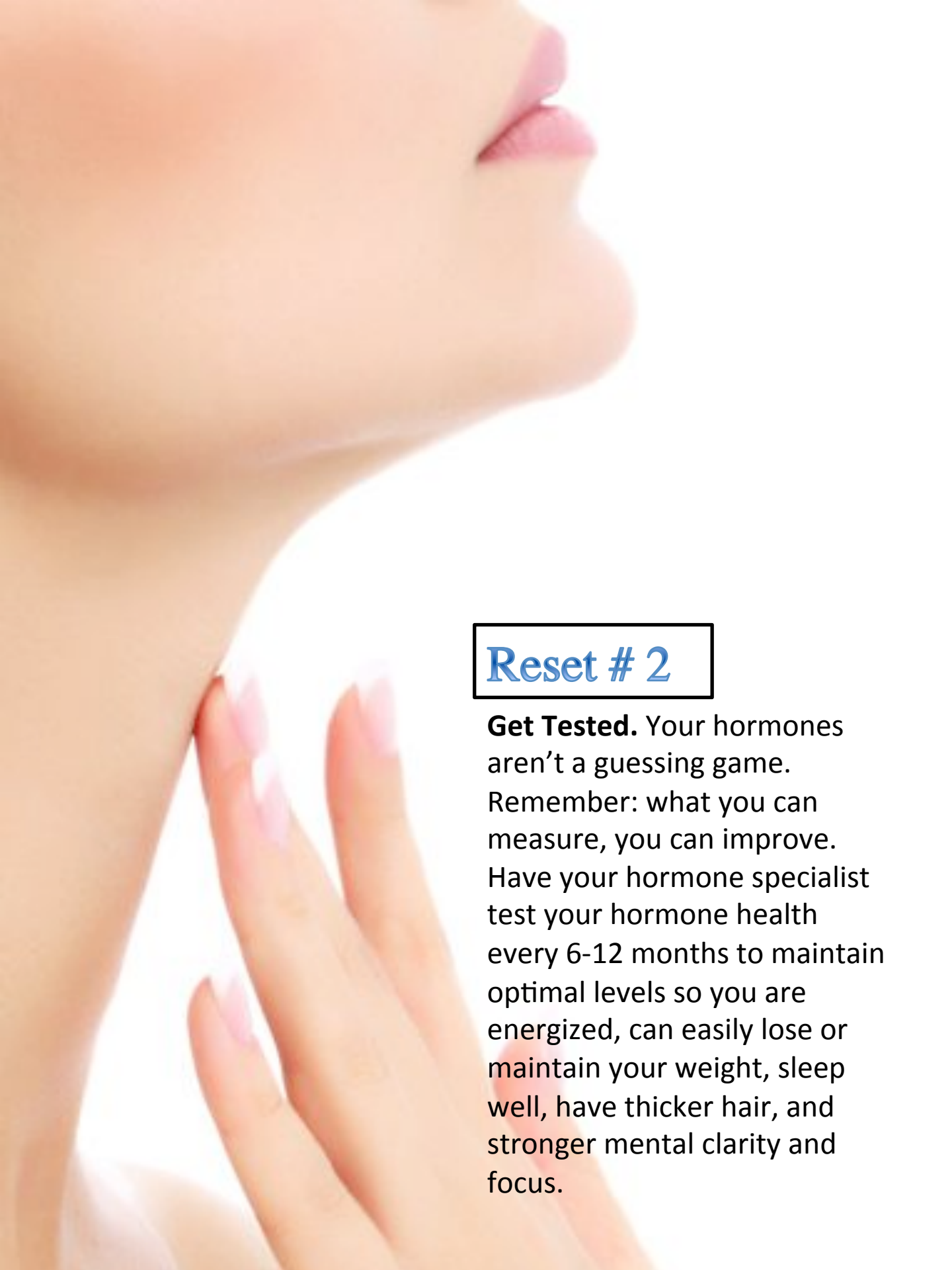
(& Dr. Lauren Beardsley, Dr. Linda Khoshaba, Dr. Saman Rezaie, Dr. Adrienne Stewart)





## Reset # 1

**Get Some Sun.** Make your mornings bright. This means that within 1 hour of waking up, expose yourself to sunlight for 20-30 minutes. Even if it is cold and cloudy, the sunlight is thousands of times more powerful than the brightest indoor light.



## Reset # 2

**Get Tested.** Your hormones aren't a guessing game. Remember: what you can measure, you can improve. Have your hormone specialist test your hormone health every 6-12 months to maintain optimal levels so you are energized, can easily lose or maintain your weight, sleep well, have thicker hair, and stronger mental clarity and focus.





## Reset # 3

**Dance Like Nobody is Watching.** Aerobic exercises like dancing, running, walking, swimming, hiking, biking, or using the treadmill and elliptical machines, to name a few, increase your heart rate, which speeds up the burning of fat and glucose and relaxes you so you can get a great night's sleep.



## Reset # 4

**Remove Problematic Foods.** Dairy, gluten, soy, and even eggs can trigger inflammation, which stalls fat loss. An IgG food sensitivity test or a rotation diet can help you determine problematic foods. Most people find symptoms, including weight loss resistance, subside once these trigger foods are eliminated.



## Reset # 5

**Replace Core Nutrients.** Even one nutrient deficiency can make you feel fatigued. A high quality multivitamin & mineral provides insurance for the nutrients you might not get in food. It's especially important to get your high-quality multi-vitamin **WITHOUT** iron or iodine since you are likely already getting other sources of those elsewhere.





## Reset # 6

**Replace 1 or 2 Meals With a Smoothie.** A pea protein shake blended with fiber in coconut milk makes a filling and energizing meal replacement.

- *1 serving unsweetened vegetable based protein powder*
- *1 tbsp. chia seeds*
- *1 tbsp. rice bran fiber*
- *1 cup berries*
- *½ cup frozen spinach*
- *1 cup unsweetened coconut beverage*

**\*\*Or you can do a *Reset Shake*** – the only protein mix with pea protein, fat, and resistant fiber. Just add water.





## Reset # 7

**Get Fresh Air...Filters.** The largest source of toxins you expose yourself to every day is the air you breathe...in your home. Use HEPA air filters or ionizers and have your ducts cleaned each year.



## Reset # 8

**Use Simple Ingredient Cleaning Supplies.** Avoid strong smelling cleaners. Nearly everything can be cleansed with simple things like castile soap, vinegar, and citrus extracts.





## Reset # 9

**Take a Nap.** Taking a short nap (even just 15 minutes) can invigorate and refresh your mind. You will be more productive and have plenty of time to spend with loved ones.



## Reset # 10

**Wear a Pedometer.** People who wear a pedometer lose an additional pound each week compared to people who don't measure their movement.



## Reset # 11

**Do a Wine Swap.** The sugars in wine and other alcoholic beverages can spike your blood sugar the same as if you eat a cookie. In addition, the alcohol puts an extra strain on your liver that in turn affects the way your hormones are processed. Try sipping on pomegranate, or 100% cranberry juice in your favorite wine glass.





## Reset # 12

**Burst Your Body.** Burst training (high intensity workout for 20-60 seconds duration) is the most efficient way to feel energized. Bonus: it burns fat too! A study in the journal *Metabolism*, for instance, showed burst training is more effective than low to moderate intensity exercise and promotes fat burning.



## Reset # 13

**Un-Supersize It.** When you use smaller dishware and glasses, you will eat less food. Serve your food on small, attractive plates and put the rest away. When the leftovers sit on your dinner table, chances are you'll eat them.





## Reset # 14

**Slow Down.** Spend an extra 5 minutes moisturizing your skin after a shower. Take a 10 minute walk outside before you go to work. Sit in your favorite chair by the pool. It's okay to slow down - even if it's only a few minutes every day.



A close-up, side-profile photograph of a woman with light skin and blonde hair, wearing a white tank top. She is drinking water from a clear plastic bottle. The background is a soft, out-of-focus green, suggesting an outdoor setting like a park or garden. The lighting is bright and natural, creating a fresh and healthy atmosphere.

## Reset # 15

**Drink Fluids BETWEEN Meals.** Put your glass down while you eat. Too much liquid dilutes your stomach acid, which can prevent protein breakdown and fat loss.

A close-up photograph of a dark-colored bowl filled with creamy hummus. The hummus is garnished with a drizzle of olive oil and fresh green herbs. In the foreground, there are several bright orange baby carrots and a piece of green broccoli, suggesting a healthy snack pairing.

## Reset # 16

**Eat Healthy Snacks.** Every time you eat, you raise insulin levels. For optimal vibrancy, eat a substantial meal every four to six hours. If you're still hungry, add non-starchy, low-glycemic vegetables as snacks.



## Reset # 17

**Remember to Breathe (Yoga, Meditation, Breathing Exercises).** Even a 15 minute “de-stress” session by yourself with no distractions can reset your mind so you can handle any stress that comes your way. With the abundance of technology today, there are even applications you can download to help you relax.



## Reset # 18

**Eat Protein at Every Meal.** Choose lean, clean protein at every meal including poultry or (if you can tolerate them) eggs, grass-fed beef, wild salmon, or pea/rice protein powder.







## Reset # 19

**Record Your Food.** Write down every bite that goes into your mouth. You will be amazed at what you actually eat (as opposed to what you think you eat). There are several free apps you can download for your smartphone so you can stay on track with your amounts.



## Reset # 20

**Eat Chlorophyll.** The greener your poop is, the cleaner your body will be. Chlorophyll is the green pigment in plant foods. To get green, eat at least 3 cups per day of kale, spinach, or collards.





## Reset # 21

**Sleep In.** Get 7 to 9 hours of quality, uninterrupted sleep EVERY night. Too little sleep knocks your fat-regulating hormones like Insulin, Leptin, and Ghrelin completely out of whack.



## Reset # 22

**Find a Buddy.** A friend or a group of like minded people can support your hormone challenges and triumphs. Join an in-person or online forum. You can inspire each other, take turns hosting healthy dinners at each other's houses, or workout together.



## Reset # 23

**Have a Plan.** Don't let yourself hit the starving point - where your energy suddenly plummets and you have a mental freak-out. For instance, keep a bag of raw almonds, or make up single serving size baggies of protein powder to bring with you (in your purse, your car, and at work....just add water) and plan your meals ahead.



## Reset # 24

### Exercise **BEFORE** Dining.

When you know a big dinner party is coming up, plan a workout beforehand. You will replenish the calories and the energy you burned exercising while you eat your delicious meal.







## Reset # 25

**Take a Bath.** A nice Epsom salt bath at least 30 minutes before bed promotes a relaxing sleep thanks to the magnesium content that acts as a muscle relaxant.



## Reset # 26

**Savor Your Meal.** Take pleasure in the preparing your food. Enjoy the flavors. Have meaningful conversations at mealtime. Eat with chopsticks or share bites with your loved ones. This reset will prevent overeating and help your brain process two important hormones involved in eating, Grehlin and Leptin.





## Reset # 27

**Drink Green Tea.** Green tea has L-Theanine, which, can be relaxing and balance out the caffeine. It's a great alternative to other caffeinated drinks.

## Reset # 28

**Read a Book.** When was the last time you read a fun book? Not only does reading help your mental clarity, it's also a great way to unwind an hour before bedtime so you can wake up refreshed after a full night's sleep.





## Reset # 29

**Reach for Organic.** Some foods like strawberries, celery, butter, and coffee are critical to get in organic versions. Other foods like sweet potatoes, oranges or white meat poultry are less critical. Stay up to date with the DIRTY DOZEN lists easily found online.





## Reset # 30

### **When in Doubt, See a Naturopath.**

Naturopathic Doctors (ND's and NMD's) have a lot of treatment options that include targeted nutrients, herbal/botanical support, and delivery and dosage options for hormone replacement therapies.

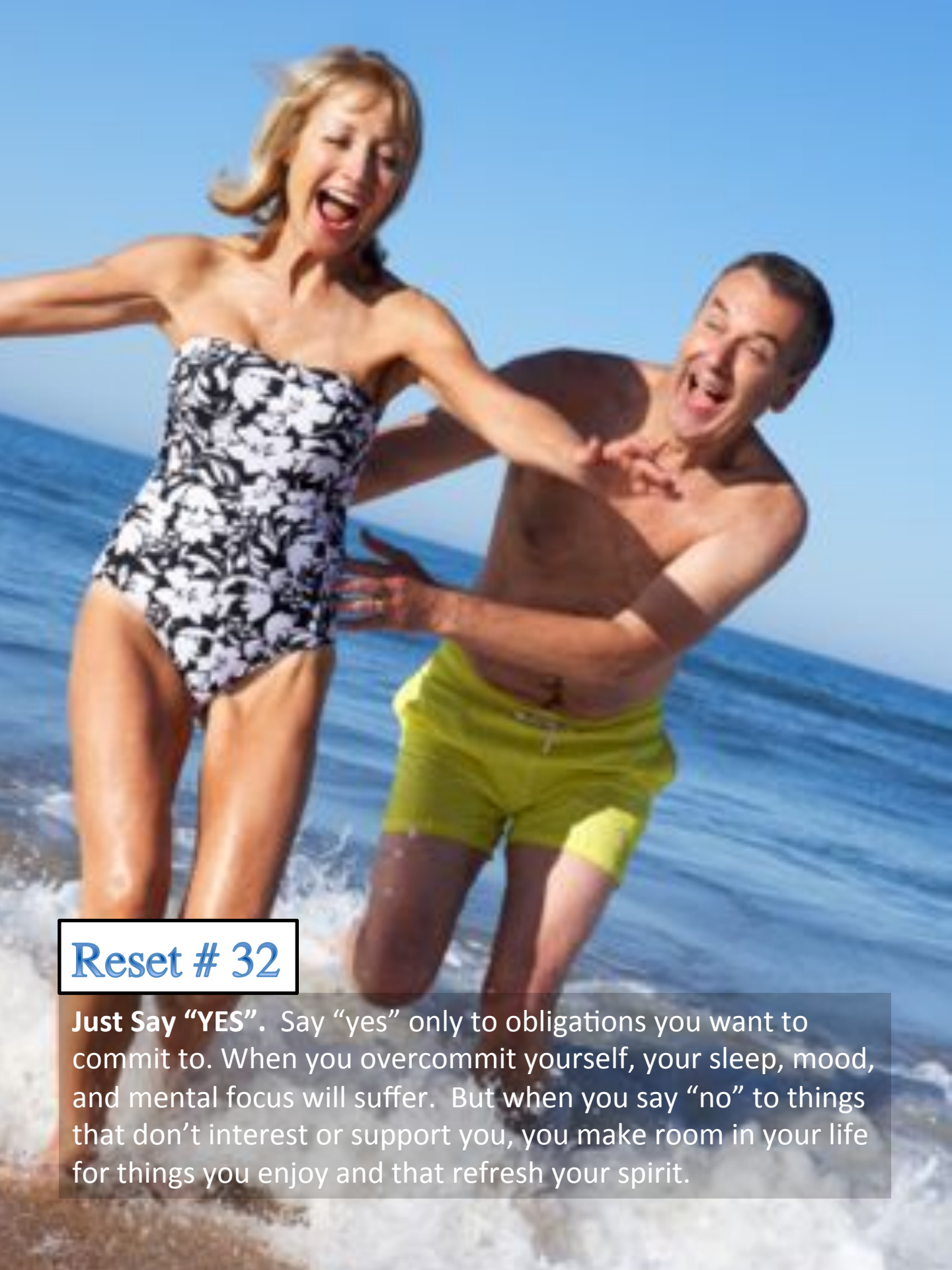
Alan Christianson, N.M.D.



## Reset # 31

**Reward Yourself.** You lost 10 pounds and you slept 8 straight hours for the first time in years? Congratulations! Instead of celebrating with that coffee-shop low-fat blueberry muffin (which usually has enough calories for your entire day's worth of food), visit a day spa or buy a new pair of **SMALLER** jeans instead. You deserve it!





## Reset # 32

**Just Say “YES”.** Say “yes” only to obligations you want to commit to. When you overcommit yourself, your sleep, mood, and mental focus will suffer. But when you say “no” to things that don’t interest or support you, you make room in your life for things you enjoy and that refresh your spirit.



## Reset # 33

**Indulge in a Fruity Dessert.** Try swapping sugary sweets with healthy alternatives like berries. If you do feel the need to indulge in sweets, try saving them as a treat after a meal filled with lean protein and fiber. This will slow the absorption of the sugar, keeping your blood glucose from spiking.





## Reset # 34

**Do a Social Detox.** The best way to stay healthy is to hang out with healthy people. Make healthy new health conscious friends and educate your old friends in your new habits!



## Reset # 35

**The Most Important Thing: You Can Do It!**  
You CAN feel fabulous again when your hormones are reset. Now let a natural hormone expert (like Dr. Christianson and his team) help you make it happen!





Dr. Alan Christianson | Dr. Lauren Beardsley | Dr. Linda Khoshaba | Dr. Saman Rezaie | Dr. Adrienne Stewart

We dedicate this Hormone RESET eMagazine to you.

## Integrative Health

Born in science. Balanced by nature. Especially for you.

Introducing a fresh approach to living well.  
A revitalized self. A more vibrant you.

Instead of masking symptoms with pills and procedures,  
Integrative Health discovers a purer perspective.

We diagnose the true source of discomfort,  
then champion scientific and natural solutions.  
Solutions that work with your body, not against it.  
The only side effect? A healthier, happier you.

Integrative Health  
An alternative to medicine as usual.  
A circle of physicians who care.  
A fresh approach to living well.

Reset your health. Reset your life. We can help.

Discover.

Empower.

Live Well.

