

Fast Track Your

HORMONE CURE

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**Quickstart
Guide**

Fast Track Your Hormone Cure “Quickstart” Guide

Balancing your hormones can take time, but these three steps will help you get there quickly and put you on the fast track to feeling more energized, youthful, and clear-headed.



Do this first: **Test Yourself**

- 3 **Take my hormone test.** This [quiz](#) will give you a starting point of reference for possible hormonal problems.
- 3 **Get a blood panel from your doctor.** Ask for the following tests:
 - VAP cholesterol [extensive – includes subtypes of LDL and HDL plus lipo(a), VLDL
 - Ferritin (this is a measure of your iron levels)
 - Thyroid panel: TSH, free T3, reverse T3
 - Cortisol
 - DHEAS
 - Fasting glucose
- 3 **Check Your Omega-6/Omega-3 ratio.** Vital Choice offers a \$99 [test](#) or you can get this done as part of the [NutrEval](#) series of tests
- 4 **Get a Complete Hormone Profile Assessment.** If your doctor is open-minded, ask for [this Genova test](#) or order the [Advanced Plus Hormone profile](#) yourself from CanaryClub.org. For those of you wanting an even bigger picture of your hormonal profile and nutritional deficiencies, the [NutrEval test](#) is ideal.

Do this second: **Fix Your Cortisol**



- 1 Eat Nutrient Dense Food.** Swap sugar, refined carbohydrates, caffeine, and alcohol for nutrient-rich veggies, healthy fats, and lean proteins.
- 2 Supplement.**
 - **Rhodiola:** For high cortisol, I advise my patients to take 200 mg of rhodiola once or twice per day
 - **Fish oil:** 2,000 mg per day can lower cortisol levels
- 3 Meditation/Yoga.** A mindfulness practice of deep breathing, mediation, or yoga is non-negotiable for managing stress and lowering cortisol levels.

Do this third: **Upgrade Your Food**

- 1 Start your day with a shake.** A **hormone balancing shake** with protein every morning will help keep cortisol in that sweet spot – not too high, not too low.
- 2 Eat a pound of vegetables.** I tell clients to eat a pound of veggies every day to help with elimination and stabilization of blood sugar. Low-glycemic vegetables will also help your cells retain water and keep you feeling full.
- 3 Eat clean protein.** Conventional meat is loaded with hormones and steroids. Grass-fed, organic meat is a much safer bet, and also opt for wild fish instead of farmed.

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