



The Hormone Reboot Method

The Simple 3 Step System To
Balance Hormones Naturally

The
LifestyleClinic

Hello there!

We are so happy that you are dedicated to working on balancing your hormones so you can get your body back!

We use naturopathic medicine to help people achieve the highest level of wellness without using drugs or surgery. Everything we do at The Lifestyle Clinic is 100% natural. We focus on the whole person instead of just their symptoms or complaints. This allows us to practice truly personalized, lifestyle medicine which is the only way to lasting results.

Our **Hormone Reboot Method** has been responsible for hundreds of people getting their bodies back on track by getting to the root cause of their issues and with personalized tools and strategies, it can possibly do the same for you too.

For over a decade we've worked with men and women of all backgrounds and ages - with a variety of hormonal concerns like Diabetes, High Blood Pressure, High Cholesterol, Weight Gain, Infertility, Fibroids, Endometriosis, Low Libido, PCOS, Hot Flashes, Anxiety, Insomnia and Depression.

We have found that having hormone balance is one of the most important factors when it comes to having a healthy body and preventing chronic disease. Fixing hormonal imbalances can literally add years to your life and the great news is, it is possible without drugs.

It's time to get your hormones back on track by following our simple step-by-step reboot method outlined in this manual. Stop living in a body that you don't love and take this first step towards living in the body you deserve!

We are so excited to work with you!

RELEASE >>> REPAIR >>> RESTORE



HORMONE CONFUSION

Quick Tip:

Almost every process in the body is hormonally controlled. That is why it is essential to have hormones in balance.

Hormones are different substances produced in the body and released into the bloodstream. These substances travel to all the different organs in the body. They tell the body how to function. They determine how you look, feel and think.

There are many different types of hormones and each hormone is responsible for regulating a different system in the body. There are about 15 essential hormones that seem to regulate most of the metabolic functions that lead to chronic symptoms and diseases.

Hormones have both physical and emotional effects on the body. The root cause of common hormonal issues is usually lifestyle. Things like changes in schedule, nutrition, chronic stress, injury, infection, medications, illness and environmental toxins can cause a shift in hormones. This can lead to a situation that we have termed, HORMONE CONFUSION.

When your body is in a state of hormone confusion, all sorts of symptoms and conditions can come up. This is because hormones form an intricate, interconnected network. A change in one hormone can cause changes in other hormones. When one hormone is out of balance, it can cause many other hormones to be out of balance.

Many people don't realize that a lot of common health conditions have a hormonal link. In fact, almost every process in the body is hormonally controlled.

The following symptoms and conditions are examples of conditions with a hormonal link:

- **Diabetes** - usually caused by imbalances in the hormones Insulin and Cortisol
- **Heart Disease** - usually caused by imbalances in the hormones Insulin and Cortisol
- **Thyroid Disease** - usually caused by imbalances in Thyroid hormones
- **Obesity** - usually caused by imbalances in the hormones Insulin, Cortisol, Estrogen, Thyroid and Leptin
- **Depression** - usually caused by imbalances in the hormones Estrogen, Progesterone and Thyroid
- **Anxiety** - usually caused by imbalances in the hormones Cortisol, Estrogen, Progesterone and Thyroid
- **Infertility** - usually caused by imbalances in the hormones Cortisol, Estrogen, Progesterone and Testosterone
- **Ovarian Cysts/PCOS** - usually caused by imbalances in the hormones Insulin and Testosterone
- **Fibroids** - usually caused by imbalances in the hormones Estrogen and Progesterone
- **Insomnia** - usually caused by imbalances in the hormones Insulin and Cortisol

If you intend to recover from hormonal confusion, you need a plan. That is where the 3-Step Hormone Reboot Method comes in.

STEP #1

RELEASE

Quick Tip:

A holistic approach is a much better way if you are really interested in recovery.

The first step in the plan is called RELEASE because it allows your body to get rid of anything that could be causing negative hormonal impacts.

The **RELEASE** step involves detoxing the body of chemicals, foods, alcohol, drugs, infections and any other toxins that may be interfering with how the hormones work. It is like hitting the power button on your computer when things go haywire to completely reset the system.

It also includes you knowing your hormone numbers. There are many different hormones in the body and 15 of them play a very critical role in metabolism, mood, memory, focus, weight, energy and sleep.

The RELEASE step includes an assessment that takes a deep look into personal history, family history, and lifestyle. It also includes looking at the blood test results for the entire body (including the 15 essential hormones) and seeing how the other results potentially affect the hormones.

FACT: Over 90% of people have never had a complete hormone panel done at their regular doctor's office because most insurance companies do not cover routine hormone testing. Because of that so many people struggle with issues for years simply because the correct tests were never done.

Knowing your hormone numbers can predict your ability to lose weight, improve memory, reverse

diabetes and even prevent Alzheimer's and dementia.

The most important thing to know is not just the hormone numbers. It is, in fact, knowing the story behind the numbers. We do assessments on dozens of new people every month and just looking at the numbers is not enough because the numbers never tell the whole story. The assessment has to be done holistically where everything about the individual is carefully taken into consideration.

This is what is missing in most regular doctor's offices. They treat the numbers instead of the patient. The result is that people stay sick and take drugs for their entire lives because treating the numbers is not the same as treating the person. A holistic approach is a much better way if you are really interested in recovery. The **RELEASE** step is the holistic way to begin repairing the hormone system.

STEP #2

REPAIR

Quick Tip:

Food creates the basic blueprint for your health, especially when dealing with hormones.

This next step is crucial to recovery because once the **RELEASE** is done, you will need a plan to get you from where you are to where you want to be. This is the REPAIR step. It includes a targeted plan based on your current hormone status.

You build the plan directly from the results of your blood tests results. It is one thing to know that you need to fix something...it is a completely different thing to know exactly how to fix that thing.

The next step in the plan that we have used for over a decade to get consistent results is targeted nutrition and supplementation.

Targeted herb and food based supplements are important to support and nourish the glands that actually produce the hormones. When these glands are healthy, it is easier for them to produce the right amounts of hormones at the right time. It is the standard of care at many regular doctor's offices to treat hormone imbalances with hormone replacement medications. This is a mistake because only your body knows what it needs on any given day. Hormone replacement drugs usually just cover up the symptom but the patient never truly heals.

Using the principles of Naturopathic Medicine, we know that food creates the basic blueprint for your health, especially when dealing with hormones.

Depending on which hormones are impacted, you need a specific nutritional approach.

There is no one healthy way of eating that works for everybody. That is because everybody has a different hormonal makeup.

There are many different eating styles that are available. While you will undoubtedly need to have a diet low in junk food and higher in whole foods, your actual nutrition plan should be based on your blood test results as well as your personal health history. Without looking at your health history, it is difficult for me to know if vegan, paleo, keto, vegetarian, plant-based, carnivore-type diets, intuitive eating, high carb or even another way of eating will work best for you.

STEP #3

RESTORE

Quick Tip:

Having a point of accountability where someone holds you accountable to take all the steps in your plan daily is priceless.

Once you have completed the **REPAIR** step, it's time to restore things back to normal. This is the **RESTORE** step.

This is like restoring your computer to factory settings. Everything is at a good baseline level and it should work well moving forward.

This part of the plan involves things like modifying your lifestyle and managing stress. Because this is a holistic plan, you must address those things in your lifestyle that need improving in order to get to your goal of rebooting the hormones. The things you must address include fitness, mindset, and stress management.

In this step, it is important to come up with a system and routine that is specific to your body and your lifestyle so you can maintain hormone balance long term.

Mindset issues are one of those things that can sabotage even your best efforts. Figuring out what your mental roadblocks are will help you navigate around tough situations and difficult times on your road to recovery.

We firmly believe that there is a direct relationship between stress and hormone confusion. While you may be able to mentally deal with stress, sometimes your body doesn't manage it very well. This can look like anxiety, trouble sleeping, heart palpitations, sugar,

cravings and of course, higher blood sugars.

Managing stress both physically and mentally has to be included in your long term recovery plan if you are going to be successful.

RESTORE, the final step, is the glue that holds the entire thing together. From experience, without this step, the odds of you being successful long term are not great.

Education is very important because it allows you to understand your own body and how it works so you can stop being a victim of your hormones.

Accountability and support are the final layers that have to be built into your plan in order for you to have long term success. We are all adults but, without someone looking over our shoulders, we don't always make the best decisions when it comes to maintaining a healthy lifestyle, especially when it comes to stress management.

Having a point of accountability where someone holds you accountable to take all the steps in your plan daily is priceless. This ensures that when life happens, as it always does, you are still able to move forward.

THE HORMONE REBOOT METHOD

We have used the steps outlined above to create The Hormone Reboot Program which has helped many people recover from hormone confusion. If you follow these steps you will give yourself the best chance of recovery.

If you need some professional help, we are here for you. This is exactly what we do. We help people just like you!

So, there you have it! The exact steps we take to help women and men recover from Hormone Confusion. We honestly wish we had a silver bullet that worked for everyone. However, after more than a decade of doing this, we know for a fact that medicine, when practiced correctly, has to be personalized. Everyone has a different hormone profile.

This individuality is due to personal health history, family history, genetic individuality and lifestyle. You are in possession of a tool that can get you massive results when implemented correctly. But, unless you have the personalized lab analysis, targeted supplementation, nutrition and lifestyle changes you need, it may not be able to get you from where you are right now to where you want to be.

It is like you getting in a car to drive from Boston to Los Angeles without a GPS or road map. You might get there eventually but that journey may involve a lot of wrong turns which could ultimately cause you to waste time and money.

So, if you'd like to use these steps to their full potential and figure out how to balance your hormones once and for all, we'll show you how, with a quick 30 minute call!

That way you can see exactly how the program would work for you before committing to doing it.

We will go through your personal health history, family history, current symptoms, medications and goals to create for you a Personalized Health Roadmap. You can think of this as a GPS for your health! This has the potential to transform your body, and your life, so you can stop living in a body that you don't love and take this first step towards living in the body you deserve!

If you haven't already done so, Click [here](#) to book your phone consultation.

