8 Ways to Make Sure 8 Hormones Aren't Running Your Life!

By Dietitian Cassie from Healthy Simple Life



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Hormones matter.

When they're balanced, you feel like you can conquer the world.

When they're out of balance, **you're** out of balance.

Are hormones the missing piece to your puzzle?

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Glucagon and Insulin

Skedis

blood sugar

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Balanced eating keeps your blood sugar stable all day

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Stoom States

keep it simple









protein

- revs up metabolism 35% for 1-3 hours after eating
- improves immune function
- supports brain chemistry
- important for healing
- not stored by the body

Serving: palm size for meals, half that for snacks.







fat



satisfies hunger

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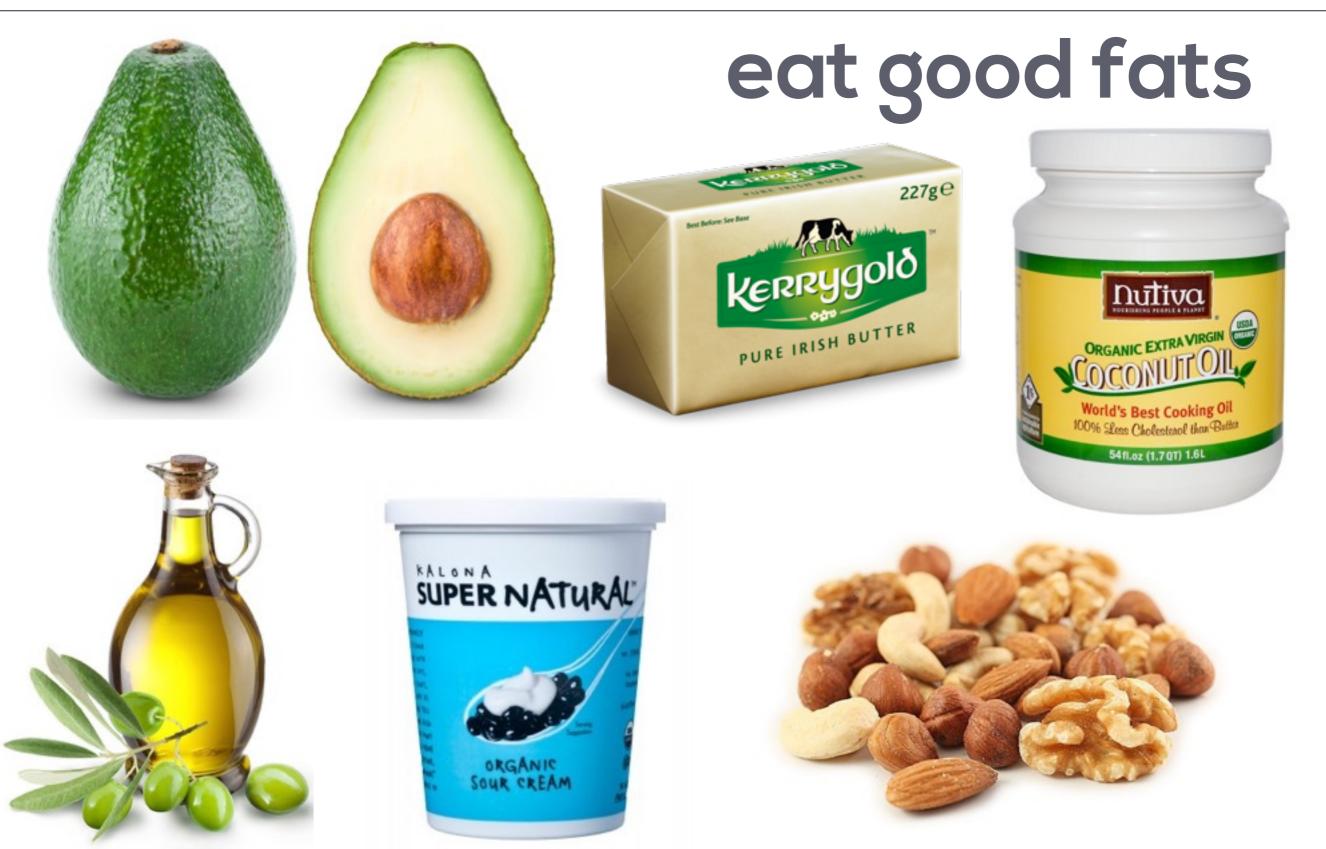
- lubricates joints
- supports brain and heart health
- important for healing
- needed for weight loss
- necessary for hormone production

Serving: 1-2 Tbsp at each meal and snack.









carbs

- full of antioxidants and other nutrients
- quick source of energy
- supports intestinal health
- carb sensitivity varies from person to person
- stored as fat if over consumed

Serving: non-starchy=unlimited starchies=1/4-1/2 c.







PFC balanced breakfast examples

Quickie PFC Smoothie

Rushing out to door to get your kids to their after school activities? Throw this quickie protein shake together in 5 mins

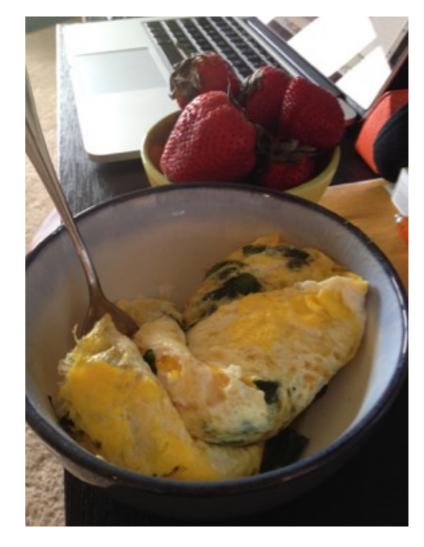
and stay balanced

- 1 c. frozen fruit
- 1 big scoop PB
- 1 scoop protein powder
- enough water to blend.

Keeps mom and kiddos going strong til dinner!

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scramble 2-3 eggs in 1-2 T of coconut oil or butter, add veggies and/or fruit!

Cortisol









Estrogen and Testosterone





Leptin and Ghrelin



quality counts





just the honest-to-goodness nutrients that you would find in **real food.**

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hormone balancing action steps!

- 1. Eat real food!
- 2. Eat PFC every 3.
- 3. Avoid soy.
- 4. Use iodized salt.
- 5. Make sleep a priority!
- 6. Manage stress.
- 7. Supplement (at minimum: Estrofactors/Testralin)
- 8. Work with a Dietitian Coach!

work with a coach!



- Accountability (you don't have to do this alone!)
- Customized recommendations (End the guesswork!)
- Your personal GPS (on't get off course with expensive and frustrating mistakes that demolish results!)



The Healthy Simple Life Program



- 2 monthly appointments
- Personal Health Assessment!



Customized
Nutrition
Portfolio



14 days of Customized Meal Plans!



FREE PFC Club Access!

lf you...

- ... are a chronic dieter and want to lose weight once and for all (and sustain it!)
- ... have suffered from low thyroid function
- ... are concerned about your hormones being out of whack
- ... are feeling too stressed and sleep-deprived to feel like you're fully functioning
- ... are regularly confused by conflicting advice you read in articles and see on shows

YOU ARE IN THE RIGHT PLACE!

Apply now!



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<u>start</u>