

# 28 Day Reset Diet



**Week #2**  
**Dr. Linda Marquez Goodine**

# Review

◆ Top 10 root causes of disease

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◆ Hormones are the language of communication - the 2 most important are:

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- Hormones can be high or low and impact EVERY SYSTEM
- Even your THOUGHTS impact your hormones
- When your hormones are not balanced you feel like crap

*Good News!! After 7 days:*

- Add fish and chicken to eating template
- 20-30 grams at lunch & dinner
- Remove lentils if GI issues



# Food is Information

*"Let Food Be Thy Medicine. Let Medicine Be Thy food."*

◆ My new health agreement:

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◆ FIVE Eating rules for optimal health & hormone balance:

1

2

3

4

5



◆ 3 New nourishing foods I will focus on this week;

1 .....

2 .....

3 .....

◆ Ten(10) Foods I am letting go of 28 days (My word is my agreement):

1 .....

2 .....

3 .....

4 .....

5 .....

6 .....

7 .....

8 .....

9 .....

10 .....

◆ Four (4) food swaps I can make:

I will swap this ..... for: .....

I will swap this ..... for: .....

I will swap this ..... for: .....

I will swap this ..... for: .....

# Sleep Matters

*Quality sleep is essential for optimal health, hormone balance, & body modification*

◆ What does quality sleep look like:

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◆ How poor sleep impacts my health ?

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1

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2

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3

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7

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Sleep is an essential part of life—but more important sleep is a gift.

◆ How does my body benefit from sleep?

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◆ Four (big changes to create a bedroom sleep sanctuary

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◆ 3 Action steps to take this week:

1. Dry brushing
2. Oil pulling 5 minutes
3. Mental Rehearsal



*Remember to:*



Post your wins on social media, encourage other ladies, share your recipes with the group. Every week a winner will be chosen for the most active lady