

EATING BY DESIGN

HORMONE EDITION



EATING BY DESIGN

HORMONE EDITION

Most people develop a hormone imbalance because of diet, lifestyle, medications and more. If you struggle with thyroid problems, low energy, mood swings, weight issues, poor digestion, trouble sleeping, infertility, menstruation issues, low libido, or a weak immune system, you probably have a hormone imbalance. Hormone imbalance always leads back to problems with the endocrine system, which is comprised of several organs that work together to secrete hormones; important chemical messengers that play a vital role in a healthy body. In our FREE hormone guide, you will learn about the importance of each gland and how you can support and heal them such as the thyroid, adrenals, and ovaries with lifestyle changes and our natural herb and supplement recommendations.

For additional videos and resources check out this page:

www.spiritofhealthkc.com/hormone-balancing-program/

OUR FOOD AND HERB-BASED PROTOCOL HELPS SOLVE:

Acne

ADHD

Adrenal Fatigue

Anxiety

Depression

Endometriosis

Fibroids

Foggy-Head

Getting Off HRT or

Birth Control

Hair Loss

Heavy Bleeding

Infertility

Irregular Periods

Low Energy

Low Immunity

Low Libido

Low Testosterone

Low Thyroid

Mood Swings

PCOS & Cysts

Perimenopause

PMS

Sleep Conditions

Weight Issues

& More



HORMONE ASSESMENT

Click on the button below to take the hormone assessment and find out if your health symptoms may be the result of an imbalance in your hormones.

[WOMEN'S QUIZ](#)

[MEN'S QUIZ](#)

Use the supplement recommendations in the next pages of this guide to find the best regiment for you based on the results you get after the assessment. Then follow the 10-steps over the next four weeks and watch the difference it makes!



SUPPLEMENT LIST: women



LOW PROGESTERONE

Proferia - Arthur Andrew Medical
Progesteronic - Wishgarden
Healthy Pituitary - Dr. Morse
Magnesium - Health & Wisdom
Isotonic Minerals 0.9 - BIOCEAN



LOW ESTROGEN

Schizandra Pure - Shen Blossom
Flax Oil - Flora
Female Reproductive Tonic - Dr. Morse
Estro-DIM - OrthoMolecular



LOW TESTOSTERONE

Deer Antler - Royal Velvet
Inner Vitality Plant Minerals - Morningstar
Ultimate Omega - Nordic Naturals
Adaptogen Power Blend - Spirit of Health



LOW ADRENAL FUNCTION

Adrenal Fatigue Fighter - RidgeCrest
Adaptogen Power Blend - Spirit of Health
Himalayan Pink Salt
Adren-All - Orthomolecular
Pure Radiance C - Synergy Company.



LOW THYROID FUNCTION

Thyroid Thrive - RidgeCrest
Xodine - Cedar Bear
Thyroid/Thymus Tonic - Dr. Morse.
Inner Vitality Plant Minerals - Morningstar



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SUPPLEMENT LIST: **men**



LOW TESTOSTERONE

Deer Antler - Royal Velvet
Tongkat Ali - Cedar Bear
N-Fuzed Testosterone - Harmonic Innerprizes
Ultimate Omega - Nordic Naturals
Adaptogen Power Blend - Spirit of Health



LOW ADRENAL FUNCTION

Adrenal Fatigue Fighter - RidgeCrest
Adaptogen Power Blend - Spirit of Health
Himalayan Pink Salt
Adren-All - Orthomolecular
Pure Radiance C - Synergy Company



LOW THYROID FUNCTION

Thyroid Thrive - RidgeCrest
Xodine - Cedar Bear
Thyroid/Thymus Tonic - Dr. Morse
Inner Vitality Plant Minerals - Morningstar



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SHOPPING LIST: special conditions



PCOS, CYSTS, ENDOMETRIOSIS, FIBROIDS

Kidney & Lymph Cleanses - Spirit of Health
DIM - Plus - Nature's Way
EstroDIM - Ortho Molecular
FibroVera - Arthur Andrew Medical
Proféria - Arthur Andrew Medical
Castor Oil Pack - Heritage



WEIGHT LOSS

Cleanses - Spirit of Health
Thyroid Thrive - RidgeCrest
Modifilan - Pacific Standard
Xodine - Cedar Bear
Endocrine Balance Formula - Dr. Morse
Endocrine Balance Powder Blend - Spirit of Health



BREAST HEALTH

Lymphatic Cleanse - Spirit of Health
DIM-Plus - Nature's Way
Flor-Essence Tea - Flora
Essiac Tea - Starwest Botanicals



INFERTILITY - WOMEN

Isotonic Minerals 0.9 - BIOCEAN
Proféria - Arthur Andrew Medical
Fertility Prep - Wish Garden
Fertility Tea - Spirit of Health
Healthy Pituitary Dr. Morse
Femmenessence MacaHarmony - NHI (Please call the store at 816-492-5648 to order)



INFERTILITY - MEN

Deer Antler - Royal Velvet
IsotonicMinerals 0.9 - BIOCEAN
Tongkat Ali - Raw Forest Foods
Revolution Macalibrium - NHI (Please call the store at 816-492-5648 to order)



MENSTRUAL CRAMPS/PAIN

Liver & Lymph Cleanses - Spirit of Health
Magnesium Oil - Health & Wisdom
Cramp Relief - Wish Garden
Deep Blue - doTERRA
Castor Oil Pack - Heritage
Dodecin - ByPro Nutrition
CBD Oil - Elixinol (Please call the store at 816-492-5648 to order this product)



MENOPAUSE

Liver Cleanse - Spirit of Health
Replenish - Herbally Grounded
Hot Flash Tincture - Wish Garden
Femmenessence MacaLife - NHI (Please call the store at 816-492-5648 to order)



SHOPPING LIST: special conditions



ACNE

Cleanses - Spirit of Health
Udo's Oil - Flora
Ultimate Omega - Nordic Naturals
Living Silica - Ultimate Superfoods
Acne Advance - Future Biotics
Flor-Essence Tea - Flora
Clay - Living Clay
Olive Gold O3 Skin Care Lotion - Olive Gold



HAIR LOSS

Lymphatic Cleanse - Spirit of Health
Hair Revive - RidgeCrest
Deer Antler - Royal Velvet
Biotin - Doctor's Best
Living Silica - Ultimate Superfoods
Thyroid Thrive - RidgeCrest
Xodine - Cedar Bear
Isotonic Minerals 0.9 - BIOCEAN



LIBIDO & SEXUAL FUNCTION - WOMEN

Amora - Bell Lifestyle
Isotonic Minerals 0.9- BIOCEAN
Deer Antler - Royal Velvet
Ultimate Omega - Nordic Naturals
Femmenessence MacaHarmony - NHI (Please call the store at 816-492-5648 to order)



LIBIDO & SEXUAL FUNCTION - MEN

Deer Antler - Royal Velvet
Tongkat Ali - Raw Forest Foods
Libido Support for Men - -Cedar Bear
Forza - Bell Lifestyle



IRREGULAR CYCLES

Lymph & Liver Cleanse - Spirit of Health
Ginger Tea - Flora
Restore - Herbally Grounded
Isotonic Minerals 0.9 - BIOCEAN
Balance - Herbally Grounded
Fem-Mate - Prime Health
Femmenessence MacaHarmony - NHI (Please call the store at 816-492-5648 to order)



[WATCH VIDEOS & SHOP NOW](#)

READ FIRST: synthetic hormones

birth control, HRT (Hormone Replacement Therapy), Bio-Identical hormones, etc.

Before we begin the 10-step guide, we need to address synthetic hormone medications. In order to see lasting results in balancing your hormones in a natural and healthy way, you should consider stopping or at least weaning off any synthetic hormones or hormone replacement therapy including birth control.

For many unfortunate reasons, we are choosing synthetic chemical agents that alter the natural cycles of the body. Birth control is being used for acne, “hormone balancing,” or simply “convenience” of not having a menstrual cycle. This is traumatic on many levels to the woman and society as a whole. This is contrary to God’s design of women. Birth control is one of the biggest reasons for infertility today. Even after stopping birth control, the dangerous negative effects of synthetic estrogens are long-lasting such as infertility, increased risk of cancer and stroke, decreased bone density, high blood pressure, yeast overgrowth and infections.

Many women are told that HRT (Hormone Replacement Therapy) is perfectly safe and necessary to re-balance hormones. It is important to know that a hormonal imbalance is not a disease nor is menopause. We have learned the hard way that trying to fix imbalances through synthetic hormones is ineffective, and although many women experience short term relief, there are long-term consequences. Hormones are a delicate balance and it is difficult to know which hormones to replace and how much to administer. In addition, much of what is being used are synthetic replicas the body does not understand, making it almost impossible to balance hormones using modern pharmaceuticals. True healthy hormonal balance can be

achieved if we put the right nutrition in the body and eliminate what is causing the disruption.

“Bioidentical” is not natural. The term itself means “biologically identical” to either what is found in nature or “biologically identical” to the hormone itself. It is compounded in a pharmacy using petrochemicals and although they may use a small amount of natural ingredients, it is still mostly, if not all, synthetic. Just because it might have similar molecular structure, does not mean the body will be able to recognize or use it, if it is made from something that was never designed to go into the human body.

Whether you are trying to clear up your skin or ease disruptive and painful PMS or menopause symptoms, increase libido, etc. keep in mind that prescription drugs are merely addressing the symptoms and are not solving the problem. Your body is actually trying to tell you that your hormones are out of balance and something needs to be done. Although medication like birth control pills may improve your symptoms for a short time, the imbalances in your body and its overall health continues to decline and the risks of oral contraceptives only compound the problem.

Sometimes birth control methods seem necessary for preventing unwanted pregnancies, but I urge you to learn more about other natural options that do not damage your health. Learn about the fertility signs of a woman and how you can easily chart them to understand your fertile and infertile times.

EATING BY DESIGN: week 1

STEP 1: eliminate caffeine

Step 2: eliminate alcohol

Step 3: eliminate white



[WATCH VIDEOS](#)

STEP 1: eliminate caffeine

Make water and herbal teas your beverage choice

Although many arguments are made as to the benefits of coffee, or caffeine in general, it is mostly abused to the point of causing harm. Caffeine stimulates adrenaline, which causes the body to go into a state of fight or flight. This causes irregular and rapid heartbeats, nervousness, anxiety, insomnia, irritability and muscle tremors. This exhausts the adrenal glands, weakens the immune system, and causes inflammation in the body.

Acidic drinks, especially coffee, cause imbalance in the gut flora which make it hard for the body to absorb nutrients. Many people suffer from an acidic system, and coffee will cause acid reflux in these cases. Overall, coffee makes your body extremely acidic, and acidosis is the root cause of much pain, inflammation and disease. Coffee also depletes electrolyte minerals, B-vitamins, and other nutrients which contribute to healthy hormone function. Caffeine affects your sleep quality. Regardless of how long it has been since you had caffeine in the day, it can disrupt your sleep. This usually results in waking up groggy, drinking more caffeine to wake you up, and then the cycle continues getting worse and worse. Not getting an adequate amount of sleep or having poor sleep quality affects healthy hormone production in the body. These effects can be seen even more in women because women's bodies retain fluids longer and metabolize chemicals more slowly.

People are often pleasantly surprised that after stopping caffeine for a few days, they have good, sustainable energy throughout the day. This is much better than the ups and downs that come with a caffeine hit, and much better for your health long-term. Stopping caffeine will make a crucial hormone producer, your adrenal glands, very happy!

FACT

The adrenal glands drive the endocrine system and play a huge role in running your nervous system. They are critical for digestion, hormone balance, liver function, all sexual organ function, managing your stress response, balancing and managing salt & potassium levels, assisting with blood pressure and blood sugar regulation and providing energy. The adrenals actually produce more hormones than any other gland in the entire body.

WORST

SODA
DIET SODA
ENERGY DRINKS
COFFEE WITH SUGAR & MILK
SPECIALTY COFFEE DRINKS

BETTER

CARBONATED DRINKS WITH RAW
CANE SUGAR
ORGANIC COFFEE WITH NUT MILK
AND NATURAL SWEETENER
ORGANIC BLACK TEA

EVEN-BETTER

STEVIA SWEETENED SODA
KOMBUCHA
CARBONATED WATER
GREEN TEA

BEST FOR HEALING

WATER
COCONUT WATER KEFIR
COLD-PRESSED FRUIT &
VEGETABLE JUICES
ELIMINATE ALL CAFFEINE & COFFEE
COFFEE SUBSTITUTION RECIPE
NATURAL ELECTROLYTE DRINKS
CALM

COFFEE SUBSTITUTES

HOT MUSHROOM TONIC

Ingredients:

- 8oz homemade nut milk (coconut, almond, cashew, etc.)
- 1 teaspoon Chaga Hot Drink Powder (chaga, reishi, cacao, shilajit)
- 1 teaspoon maca
- *optional 4-6 drops liquid stevia

Directions:

Bring nut milk to a simmer. Then carefully add nut milk and the rest of the ingredients to a blender. Blend for a few seconds and pour into a mug. Enjoy this beverage in the morning in place of coffee.

HOT DANDY MOCHA

Ingredients:

- 8oz boiling hot filtered water
- 1 rounded tablespoon Dandy Blend
- 2-3 tablespoons of homemade nut milk
- *optional 4-6 drops of vanilla creme flavored liquid stevia
- *optional 1/2 to 1 dropper full of cacao nibs extract

Directions:

Bring water to a boil. Add Dandy Blend, coconut milk, optional stevia and cacao nibs extract to a coffee mug. Then carefully pour the boiling water into mug and stir until blended. Adjust stevia to taste. (recipe from Dandy Blend)

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STEP 2: eliminate alcohol

Make water and herbal teas your beverage choice

We encourage all of our clients to eliminate alcohol, including red wine, to promote a healthy healing environment. While red wine has antioxidative properties, alcohol is a neurotoxin, which affects your brain and can overburden your liver and other bodily systems.

It is commonly known that drinking alcohol can cause liver weakness or fatty liver, which can lead to numerous health problems. However, many don't know that the liver also plays a huge role in hormone health. The liver filters hormones out of the body so if the liver isn't working properly excess hormones will circulate through the bloodstream instead of being excreted which lead to hormonal imbalances that affect the thyroid gland, estrogen levels, and more. This is why in Chinese medicine they focus on the liver if there is any sign of hormone imbalance.

In addition to this, drinking alcohol forces the liver to use antioxidants and vitamins to break it down which leads to vitamin and mineral deficiencies.

All alcohol raises your estrogen levels which worsen hormonal imbalance especially those suffering from estrogen dominance. This is especially true with beer. Although beer has become know as a "manly drink," it actually does the exact opposite to a man's body. Hops used to make beer are female flowers of the plant and contain high levels of phytoestrogen—a plant estrogen. Consuming beer and other estrogenic foods leads to estrogen dominance. In men, this contributes to breast development, premature aging, sluggishness, tooth decay, hair loss, erectile dysfunction, and a beer belly.

FACT

Like caffeine, alcohol also disrupts blood sugar levels and puts stress on the adrenals causing unhealthy cravings and exhaustion.

ALCOHOL

WORST

BEER
HARD LIQUOR
MIXED DRINKS
WHITE WINE

BETTER

RED WINE

EVEN-BETTER

1/2 CUP OF RED WINE
OCCASIONALLY

BEST FOR HEALING

ELIMINATE ALL ALCOHOL
[ELECTROLYTE MARGARITA RECIPE](#)

ALCOHOL SUBSTITUTE

ELECTROLYTE MARGARITA

Ingredients:

- 1 Quart Purified Water
- Juice of 1 or more Lemons or Limes
- 2 Tbsp Braggs Apple Cider Vinegar
- 1 dropper of liquid Stevia
- Adjust ingredients to your taste.

Directions:

Combine all ingredients. stir and enjoy.

*This is a great before or after workout electrolyte drink.
It is also a tasty way to drink your apple cider vinegar)

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STEP 3: eliminate white

White flour, white sugar, white rice, artificial sweeteners, etc.

White products are created by taking something natural and removing all nutrients so that it can have a longer shelf life. Moreover, many products are fortified with "nutrients" so that they can sell it as healthy. All fortified "nutrients" are synthetic vitamins that your body can't process, so instead of it helping; it creates more toxins for your body to eliminate.

Eating refined carbohydrates like white bread, pasta, and crackers do a similar thing to the body as eating large quantities of sugar. They increase insulin causing blood sugar imbalance which is a primary contributor to hormone imbalance. They are also very acidic and inflammatory in the body. To make matters worse, the chemicals and pesticides that are used on conventional white products increases hormones and leads to estrogen dominance.

This step can be one of the hardest for people because white grains (which contain sugar) and sugar is a genuine addiction. Go slowly, be patient in the process, and remember you're breaking an addiction so you may experience withdrawal symptoms (headache, fatigue, etc.).

Processed sugar completely shuts down the immune system and the glandular system. Almost every woman who has struggled with fibroids, cysts, PCOS, endometriosis, etc. almost universally has struggled with sugar and/or carbohydrate over-consumption. Eliminate all candy, baked goods, soda and hidden sugars in condiments, breads, cereals, etc. Stick to what God gave us; fruit and honey.

Aspartame and artificial sweeteners form formaldehyde (a dangerous carcinogen) in the body that can lead to infertility. Diet soda is the most unhealthy drink one can possibly consume. Studies in drinkers of diet soda also find a 41% increase in obesity and risk for diabetes per daily soda. For example, an intake of three diet sodas per day increases your risk for diabetes by over 120%!

FACT

Consuming too much sugar (including grains) can lead to many health conditions including hormone imbalance, adrenal fatigue, diabetes, heart disease, arthritis, chronic back pain, autism, MS, and many more.

	WORST	BETTER	EVEN-BETTER	BEST FOR HEALING
GRAIN	ENRICHED WHITE/WHEAT FLOUR	STORE BOUGHT SPROUTED GRAINS ORGANIC WHOLE GRAINS WILD/BROWN RICE	SOAK/SPROUT YOUR OWN ANCIENT GRAINS: QUINOA, MILLET, AMARANTH, BUCKWHEAT	NONE – USE VEGGIES TO “MOCK” GRAINS (ZUCCHINI, CAULIFLOWER, ETC)
SUGAR	REFINED (PROCESSED) WHITE/ BROWN SUGAR ARTIFICIAL SWEETENERS (SPLENDA/ASPARTAME) HIGH FRUIT CORN SYRUP	RAPADURA <u>PALM SUGAR</u> AGAVE	<u>RAW HONEY</u> MAPLE SYRUP (B) MOLASSES	FRUIT <u>STEVIA</u>

EATING BY DESIGN: week 2

STEP 4: eliminate soy & dairy

STEP 5: add fresh fruits, vegetables & healthy fats

STEP 6: cut back on meat

[WATCH VIDEOS](#)



STEP 4: eliminate soy & dairy

milk, cream, cheese, yogurt etc.

Processed dairy is one of the worst foods you could ever feed a child, or yourself. Store-bought, commercial dairy is a disgusting industry. Almost all dairy bought today has been processed through pasteurization. Processed dairy is very acidic, and it pulls calcium from your bones to balance the pH of the blood. Pasteurization and homogenization change the molecular structure of the dairy, making it difficult to digest and absorb, creating a build-up of mucus in the body. Undigested dairy lines the intestinal tract, blocking absorption of nutrients and creating digestion and bowel issues. Most dairy cows are also given artificial growth hormones, antibiotics, and GMO foods, which if you drink their milk, your body will absorb all of those things. These toxins can throw off estrogen production and metabolism, hinder fertility, and weaken the pituitary and adrenal glands.

What about Raw Milk? Raw milk could be a nourishing food, but in today's culture of sickness and congested systems, we don't recommend even raw dairy because it is often too heavy for most people today to process adequately.

When digestion is compromised, and the lymphatic system, kidneys, and liver are backed up, even raw dairy won't be digested properly in the human body. For a healing, cleansing, restoring program, we recommend that you eliminate all dairy products.

Many people who have gone to a dairy-free lifestyle, unfortunately, switched to another harmful substance, soy. For starters, more than 90% of soy worldwide is genetically modified, and up to 60% of processed foods now contain soy protein isolate. On top of this, soy wreaks havoc on your hormones. Phytoestrogens found in soy disrupt endocrine function and have the potential to cause infertility and to promote breast cancer in adult women. Soy phytoestrogens are also potent antithyroid agents that cause hypothyroidism and may cause thyroid cancer. In infants, consumption of soy formula has been linked to autoimmune thyroid disease, and Great Plains Laboratory has found that almost every autistic child had extremely high allergies to soy. Although you may not be drinking soy milk every day, check the labels, you are probably consuming more soy than you thought.

FOOD FOR THOUGHT

God designed cow's milk for a baby cow. This milk is the main thing they consume until they become an adult. In a year, this milk provides the nutrients needed for a baby cow to become a one thousand pound cow. Why would we think that humans should consume this milk in the quantities we do? To learn more about the dangers of milk visit: www.notmilk.com

	WORST	BETTER	EVEN-BETTER	BEST FOR HEALING
DAIRY	PASTEURIZED DAIRY PRODUCTS	RAW, FROM GRASS-FED COWS	RAW, FERMENTED & GRASS-FED (YOGURT, KEFIR, BUTTER)	NON DAIRY SUBSTITUTES: <u>HOMEMADE NUT MILKS</u> CASHEW OR COCONUT CREAM <u>COCONUT OIL</u> <u>NUTRITIONAL YEAST (CHEESE)</u>
SOY	ANY CONVENTIONAL SOY PRODUCT	ORGANIC SOY	UNPROCESSED, ORGANIC, FERMENTED SOY: NATTO, TEMPEH, & MISO SOY SAUCE ALTERNATIVES: USE COCONUT AMINOS & BRAGG'S LIQUID AMINOS	ELIMINATE ALL SOY

DAIRY/SOY SUBSTITUTES

ALMOND MILK

Ingredients:

- 2 cups almonds – soaked in water overnight (8-10 hrs)
- 6-8 cups pure, clean water
- 2 droppers of plain liquid stevia
- 2 tsp vanilla extract
- ¼ tsp sea salt

Directions:

Soak almonds in enough filtered water to cover the nuts by 2 inches. Cover them, leave on the counter overnight and rinse in the morning, discarding the water. (Optional to add a teaspoon of sea salt during soaking to help release the enzyme inhibitors). Place almonds and filtered water (6 cups water for a richer milk – 8 cups for a lighter milk*) in a high-speed blender and blend until well combined (for at least one minute). Pour mixture into a nut milk bag (or cheesecloth) over a container. Manually squeeze all milk out of the pulp, leaving behind just the pulp in the nut milk bag. Pour the milk back into the blender and blend in remaining ingredients briefly on low. You may freeze almond pulp to use in other recipes or simply compost it. Nut milk will usually keep in the refrigerator for 3-5 days. If the milk becomes separated just shake before using.

*Makes 1/2 gallon of almond milk. To assist with blending, blend the almonds with half of the water in the recipe at a time.

COCONUT MILK

Ingredients:

- 3 cups large coconut flakes
- 6 cups filtered water
- 2 teaspoons vanilla extract
- ¼ teaspoon sea salt
- 2 droppers plain liquid stevia

Directions:

In a Vitamix or high powered blender combine coconut flakes and water. Blend on high for a few minutes until smooth. Pour through a nut milk bag or cheesecloth and squeeze out the milk from the pulp. Freeze leftover coconut pulp for later use as coconut meal or simply compost. Pour coconut milk back into the blender and add vanilla, sea salt, and liquid stevia. Blend on low until well combined. Use homemade milk within 5 days.

[SHOP NOW](#)

STEP 5: eat fruits, vegetables, & healthy fats

Eat 80% fruits & vegetables

Our culture doesn't eat enough fruits and vegetables, and we can't be healthy without them. If you don't eat many vegetables, especially greens, your body is probably very acidic, and the goal is to become more alkaline.

If you have a hard time with raw vegetables, that could be a sign that you have a weak digestive system or exhausted adrenal glands, so you'll need to take it slow. Start with steamed vegetables, soups and cooked veggies, and raw if and when you are able. Introduce one vegetable at a time. As your body changes, you will grow to love and crave them.

We recommend filling your diet with 80% fruits and vegetables and only 20% with other foods. The best is getting organic produce since pesticides alter hormone production. Bad fats are destructive to human health, fertility, and hormone balancing. It is also the number one cause of heart disease (all "vegetable" oils). This includes corn, soy, canola, cottonseed, etc. Vegetable based oils are extremely rancid and unhealthy. Other fats causing infertility that are also soy based include margarine and all fake butter substitutes. These fats are considered "trans fats" because of their unstable and deadly molecular structure. The labels often say the words "hydrogenated" or 'partially hydrogenated.'

Unfortunately, nearly all restaurants and especially fast food chains use these fats as their main oil for fried foods. The worst thing you can put in your body for your hormones would be a deep fried, sugary starch like donuts or french fries. We pretend this is real food in today's modern convenience society. Please read food labels and avoid these negative fats which are hidden in almost all packaged foods.

Healthy fats would include olive oil, small amounts of avocado, coconut, nuts and seeds. Eat whole foods!

TIPS

- Eat fruit on an empty stomach at least 2 hours after a meal, or fruit should be a meal in itself without combining it with anything else (with the exception of fresh juice or smoothies).
- Eat hydrating/cleansing fruits like berries, watermelon, citrus and grapes, and not dehydrated sugary fruits like dates, figs, dried fruit or too many bananas.
- Try to eat a wide variety of veggies, different colors, and eat what is in season in your local area as best you can.

BETTER

I HAVE MADE A CONSCIOUS EFFORT TO ADD AND ENJOY MORE FRUITS AND VEGETABLES EACH DAY.

EVEN-BETTER

I TRULY ENJOY FRUITS AND VEGETABLES AND THEY ARE A STAPLE OF MY DAILY LIFE!

BEST FOR HEALING

I EAT ALMOST EVERY MEAL FOLLOWING THE 80% FRUITS AND VEGETABLES, 20% OF ONE OTHER WHOLE FOOD GROUP (PROTEIN, GRAIN, ETC.)

STEP 6: meat

Eat only clean meats

Ok, calm down! We did not say cut out meat completely; we said cut back. You can still enjoy meat, but make intelligent choices and learn moderation. Our bodies are designed to eat mostly plants, fruits, nuts and seeds (God put us into a garden after all). We are not designed like lions, producing high amounts of acids and having sharp canine teeth to tear flesh. As with everything involving food, we don't have to be extreme, but we must be wise! God only allowed meat after the flood and made it optional, not mandatory. In Leviticus 11, He gave us practical guidelines of what is clean and unclean. We encourage everyone to read it.

Following God's instruction manual isn't legalism, it's SMART!
If you're healing from a serious health condition, especially one caused by acidosis, you may want to eliminate all meat for a season.

Animal protein also increases estrogen in the body, and excess consumption of protein can convert into sugars. When the body has too much estrogen, it creates a hormonal imbalance. In women, this can actually prevent ovulation. A Harvard School of Public Health study showed women who eat more animal protein than plant protein ovulate less frequently. Also, it's important to always get organic, hormone-free meat (preferably by a local farmer you trust) to keep synthetic hormones and other toxins out of the body.

*For pregnant or nursing women, children, and individuals with low blood sugar it is important to listen to your body and eat meat if you feel it is necessary for sustenance.

FACT

Pigs were designed by God to cleanse the earth. This means they are designed to harbor viruses and parasites and when we consume pork we put ourselves at higher risk of exposure to sickness and disease (not to mention it puts our bodies in toxic overload).

WORST

GRAIN FED (SOY/CORN),
HORMONE/ANTIBIOTIC
FILLED MEAT

BETTER

ELIMINATE ALL UNCLEAR MEATS (PORK, SEAFOOD WITHOUT FINS & SCALES) FOUND IN LEVITICUS 11.

CHOOSE CLEAN MEATS FROM LEVITICUS 11:
ORGANIC, GRASS-FED MEAT OR ANIMALS RAISED/
FED IN THEIR NATURAL HABITAT (PASTURE RAISED
OR FREE RANGE)

EVEN-BETTER

I EAT ORGANIC, HORMONE-FREE MEAT NO MORE THAN 1-2 TIMES PER DAY, AND I LIMIT MY PORTION TO THE SIZE OF WHAT FITS IN THE PALM OF MY HAND (LIMITING RED MEAT AND FOCUSING ON LEAN MEATS)

SUBSTITUTE WITH BONE BROTH PROTEIN

BEST FOR HEALING

FOR A DEEPER CLEANSING, I HAVE CHOSEN TO ELIMINATE MEAT. I MAY INTRODUCE IT AGAIN ON OCCASION OR AS PART OF AN EVENT OR SPECIAL FUNCTION.

SUBSTITUTE WITH PLANT BASED PROTEINS (PEA, NUTS, SEEDS)

HEALTHY PROTEIN

Vanilla Vega Protein Shake

Ingredients:

1 frozen banana
1 scoop of Vega Sport Vanilla
1/4 avocado
1 cup almond milk
1 tablespoon maca
1 tablespoon maple syrup or 1 date

Directions:

Put all ingredients into a blender and blend until smooth.

[SHOP NOW](#)

EATING BY DESIGN: week 3

STEP 7: exercise every day!

STEP 8: sleep 7-9 hours

STEP 9: reduce stress



[WATCH VIDEOS](#)

STEP 7: exercise

Or sweat

Exercise is essential for the overall health of our bodies. Most of our days are filled sitting at computers for work or school, eating meals, driving cars, and watching TV. Our bodies were designed to move, and our bodies being stagnant most of the day doesn't just affect our weight, but it affects almost every system and organ in the body. Moving the body and sweating helps eliminate toxins in our lymph, improves circulation, strengthens cells and burns body fat.

Exercising also helps our emotional and mental health. When we move, our body produces endorphins which bring us joy (ever heard of runners high?). Contrary to popular belief, you don't have to do hours of intense cardio workouts or weight lifting to reap the benefits. In fact, if you struggle with hormone imbalance, especially adrenal or thyroid issues, intense cardio workouts can sometimes make the problem worse. We recommend that if you're dealing with hormone issues with symptoms of fatigue and stress that you focus on restorative workouts like Pilates, yoga, walking, light weights, or just stretch in an infrared sauna.

Once you've seen improvement in your hormones, especially your adrenals, you can introduce more intense workouts like rebounding (jumping on a mini trampoline), jump rope, jumping jacks, running, boot camp, or other cardio classes.

TIP

Pilates is not only an excellent way to move the body, but it can be used to heal as well. Pilates elongates, strengthens, and improves muscle elasticity and joint mobility. A body with balanced strength and flexibility is less likely to experience an injury.

Try our beginners guide to Pilates on the next page and learn more at: www.wholepilatesstudio.com

BETTER

FIND SOMETHING YOU ENJOY AND DO IT THREE DAYS PER WEEK, FOR AT LEAST 15 MINUTES PER DAY (TRY OUR BEGINNERS GUIDE TO PILATES).

EVEN-BETTER

FIND SOMETHING YOU ENJOY AND DO IT FOR FIVE DAYS PER WEEK, FOR AT LEAST 15 MINUTES PER DAY.

BEST FOR HEALING

FIND SOMETHING YOU ENJOY, MULTIPLE ACTIVITIES, AND DO THEM EVERY DAY!

FAR INFRARED SAUNA REGULARLY.



6 MOVE SEQUENCE FROM WHOLE PILATES

SIGN-UP FOR A WHOLE PILATES CONSULTATION OR MAT CLASS: WHOLEPILATESSTUDIO.COM

THE HUNDRED



START POSITION: Lie flat on the mat with knees bent and legs together. Exhale as you curl your head and shoulders up, lift and hover arms off the mat, and extend both legs off the mat to desired height.

MOVEMENT: Begin to pump your arms. Inhale for five arm pumps and exhale for five arm pumps. Repeat this 10 times.

SINGLE LEG STRETCH



START POSITION: Curl your head and shoulders off the mat, bend both knees into your chest, and extend one leg straight as you place both hands on the opposite shin. Outside hand places near your ankle, inside hand places near your knee.

MOVEMENT: Switch your legs, extending your opposite leg straight and pulling the opposite knee into your hands. Continue switching legs 10 times, exhaling as you pull the knee into the chest.

BRIDGE



START POSITION: Lie flat on the mat with knees bent and legs just slightly apart.

MOVEMENT: Inhale to prepare, exhale to tuck and peel the pelvis off the mat, continuing to peel the spine off the floor until you reach the shoulder blades. The body should form a straight line through the shoulders, hips and knees. Inhale at the top and slowly peel the spine back down onto the mat to the starting position. Repeat 3-5 times.

THE ROLL UP



START POSITION: Lie flat on your back, legs together. Arms are reaching overhead, shoulder distance apart.

MOVEMENT: Inhale as your arms reach toward the ceiling and curl your head and shoulders off the mat. Exhale as you peel the rest of your spine off the mat, drawing your abdominals into the spine the entire time. Round forward and reach the arms toward your feet. Sit up tall with an inhale, and then exhale to tuck the pelvis and peel the spine back down on the mat into the starting position. Repeat 3-5 times.

SPINE TWIST



START POSITION: Sit with legs extended in front of the body, shoulder width apart and feet flexed. Raise arms directly to the side at shoulder height. Sit tall through the spine.

MOVEMENT: Inhale to reach the crown of your head to the ceiling. Exhale to twist the torso to the right, growing taller on the twist making sure to keep the legs and feet still. Inhale to return the torso to center. Exhale to twist the torso to the left. Inhale to return to center. Repeat 3-5 times each side.

PLANK



START POSITION: Facing the floor on hands and knees, position the hands under shoulders and knees under hips.

MOVEMENT: Extend one leg at a time, supporting the body into a full plank or push-up position. The body should make a straight line from head, shoulders, hips, knees and ankles. Hold the position for a goal of 30 to 60 seconds while breathing in and out. Repeat 3 times.

STEP 8: sleep

Get 7-9 hours of sleep every night

Sleep plays a tremendous role in our health; it is recommended to get 7-9 hours of sleep each night. Growth hormones are released during sleep, but only if you go to bed on time. This growth hormone is released in the body sometime between 9pm and midnight after going to sleep. If you go to bed at midnight or later, you miss it. Many people call this hormone the anti-aging hormone. It's what helps young ones to grow strong and for us older ones to stay young! Growth hormones are crucial for the body to heal, repair and grow healthy new cells and tissues.

Here are some tips:

- Be in bed by 9-10pm (If you go to sleep at midnight you miss most of the healing benefits of sleep)
- Go to sleep and wake up at the same time every day (even weekends)
- Don't stimulate your brain before bed (no tv or cell phones)
- Make your bedroom BLACK (not even a flickering alarm clock)
- Get grounded (try an earthing mat or sheet)
- Get mineralized ([Drink CALM](#) or do a [magnesium bath or foot soak](#) before bed)
- Relax with [essential oils](#) (lavender, bergamot, holy basil, chamomile)
- If you really can't sleep, try a [plant-based melatonin product](#) (short-term use only) or a high-quality [herbal supplement](#)
- Our family loves to turn off ALL electricity after dark and light candles to get our bodies ready for bed. Try it!

FACT

Quality sleep is required to heal, repair, and rejuvenate. You repair hormones, create new cells and build critical neurotransmitters when sleeping. The longer you sleep, the longer you live. If you're tired, SLEEP. If you need a nap, take a nap!

BETTER

TRY TO GET 7-9 HOURS OF SLEEP EVERY NIGHT.

EVEN-BETTER

START LOWERING THE LIGHTS IN YOUR HOME SHORTLY AFTER THE SUN GOES DOWN AND TURN OFF ALL ELECTRONICS. ENJOY TIME WITH YOUR FAMILY, PRAYING OR READING A SHORT STORY BEFORE LAYING DOWN FOR BED.

BEST FOR HEALING

LAY DOWN TO SLEEP BY 9 PM EVERY NIGHT, AND RISE BEFORE OR WITH THE SUN. SOON YOU MAY NOT NEED AN ALARM CLOCK!

STEP 9: reduce stress

Mentally, emotionally, spiritually & physically

When you start to care for your body by relaxing and reducing stress, amazing things start to happen! God is a healer, and He does His handiwork best when we honor His creation and design. This means listening to our body and not pushing so hard through life without rest.

When you nourish your body properly and find peace, your mind starts to change as well. Your attitude changes. Your emotional state changes. Your LIFE begins to change! Emotions are often trapped in the organs. While going through the steps, if you experience fear, worry, stress, anxiety, grief, sorrow, anger, irritability, impatience or feel extremely emotional, understand this is part of the healing process, and the Lord wants to reveal and heal these emotional issues. If we can tune in to our body, we can let go of old patterns and develop new ones.

SUPPLEMENTS

Take the supplements we've outlined in this guide. See a herbalist, naturopath or other natural health professional to be tested and learn the best foods and specific supplements to put in your body.

PRAYER & MEDITATION

Ask the Lord to help you reorder your priorities. Find ways to slow down, remove stress, and spend time with the Lord and family. Try carving out 15 minutes a day, 5 days a week for prayer, meditation, and worship to the Lord either by yourself or with your family. Then try adding more days into your week or go from 15 minutes to 30 minutes and see how that begins to transform and center your life.

COMMUNITY

Community is vital not only in nourishing your body but in life as a whole. Following these steps by yourself can be tough, so finding others to walk with can not only build accountability when you want to give up, but also make it enjoyable and fun. Start with your family, then close friends, and maybe suggest creating a small group at your church. Pick a night each week where you all get together and bring a delicious and nourishing dish to share, eat together, and fellowship.

SUNLIGHT

We need the sun, so we must learn to embrace it, not fear it. God designed us to absorb light. The absorption of sunlight triggers a cascade of events in the body critical to our hormones, including the regulation of sleep hormones, liver detoxification and the acclaimed production of vitamin D. Morning sun is best, between sunrise and 11 am. Start with 10-15 minutes of sunshine, and increase each day until you get at least an hour. If you're very sensitive to the sun, use only NATURAL SUNSCREENS that are coconut oil based and take the antioxidant ASTAXANTHIN.

EATING BY DESIGN: week 4

STEP 10: cleanse



[WATCH VIDEOS](#)

STEP 10: cleanse

the key to good health

After years of research, study and practical experience, I have come to the same conclusion as practically all natural health practitioners throughout history: we are toxic! Almost all sickness and disease is the same thing: acidosis and toxicity of the human vessel. We have thousands of names for various conditions which are different manifestations of a toxic body. Hormones, in particular, need to be filtered in and out of the body so if the detoxification pathways and organs in the body are congested and not working properly, then those hormones will stay trapped and cause imbalances in the body. Therefore, the way to heal is to cleanse the body of toxins.

Below we have four ways to start cleansing the body. Everyone is different so the level and length of your cleanse will depend on the health of your body and where you want to go.

Make sure you have completed the first nine steps before doing a cleanse. It is dangerous to do extreme cleanses with an unhealthy body. If this is your first time cleansing, we recommend going slow.

Most people will need to be in one of these cleansing stages for a month and, for some, it may be years. We recommend doing deeper cleanses through the spring and the summer.

To set your body up for cleansing and healing success, try adding one or more of these to your daily regiment:

- Consider taking herbal support for hormone balancing based on your hormone tests results. Supporting hormones can help with energy and mood while you cleanse
- Try warm ginger tea daily with lemon juice
- Add 1/2 tsp of raw baking soda in water upon rising and before bed and drink on an empty stomach
- Try adding ¼ teaspoon of Himalayan pink salt to water upon rising
- Add cayenne pepper in water or food daily

GET CLEANSING

We have developed specific cleanses that you can download on our site including: colon, kidney, parasite & microbe, lymph, liver, and heavy metals. Visit: WWW.SPIRITOFHEALTHKC.COM

GOOD

FOLLOW THE PREVIOUS STEPS ACCORDING TO THE "BEST FOR HEALING" STAGES

BETTER

ELIMINATE DAIRY, GRAINS, CAFFEINE, ALCOHOL, SUGAR, AND MEAT ALTOGETHER. EAT ONLY FRUITS AND VEGETABLES.

FOR BREAKFAST EAT ONLY FRUIT, JUICE OR A SMOOTHIE AND SKIP SNACKS.

EVEN-BETTER

REPLACE TWO MEALS A DAY WITH A JUICE OR SMOOTHIE AND HAVE SOMETHING LIGHT LIKE A SALAD FOR YOUR THIRD MEAL.

BEST FOR HEALING

DO A JUICE FAST AND DRINK ONLY JUICE, HERBAL TEAS, AND WATER THROUGHOUT THE DAY.

TRY ONE OF OUR FULL CLEANSSES
WWW.SPIRITOFHEALTHKC.COM

MOVING FORWARD

As you near the end of your 29-day challenge we hope you are feeling the difference that choosing God's foods can make for your hormone health. Whether it was gaining more energy and vitality, losing a few pounds or improving your mood and sense of well-being, we hope you feel empowered to conquer old habits and create new lifestyle changes that bring you closer to living the life God intended for you. Be encouraged. This is just the beginning. Eating by Design is not just about 29 days. It is about choosing a lifestyle that restores the vital life force to our bodies and prevents sickness and disease. We encourage you to keep going, taking your 29-day challenge into the rest of the year and choosing foods that connect you to the living God. Use the food spectrum found in the guide under each step to help you choose wisely, replacing processed foods with whole foods for your occasional celebrations and choosing foods under "Best for Healing" on a regular basis to maintain optimal health. During the warmer months of spring, summer and fall, cleansing at a deeper level is strongly encouraged. Fasting and cleansing is key to life, health and longevity with an eternal God.

We have a number of cleanses available for you to choose from on our website. We congratulate you on your commitment to choose health and choose God.

God desires that we walk with Him every day, through a lifestyle commitment to holiness, purity and deep connection. This comes only through prayer and fasting while turning away from the delicacies of this world that bring bondage, addictions, degeneration, sickness and disease. Let us all walk together and encourage each other, going deeper into the revelation of an amazing human body designed by an amazing God.

Matthew 9:15

And Jesus said to them, "The attendants of the bridegroom cannot mourn as long as the bridegroom is with them, can they? But the days will come when the bridegroom is taken away from them, and then they will fast."

[Colon Cleanse](#)

[Kidney Cleanse](#)

[Microbe & Parasite Cleanse](#)

[Lymphatic Cleanse](#)

[Liver & Gallbladder Cleanse](#)

[Heavy Metal Cleanse](#)

RESOURCES



MORNING ENERGIZING WATER

Ingredients:

- 12oz of purified warm water
- 1 teaspoon of SOLE water or 1/4 teaspoon of Himalayan pink salt
- 1 tablespoon of lemon juice
- 1 tablespoon of apple cider vinegar
- 1-10 drops of Dr. Christopher Hot Cayenne
- 1/4 teaspoon of turmeric *optional
- Raw Honey * optional

Directions:

Combine all ingredients in a glass, stir, and enjoy.

Making SOLE Water:

Fill a glass mason jar 1/4 of the way full with good quality Himalayan salt stones and then fill the rest of the jar with purified water. Stir, cover, and let sit 24 hours. Put 1/2 teaspoon of Sole water in warm water and drink every morning, or more often as desired.

[SHOP NOW](#)

MORNING BALANCE SMOOTHIE

Ingredients:

1/2 cup frozen fruit (berries, mangos, pineapple)

1 cup unsweetened nut milk

1/2 cup greens (spinach, kale, chard, celery, parsley, etc.)

1/4 cup avocado

1 teaspoon Aloe Life Daily Greens

1 teaspoon Bee pollen, pine pollen, royal jelly, maca, or goji berries *optional

1 teaspoon hemp, chia, flax seeds *optional

hormone balancing supplements (see list below) *optional

Directions:

Combine all ingredients plus the supplements below in a blender. Blend until smooth and enjoy each morning.

HERE IS A LIST OF YOUR DAILY HORMONE SUPPLEMENTS THAT CAN BE ADDED TO YOUR MORNING BALANCE SMOOTHIE FOR EASY CONSUMPTION.

LOW PROGESTERONE	BIOCEAN Hypertonic 3.5 Minerals		
LOW ESTROGEN	Flax oil by Flora		
LOW TESTOSTERONE	Adaptogen Power Blend - Spirit of Health	Inner Vitality Plant Minerals - Morningstar	
LOW ADRENAL FUNCTION	Adaptogen Power Blend - Spirit of Health	Himalayan Pink Salt	Pure Radiance C Powder - Synergy Company
LOW THYROID FUNCTION	Inner Vitality Plant Minerals - Morningstar		

[SHOP NOW](#)

MEAL PLAN: sample week

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Upon Rise MORNING ENERGIZING WATER						
Breakfast	MORNING BALANCE SMOOTHIE OR FRESH FRUIT BOWL	MORNING BALANCE SMOOTHIE OR OMELET	MORNING BALANCE OR PUMPKIN PIE SMOOTHIE	MORNING BALANCE SMOOTHIE OR WARM NUT MILK W/ BONE BROTH PROTEIN	MORNING BALANCE SMOOTHIE OR SUPERFOOD LATTE	MORNING BALANCE SMOOTHIE OR OMELET	MORNING BALANCE SMOOTHIE OR CHEESY MUSHROOM SOUP
Snack WALNUT ENERGY BALL OR A PIECE OF FRUIT						
Lunch	GARLICKY KALE SALAD	MILLET BURGERS WITH GREENS	ROASTED BEETS WITH QUINOA	TUNA OR EGG SALAD ON SALAD	GARLICKY KALE SALAD	NOT-SO-CHEESY BROCCOLI SOUP	CHELATED PESTO ON QUINOA
Snack	TRAIL MIX	GUACAMOLE W/ VEGGIES	SALSA W/ ZUCCHINI SLICES	SWEET POTATO CHIPS	CHIA PUDDING	CELERY & NUT BUTTER	LEMON PUDDING
Dinner	TURKEY MEATBALLS OVER VEGGIE NODDLES	ROASTED BEETS/ VEGGIES OVER SALAD	CHICKEN FINGERS OVER SALAD	BUTTERNUT SQUASH CURRY SOUP	NOT-SO-CHEESY BROCCOLI SOUP	CHELATED PESTO OVER VEGGIE NOODLES	TURMERIC GINGER VEGGIE SOUP
Snack HERBAL TEA CALM SUPERFOOD LATTE						

SUPPLEMENTS

M T W T

F S S

PRAYER & MEDITATION

M T W T

F S S

EXERCISE (15-30 MINS)

M T W T

F S S

TIP:

SLEEPING 7-9 HOURS A NIGHT ALLOWS YOUR BODY TO HEAL AND FUNCTION PROPERLY

[GET RECIPES](#)

MEAL IDEAS

Breakfast

- FRESH PRESSED VEGETABLE AND FRUIT JUICES
- FRESH FRUIT
- SMOOTHIES
- PLANT BASED (PEA OR HEMP) OR BONE BROTH PROTEIN SHAKE
- EGGS
- AVOCADO
- ALMOND/COCONUT YOGURT

Lunch

- LEFTOVERS FROM DINNER
- OVEN ROASTED VEGGIES PAIRED WITH A SALAD
- ROASTED OR FRESH VEGGIES ON ANCIENT GRAINS
- SALADS (BASIL BALSAMIC DRESSING, GREEK DRESSING, DAIRY-FREE RANCH, GARLICKY KALE)
- HOMEMADE EGG OR TUNA SALAD WRAPPED IN ROMAINE OR COLLARD LEAF, NORI SEAWEEED, OR ON A SALAD
- HOMEMADE SOUPS
- OMELET WITH VEGGIES

Dinner

- HOMEMADE SOUPS
- BAKED FISH OR CHICKEN WITH VEGGIES
- VEGGIE NOODLES WITH SAUCE
- SALAD WITH MEAT

Snacks

- HARD BOILED EGGS
- SOAKED AND AIR DRIED ALMONDS, WALNUTS OR SUNFLOWER/PUMPKIN SEEDS
- SEAWEED SNACKS
- SLICED AVOCADO AND TOMATOES WITH A SCOOP OF SAUERKRAUT
- BUBBIES PICKLES OR SAUERKRAUT
- HOMEMADE ALMOND MILK WITH INNER VITALITY MINERALS AND STEVIA
- LARGE COCONUT FLAKES
- CELERY AND CARROT STICKS WITH HOMEMADE GUAC OR OTHER HOMEMADE DIPS (DAIRY-FREE RANCH, BABA GANOUSH)
- SLICED CUCUMBERS SPRINKLED WITH SEA SALT
- SLICED ZUCCHINI WHEELS AND FRESH SALSA
- FRESH FRUIT
- CHLORELLA TABLETS
- FRESH SMOOTHIE OR JUICE
- FLAX CRACKERS

Desserts

- CHIA PUDDING
- HOME-MADE BANANA ICE CREAM IN VITAMIX
- BAKED APPLES
- DAIRY-FREE HOT CHOCOLATE

Tips

- ONLY EAT FRUIT ON AN EMPTY STOMACH AND WAIT AN HOUR TO EAT ANYTHING AFTER TO EAT SOMETHING ELSE.
- DON'T COMBINE MEAT AND GRAINS OR STARCHY VEGETABLES.
- TRY EATING A FERMENTED FOOD WITH EACH MEAL.
- IF YOU EAT ANCIENT GRAINS, EAT THEM FOR LUNCH AND NOT TOO CLOSE BEDTIME.
- IF YOU STRUGGLE WITH BLOOD SUGAR RELATED ISSUES, KEEP HEALTHY SNACKS WITH YOU AND EAT SOMETHING EVERY TWO HOURS.

[GET RECIPES](#)

SUBSTITUTION LIST

FOODS TO AVOID

HEALTHY SUBSTITUTIONS

Sugar & Sweeteners

WHITE SUGAR
HIGH FRUCTOSE CORN SYRUP
ARTIFICIAL SWEETENERS – SUCRALOSE, SLENDA, ASPARTAME

FRUIT
STEVIA
HONEY
PALM SUGAR
MAPLE SYRUP

Grains

WHEAT FLOUR
WHEAT BREAD (EVEN EZEKIEL BREAD)
GLUTEN CONTAINING GRAINS: WHEAT, BARLEY, RYE, OATS
RICE
NOODLES
CORN STARCH

NUT FLOURS: ALMOND, COCONUT
HOMEMADE ALMOND BREAD, CAULIFLOWER PITAS, LETTUCE WRAPS
ANCIENT SEED GRAINS IN WHOLE FORM: MILLET, QUINOA, AMARANTH,
BUCKWHEAT, GLUTEN FREE OATS
CAULIFLOWER RICED, WILD RICE, BROWN RICE
SPIRALIZED ZUCCHINI, KELP NOODLES
ARROWROOT STARCH

Dairy

PASTEURIZED MILK
PASTEURIZED CHEESE
PASTEURIZED SOUR CREAM
WHIPPED CREAM OR COOL WHIP

NUT MILK: ALMOND, COCONUT, CASHEW
AVOCADO, NUTS – CASHEWS, MAC OR ALMOND
NUTRITIONAL YEAST
CASHEW SOUR CREAM
COCONUT OR CASHEW WHIP CREAM

Beans & Legumes

ALL BEANS ARE OK (EXCEPT SOY), BUT NOT ENCOURAGED. IF YOU EAT BEANS, MAKE SURE YOU SOAK THEM FOR AT LEAST 24 HOURS BEFORE COOKING.

Meat

UNCLEAN MEATS:
PIG, THE CAMEL, THE HARE AND THE ROCK BADGER. ALLIGATOR,
CRUSTACEANS, FISH WITHOUT FINS & SCALES, EAGLE, VULTURE, KITE,
RAVEN, OSTRICH, SEAGULL, OWLS, WINGED INSECTS

CLEAN MEATS (WITHOUT HORMONES AND ANTIBIOTICS):
COW, DEER, BUFFALO, SHEEP, LAMB, CHICKEN, TURKEY, GOOSE, DUCK,
AND WILD-CAUGHT FISH WITH FINS AND SCALES (TUNA, HALIBUT,
SNAPPER, BASS, TROUT, ANCHOVY, SARDINES, ETC.)

Nuts & Seeds

PEANUTS
LIMIT NUT BUTTERS

RAW & UNSALTED NUTS

Fruits & Vegetables

DRIED FRUIT
LIMIT: DATES, FIGS, BANANAS, POTATOES, YAMS, AND SQUASH (HIGH STARCH AND SUGAR CONTENT)

FRUITS & VEGETABLES SHOULD BE 80% OF DIET IDEALLY.
FRUIT SHOULD BE EATEN ON EMPTY STOMACH IDEALLY

Beverages

COFFEE
SODA/DIET SODA
ENERGY DRINKS, ETC.

WATER PRIMARILY
HERBAL TEAS
COCONUT WATER KEFIR

Fats & Oils

VEGETABLE OIL
VEGETABLE OIL BASED MARGARINE
VEGETABLE OIL BASED MAYONNAISE

COLD PRESSED COCONUT OR OLIVE OIL
ORGANIC GRASS FED BUTTER
VEGENAISE (SOY FREE)
OLIVE OR AVOCADO OIL BASED MAYONNAISE

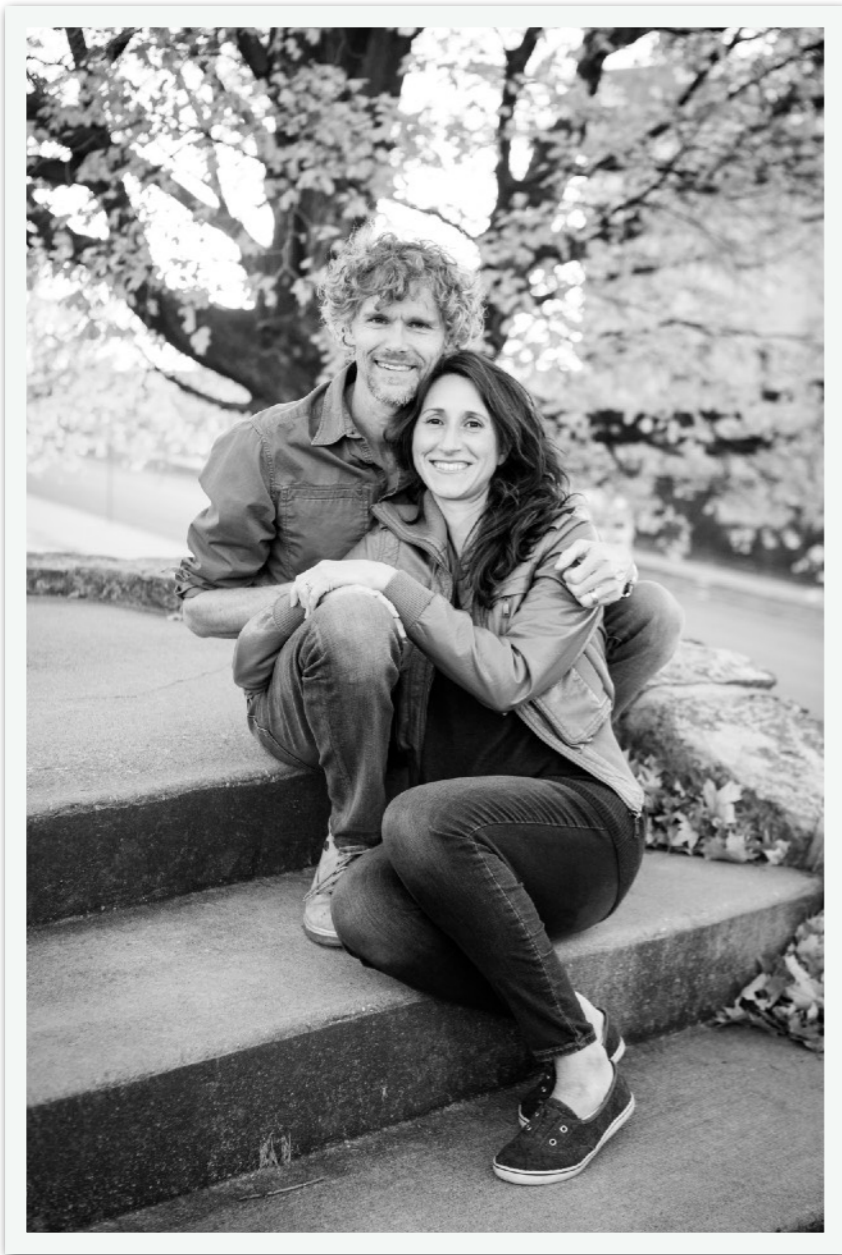
[GET RECIPES](#)

OPTIONAL SHOPPING LIST: **bonus**

	CALM magnesium drink	<input checked="" type="checkbox"/>
STEPS 1 & 2	Herbal teas (like Digestion Tea)	<input type="checkbox"/>
	Herbal coffee substitution	<input type="checkbox"/>
	Kefir starters	<input type="checkbox"/>
STEP 3	Stevia	<input type="checkbox"/>
	Honey	<input type="checkbox"/>
STEP 4	Nut milk bag	<input type="checkbox"/>
	Nutritional yeast	<input type="checkbox"/>
	Cashews & Almonds	<input type="checkbox"/>
STEP 5	Greens powders	<input type="checkbox"/>
STEP 6	Bone Broth Protein powder	<input type="checkbox"/>
	Plant-based protein powder	<input type="checkbox"/>
STEP 7	Rebounder: Cellerciser	<input type="checkbox"/>
	Whole Pilates Programs	<input type="checkbox"/>
STEP 8	CALM magnesium drink	<input type="checkbox"/>
	Earthing/grounding sheet	<input type="checkbox"/>
	Magnesium bath crystals	<input type="checkbox"/>
	Essential oils	<input type="checkbox"/>
STEP 9	Natural sunscreen	<input type="checkbox"/>
	Astaxanthin	<input type="checkbox"/>
STEP 10	Cayenne pepper	<input type="checkbox"/>
	Food grade baking soda	<input type="checkbox"/>
	Cleansing kits	<input type="checkbox"/>

[GET RECIPES](#)

THANK YOU!



***Congratulations** on completing the 29- Day Hormone Balancing Challenge! The goal was not to be perfect but to learn, grow, build community and hopefully, see some positive changes in your health. So now what? Well, our journey has only begun! Unlike most fad diet programs, this is a life-long journey. We encourage you to continue to eat the Biblical diet outlined in this guide moving forward. We know this won't be easy and there will be ups and downs throughout the year, so stay active in the Facebook Group. Continue to ask questions, share recipes, and build community as we go on this journey of health together. Remember, it's a journey, not a destination.*

-Vaughn, Jen, & The Spirit of Health Team

We Love God. We Love People. We Love Health.