

# *Fast Track Your* **HORMONE CURE**

BY DR. SARAGOTTFRIED, M.D.

## READ THIS FIRST!

This document contains everything you need to know about Fast Track Your Hormone Cure, including contact information, how to access the online community, the course outline and suggestions on how to get the most out of this program.

Here's to feeling lighter, healthier and more vibrant than you have in years!

### WHY I CREATED THIS COURSE

I wrote The Hormone Cure and then created this accelerator program because I believe that we each have the power to bring our bodies back into balance, and we can amplify the innate intelligence of the body to make it happen faster than you might imagine. Most importantly, we don't need surgeries, or magic pills or fad diets to do it. We need information, excellent medical care and a desire to make feeling hormonally balanced more important than feeling sick, fat, unsexy, moody and tired.

I called this program "Fast Track Your Hormone Cure" because I want to help you feel better right away. I don't want you to get mired down in the science of this (unless of course you want to) and forget to take action. Women have a tendency to get distracted - perhaps you've noticed. Then we go through perimenopause and all of a sudden we have Attention Deficit Disorder or ADD.

I have created **8 audios** for you that cover the most important aspects of the book, and many more aspects that couldn't possibly fit and my editor asked me to cut because... well, if you're a female of a certain age, you know what I mean by this -- when you're hormonal, sometimes your life already feels like a 432 paged book, and the last thing you want is a big book to work through.

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**BY DR. SARA GOTTFRIED, M.D.**

You want the core ideas, the simple plan - the needle movers - laid out for you on a silver platter. I know what that feels like because I've had nearly every hormonal problem a woman can have. This program was designed to help you identify your key needle movers and then take action quickly to get your hormonal imbalances back on track.

## **WHAT TO EXPECT**

You can listen to each audio if you want, or you can just listen to the ones that are relevant to you right now. Whichever you do, I want you to commit right now, in this very moment, to taking action. All of these words and all of the information I share means nothing if you don't apply it. My hope is that you'll listen, apply it and then share it with all of your best girlfriends. I want to bring a million women back into hormonal balance this year...and I want to start with you.

***When you're hormonal, sometimes your life already feels like a 432 page book, and the last thing you want is a big book to work through.***

## **THE FORMAT**

I decided to do this in an interview style because when I sat down to create a program I thought would best serve you, I immediately thought back to my 20 years as a practicing physician sitting in my office while women asked me questions about their bodies and health. In fact, not just in my office but pretty much every time I told a woman I was doctor specializing in women's health the questions would start pouring out. So, while I can't invite each and every one of you into my office, I can share the very best of what I know with you and pull together the most frequently asked questions I've had from working with over 20,000 patients.

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In each hormone audio you'll get the down and dirty about the imbalance, what causes it, how to know if you have it, what to do about it and how to know when you've reached hormonal nirvana. If you want to get down and dirty with the science of it all, you can read the book, which is why I gave it to you as a bonus. Fast Track Your Hormone Cure however was designed to create the shortest distance between how you feel now and how you want to feel.

## **THE COMMUNITY**

One of the best parts of this course is that you also get access to all of the materials online. You can access the audios, download the Gottfried Protocols in color. You can also communicate with others who are traveling a similar journey in my private Facebook group. I invite you take advantage of that resource because as a woman you have so much to learn from your sisters and the support and encouragement you will get and give to each other will make this road a much more enjoyable one.

## **WHAT NOT TO EXPECT**

While this program includes everything you need to balance your hormones and feel better in just 10 days, I want to be clear about what is not included in this program.

## **PRIVATE CONSULTING**

While you will have opportunities to connect in the Facebook Community, this program does not include any private coaching. While I certainly believe that people can benefit from one-on-one time, I simply don't have the bandwidth to work privately with everyone who purchases this program.

***If you are interested in private consulting you can join my waiting list here <https://www.saragottfriedmd.com/patient>***

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## HOW TO SUCCEED IN THIS COURSE

### Set a Clear Intention

It's important to set a clear intention before you begin this program. Your intention will set the tone for how you approach this journey, help you get the most out of the information and suggestions I share and it will ensure that you apply everything you learn to begin balancing your hormones right off the bat.

Whatever your intention or goal, get very clear about it and keep going back to it every time you engage with this material. My intention is not to just simply fill your

head with more information, it is to change the results you are experiencing in your mind, body and soul, which in turn has the potential to change everything.

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### Work with a Trusted Physician

While I am a Harvard trained and licensed physician, because I cannot be at your side every step of the way, I suggest you work closely with your doctor as you begin to make changes beyond step 1 of the Gottfried Protocol. The information I provide in this program is intended as health information and not medical advice. It's up to you to partner with a licensed physician or other medical professional you trust so you can get what you need every step along the way.

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## **Take Action**

All of the information in this program was designed to help you feel better, lighter, healthier and more vibrant than you have in years. But in order to really make that happen you have to commit to it and follow through.

Might it be a challenge to follow all of my recommendations? Perhaps. Might the changes you implement take you out of your comfort zone? Maybe. But just because it feels difficult doesn't mean it's not working or that it's not worth it. Our bodies often take time to adjust to changes we make with our food choices, supplements and exercise and we have to be willing to see it through because that's when the magic happens.

## **Have an Open Mind**

There will be times when I say things you think you already know or when you will think my suggestions don't apply to you. It may be true in that moment but it also may be something you are not seeing clearly or something you're resisting because making the change feels too difficult for you. Give yourself the gift of an open mind and trust that I'm coming to you with over two decades of experience treating women and I know what works. Trust the process and I promise you'll soon feel better than you ever have before.

## THE MODULES

- Part* **1** What are Hormones and Why Are They Making Me Crazy?
- Part* **2** Assess, Diagnose & Treat: How to Become an Ideal Hormone Specimen
- Part* **3** Do You Have the Low Progesterone Blues?
- Part* **4** Are You Fat & Unhappy?
- Part* **5** Do You Have Zits, Cysts & Hairs in Places You'd Rather Not?
- Part* **6** Are You Feeling Fat, Fatigued & Flippin' Burnt Out?
- Part* **7** Are You an Over-Achiever?
- Part* **8** How to Stay on Course

## WHAT'S NEXT?

Audio #1 of course!

To access audio one, What are Hormones and Why Are They Making Me Crazy?, go to the link you received when you enrolled in this course and get started.

To your best health,

Dr. Sara

