

The GOTTFRIED PROTOCOLS

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Your Condition

FEELING FAT?

Possible Cause(s): Low Thyroid, Excess Estrogen, High Cortisol, High Insulin/Insulin Resistance

Step 1 FOOD/LIFESTYLE/ MOVEMENT

1. Take the quiz to find out where you're out of balance. <https://reset360.com/FTYHC-Quiz>

2. Eat slow burning carbs at breakfast such as quinoa flakes, or a Dr. Sara Hormone-balancing smoothie. Limit carbs at lunch and dinner.

3. Fiber to fix estrogen dominance - 35-45 g/day.

4. Remove food intolerances such as gluten, casein, sugar/sugar substitutes, and dairy.

5. Substitute other oils for coconut oil - it helps balance your thyroid.

6. HeartMath/GPS for the Soul

7. Supplements:

- L-Carnitine 500-1,000 mg/day

- **Conjugated Linoleic Acid (CLA)** 1000 mg three times per day. It has been found to promote the natural fat metabolism of the body, making it easier to get in shape. Several studies confirm this.

- **Fish Oil** - 1,000 - 4,000 mg/day

Step 2 BOTANICALS*

High Cortisol =
Relora
250 mg 3x/day

Low Progesterone =
Raise progesterone with Chasteberry (Vitex agnus-castus-

500 – 1,000mg/day) or progesterone cream

Step 3 BIOIDENTICAL*

If low in DHEA, consider 2-5 mg/day

**The Gottfried Protocols are intended as health information and not medical advice. Please consult your doctor before following Step 2 and Step 3 of the Protocols.*