

The GOTTFRIED PROTOCOLS

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Your Condition

**FEELING FRAZZLED/STRESSED
OUT/TIRED BUT WIRED??**

Possible Cause(s): High Cortisol, Low Cortisol,
Both high & low on the same day

Step 1 **FOOD/LIFESTYLE/ MOVEMENT**

- 1. Take the quiz** to find out where you're out of balance.
<https://reset360.com/FTYHC-Quiz>
- 2. Get a 4 point saliva test** done if your quiz results indicate

you have high and low cortisol.

- 3. Optimize nutrition**
- 4. Meditation,** Yoga, Orgasmic Meditation and/or visualization

5. Supplements

- Vitamin-B Complex
- Fish Oil (Omega-3) - 1,000-4,000 mg/day
- Phosphatidylserine (PS) -400-800 mg/day

Step 2 **BOTANICALS***

High Cortisol = Rhodiola 200 mg once/twice per day.

If you have trouble sleeping, try Cortisol Manager, which contains Ashwagandha,

from Integrative Therapeutics. Take 1-2 at bedtime. Very effective although data are limited: unpublished study showed A 28-day

pilot study which found that it significantly reduced stress during the course of the study, and cortisol by 60-83%.

Step 3 **BIOIDENTICAL***

Have your cortisol checked by a physician

**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.*