
The GOTTFRIED PROTOCOLS

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Your Condition

MERCY SEX/LOW LIBIDO

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

Step 1 FOOD/LIFESTYLE/ MOVEMENT

1. Take the quiz to find out where you're out of balance.

<https://reset360.com/FTYHC-Quiz>

2. HeartMath/GPS for the Soul - amplify the positive

emotions of love and connection.

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.

Step 2 BOTANICALS*

Maca, 2,000 mg/day

Step 3 BIOIDENTICAL*

If low in DHEA, consider DHEA 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.*