

The

HORMONE CURE

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*Dr. Sara's Blacklist:
Top 10 Toxins &
How to Block Them*

1. Your Mattress!

Did you know your mattress is chock full of flame retardants? Unless you are one of the 0.01% of the population with an organic mattress, you are getting exposed to flame retardants, which slow down your thyroid in 12 different ways and are linked to abnormal pap smears.¹

BLOCK THE TOXIN: Because you spend 1/3 of your life in bed, it's worth investing in an organic mattress. I have an expensive organic mattress from my local futon shop in Berkeley, [Thousand Cranes](#). You may have a similar futon shop near you, or check [online retailers](#).



2. Alcohol.

Have a sticky relationship with alcohol? Drink to cope with a stressful life? Recent research shows that *drinking to cope* predicts development of alcohol dependence.²

BLOCK THE TOXIN: Get curious about your alcohol consumption. What's beneath it -- a need to cope better with feeling stressed out? A desire for transition? Unhappiness in your job or relationship? The main way to block the toxin is to reduce the dose or eliminate it. Another option is activated charcoal.

3. GMOs.

Genetically Modified Foods are one of the most toxic ways to prevent the normal repair mechanisms in the body. Animal studies show increased mortality, reproductive problems (women increase testosterone, men increase estrogen) and miscarriage, farm workers exposed to GM foods have increased allergic reactions, and farmers on three continents say their livestock become infertile and sick after eating GM corn. You might wonder how it is that our Food and Drug Administration allowed such potentially unsafe GM food to now be 80% of the food supply in the United States. Unfortunately, corporate interests have trumped the decision of

¹ <http://www.ncbi.nlm.nih.gov/pubmed/21797757>

² <http://www.ncbi.nlm.nih.gov/pubmed/23667346>

Dr Sara's Blacklist

scientists who believe that GMOs are unsafe, allergenic, and may be damaging to the gut, liver, and thyroid.

BLOCK THE TOXIN: Remove GMOs from your diet. The easiest way to accomplish this is to eat organic. For the occasional restaurant meal when you're not sure, carry activated charcoal in your purse or car.

4. Emotional Vampires.

There are many types of emotional vampires, and the important part is to recognize how much the bad relationships in your life can affect your level of toxicity. In fact, I believe toxic relationships are the biggest hit to a woman's adrenal function and ability to repair and detoxify.

BLOCK THE TOXIN: The first step, as always, is awareness. I want for you to recognize the toxic relationships you're in. Dr. Judith Orloff is a great guide -- check out her details [right here](#). We all have excuses for staying in toxic relationships longer than necessary, but the key is to develop your radar for the signs that you're getting toxic, such as feeling your energy zapped when you're around them, feeling like you're walking on eggshells, even feeling like you need to binge on carbs as a way to self-medicate.

5. Refined Carbohydrates.

Ah, cupcakes, ice cream, and chocolate cake. Yes, they're delicious but they harm your body in many ways if your metabolism is already compromised. They make your blood sugar spike, raise insulin (the hormone that drives glucose into cells), and may set off a cycle of addiction and overeating.

BLOCK THE TOXIN: You must divorce refined carbs, and replace them with slow-burning carbs such as sweet potatoes and quinoa. For the occasional indulgence, you can also eat white kidney beans or take a carb blocking supplement made from white kidney bean extract.



6. Your Daily Cup of Joe.

Did you know that coffee is the main source of acrylamide, the neurotoxin and probably human carcinogen? One study from Harvard showed an increase risk of endometrial (uterine lining) and ovarian cancer in women who consume the most.³ Another study showed that acrylamide is linked to lower estrogen and DHEA levels in normal-weight women, and higher testosterone levels in overweight women (not a good thing!)⁴

BLOCK THE TOXIN: I recommend that you remove coffee (and all caffeine) gradually, and that you do this two to four times per year. You will be stunned at how it helps you sleep more deeply and restoratively, reduced anxiety, and lowers stress.



7. Plastic Containers (Including Water Bottles).

The main problem here is getting exposed to Bis Phenol A (BPA) and Phthalates, which are endocrine disruptors that can wreak havoc on your hormones. They act like other guests at the party in your body, drinking and chatting, but they are actually crashers who will disrupt the entire affair. New data show higher risks in women for infertility, miscarriage, endometriosis and egg count when phthalate levels are high.

BLOCK THE TOXIN: Repeat after me: “1, 2, 5, stay alive.” Plastic products with the recycling codes 3 and 4 are more likely to contain BPA and phthalates. Animal data suggest that taking a probiotic may help you lower BPA levels.

8. Conventional Red Meat.

We know that people who regularly eat red meat have a greater risk of diabetes.⁵ We aren't sure if it's the hormones in the meat, the GMOs in the feed, the stress in

³ <http://www.ncbi.nlm.nih.gov/pubmed/20693310>

⁴ <http://www.ncbi.nlm.nih.gov/pubmed/23983241>

⁵ <http://archinte.jamanetwork.com/article.aspx?articleid=1697785>

Dr Sara's Blacklist

the animals in conventional feed lots and/or taken to slaughter, some other factor -- or all of the above.

BLOCK THE TOXIN: Gradually shift to more plant-based and clean protein. Eat free range organic chicken, wild Alaskan salmon, and beans. Choose only grass-fed, organic red meat when you occasionally have a hankering for a burger.



9. Cosmetics.

The average woman exposes herself to 515 toxins via cosmetics each day.⁶ One in three lipsticks tested had a toxic amount of lead.⁷

BLOCK THE TOXIN: The list is long of how to block toxins you get via cosmetics. Easiest strategies? Use only organic products, or even less expensive, stop wearing cosmetics!

10. Mercury: Fish, High Fructose Corn Syrup, and Dental Fillings.

Mercury is one of the most common toxins of our time. Signs of too much mercury can be vague: weight gain, low energy, hair loss, headaches. You can perform a more detailed assessment [right here](#).

BLOCK THE TOXIN: The good news is that you can safely remove and block mercury with vitamins, minerals, and herbs that are targeted to support your body, which you can combine with a chelator such as DMPS or DMSA.

⁶ <http://www.dailymail.co.uk/femail/beauty/article-1229275/Revealed--515-chemicals-women-bodies-day.html> - ixzz1GQljFsBR

⁷ <http://www.mindbodygreen.com/0-4071/What-You-Need-to-Know-About-Cosmetics-Chemicals-Infographic.html>

Dr Sara's Blacklist

*Sara Gottfried, M.D. teaches women how to balance their hormones naturally so they can rock their mission. She is a Harvard-educated physician, speaker and New York Times bestselling author of *The Hormone Cure* (Simon & Schuster, 2013). She is board-certified in Obstetrics and Gynecology, and is regularly featured in magazines such as *Cosmopolitan*, *Glamour*, *Redbook*, *O Magazine*, and *Yoga Journal*, and TV including *The Ricki Lake Show* and *20/20*. Known for effortlessly blending the seriousness of women's health with playfulness and humor, Dr. Sara's mission is to help women lose weight, feel great and vital from their cells to their soul. Learn more at www.saragottfriedmd.com.*