

*The*

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# HORMONE CURE

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DR SARA GOTTFRIED, M.D.



*Hormone Survival Guide*

# Hormone Survival Guide

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## Welcome! Message from Dr. Sara

I'm **Dr. Sara Gottfried, MD** — a Harvard medical doctor and yoga-powered champion for your health, happiness & hormonal equilibrium.

After **20 years** of practice & **20,000 patients**, I've learned a thing or two about the physiological challenges & self-imposed pressures that women and men contend with, every day.

Here's what I know for sure: when it comes to our health, **we need more choices, not less**. I'm here to offer those choices. **Choices** that will ignite your energy, mood, sex drive & metabolism. **Choices** that can change your waistline — and change your worldview. **Choices** that will get you feelin' sexy, slim & balanced — at any age.

You deserve a **body** that simply works — like a smooth operator. You deserve to look at your belly and love what you see. You deserve to lift the lid on your fears and doubts that keep you mildly insane. You deserve grace, confidence, and respect for your beliefs about your body, cell to soul. You deserve a trustworthy **partner**, for your healthcare adventure.

I'm thrilled to be your partner & guide, from age 18 to 108.

By requesting this guide, you've already taken the first step. You're joining a powerful community of women (and the men that love them) around the world who are committed to looking and feeling great *at every age*. Welcome to the tribe!

The **Hormone Survival Guide** is what I wish I had found when I was in my thirties and struggling with my cranky mood, muffin top and general fatness, sugar cravings, constipation, tendency to blame others and external circumstances, and perpetual weight gain. I was so frustrated with the long list of things that I tried, from S Factor, to running more, to birth control pills, to antidepressants, to Ayurvedic Panchakarma, to couple's therapy (!), to Chinese Medicine. I kept asking myself, "Why is it so hard to get my body into balance?"

It took me a while to understand that my *symptoms* weren't the problem. They were just messages from my body's attempt to survive my crazy lifestyle as a working mom, pulled in many directions, like many of you (whether you have kids or not).

It was only when I learned to address the **ROOT CAUSE** of these symptoms that I was able to balance my hormones, shed the excess weight, and feel at home in my body again. Since then, I've made it my mission to share this work with others, so that you too can feel slim, sexy and vital from cells to soul.

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Once you work through the steps in this guide, I'd love to hear from you! [Leave a comment on Facebook](#) to let me know how it's going. And if you haven't already, be sure to pick up your copy of my bestselling book, *The Hormone Cure* – along with some very special bonuses – [HERE](#).

To your best health,



Dr. Sara

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## Step 1: Take the Hormone Quiz

My Hormone Quiz was designed to give you a snapshot view of which of your hormones are out of balance – so you can start taking steps to feel at home in your body again.

To take the online quiz, go to: <http://thehormonecurebook.com/quiz/>



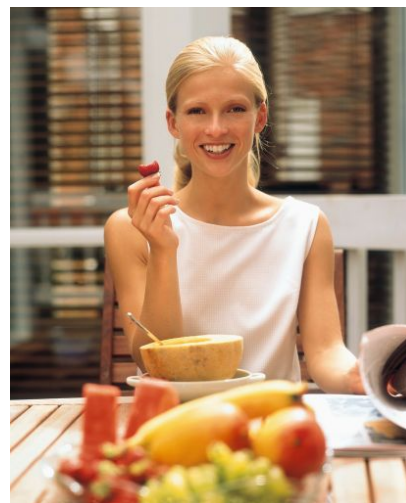
If you want to dive deeper, the full version of this quiz is in my book, [The Hormone Cure](#). And you'll find a list of my top 10 recommended hormone tests on page 8 of this guide.

## 10 Ways to Reset Your Hormones With Your Fork

Are you successful in resetting some of your hormones, but not others? I get it. I joke sometimes that I've had every hormone imbalance a woman can have, and I've also reset my hormones – some fast, some rather slowly. Among the smart people who work with me online or in my integrative medical practice, many struggle to get their thyroid hormones fixed, or their estrogen back in balance. But certain hormones are trickier to wrangle, like insulin, leptin, and that rascal, cortisol, the main stress hormone.

**SHORT VERSION:** the best way to reset your hormones efficiently and permanently is with what you put on your fork.

Why? Because the latest synthesis of nutrigenomics, epidemiology, and endocrinology – a totally hot new field called **nutritional endocrinology** – tells us the importance of food first. Food and drink are information for your body, and we want to make sure you're conveying the right information.



### **HERE'S HOW TO DO IT:**

#### 1. Inhale the Kale.

When you cut kale in your kitchen and inhale the aroma, the innate intelligence of your body produces and releases exactly the right enzymes to digest the kale. This process ensures that you extract every morsel of nutrient-dense goodness from the kale once you smell, taste, chew, and savor it. When I realized this fact, I had to take a cold, hard look at how I was eating kale. Five years ago, I grew it in my organic garden and cut it myself, which releases the strongest scent -- now I live on a hillside with no garden, and I often grab organic kale at the grocery store in a mad dash to pick up the kids at school. We need to slow it down. Rinse your kale at home, in your kitchen, like you would a precious tea from the Dalai Lama. Pay particular attention to the fragrance as you prepare the kale (or other greens) for your fork. Taking three slow, deep, steady breaths before eating kale has been shown to lower your cortisol (the main stress hormone) and improves digestion.

#### 2. Cut the GMO.

Genetically modified (GM) food appears to suppress fertility, probably by raising testosterone in females and raising estrogen in males. Among agricultural staff who work with GM foods, there are higher rates of miscarriage. While we lack rigorous data

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showing the adverse hormonal effects of GM foods on humans, I believe we need to apply the "Precautionary Principle," which means *GM foods are guilty until proven otherwise* and do not belong on your fork. The solution that balances your hormones? Eat organic, or at the very least, non-GMO.

## 3. Fire Up the Fiber.

Increased fiber intake has been shown to reduce cortisol (the main stress hormone), stabilize insulin and blood sugar, and lower bad estrogens (which may reduce your risk of breast cancer). Regardless of age, I recommend that women consume 35 to 45 grams of fiber per day as part of a healthy food plan; men should consume slightly more than this. To compare, most women only consume about 13 grams of fiber per day. I recommend a combination of eating fiber-rich foods – such as vegetables, fruit, chia seeds and flax seeds – and [taking a fiber supplement](#). But beware: increase your fiber intake *slowly*, by no more than 5 grams per day. Going faster may cause gas, bloating, and even constipation.



## 4. Eschew Conventional Meat.

There are many reasons to purchase grass-fed, organic meat – instead of whatever you happen to find on sale in your local grocery store. Let's take beef, for example. The average cow in the U.S. gets 6 or more growth hormones and steroids, which make you fat and raise insulin (the main fat-storage hormone). Conventional red meat consumption has also been shown to raise your risk of Type 2 Diabetes, according to the results of a new Harvard study that investigated the eating habits of nearly 150,000 U.S. adults over four years. While the data on organic and grass-fed meat isn't conclusive, it's a much safer bet for your health and hormones.

## 5. Slurp the Oyster.

Oysters are rich in zinc, which raises testosterone (one of the most important sex hormones). Napa cabbage is another option.

## 6. Diversify Your Microbiome.

Your gut bacteria play a large role in whether you are fat or thin. They control how you respond to the food you eat: whether you store it as fat or use it as fuel. To turn on your "skinny bacteria" and turn off your "fat bacteria," eat more probiotic-rich foods, such as: organic miso, sauerkraut, and kim chi. I also recommend [taking a probiotic](#). I recommend getting somewhere between 15 and 50 billion CFU per day, which is a large dose. Work with your doctor to make sure the dose is right for you. Similar to fiber, many people need to start low, such as less than 5 billion CFU per day, and



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gradually work up to avoid the “die off” reaction (makes you feel achey, tired – like you have the flu), diarrhea, or other abdominal issues.

## 7. Pass the Cheese.

Dairy and conventional cheese often cause food intolerance to casein, the main milk protein. If you are sensitive to casein, like I am, you want to avoid it because intolerance raises cortisol and contributes to leaky gut syndrome.



## 8. Sprinkle Turmeric.

For those of us who are chronically stressed, turmeric is the just what the Doctor ordered. It's the most potent anti-inflammatory in the world and can calm down the battles that happen in the gut, so that you can absorb and assimilate the food you need to build your happy hormones.

## 9. Restrain the Grains.



If you struggle with your weight, have sugar cravings or know already that you are one of the half of Americans with diabesity (diabetes or prediabetes), you need to nix the grains on your fork. We eat too many refined carbohydrates, and grains often can cause hormonal havoc -- more stress, higher cortisol levels, lower sex hormones (such as testosterone). Focus instead on low-starch vegetables and clean protein, eaten slowly and mindfully. After a period of reset, many people can add back grains but focus on the slow-burning types, especially sprouted grains that do not contain gluten.

## 10. Make Your Liver Dandy.

Between 30 and 50% of Americans have "Acute Fatty Liver," which leads to problems with how you utilize hormones in the body since your liver is like a traffic cop for hormones. What helps? Avoid fructose, sugar, sugar substitutes. Focus on getting liver detoxifiers such as beets or dandelion leaves, or make a tea.

There are many other ways to upgrade your hormones, but the priority is to choose your food carefully based on your hormonal issues and to eat it mindfully. If you're not sure which hormones are out of whack, start with cortisol because it pulls the other hormones offline and must be addressed first when resetting your hormonal harmony.



## Top 10 Hormone Tests

***“Dr. Sara, I know my hormones are out of whack and that’s why I feel like crap. What should I do first?”***

This is a question I’ve been asked thousands of times, both in my integrative medical practice and from my online community. Let’s face it: Taking the first step to correcting a suspected hormonal imbalance can be confusing.

Is it a new diet?

A shiny new supplement? Different exercise?

The answer is D: *None of the above.*

If you want to go from out of whack to back on track, here’s my little secret: You can’t start improving something until you know where you stand. Before you tackle treatment, I always recommend a test (or two).

We’ve all heard the saying that “what you measure improves.” In my experience, this is absolutely true when it comes to your health and hormones. You need a great baseline for yourself, and even if you’re feeling great - document what that looks like hormonally.

That’s why I’m sharing with you the list of the tests I most commonly encourage my patients and online clients to obtain. Once you get your test results, you’ll know which hormones need the most TLC, and which ones are doing just fine. These tests are listed in rank order - most important to less important (although all of them will provide you with valuable insight) . . .

### 1. Get Your Doc to Order a Blood Panel

Blood tests speak the language of conventional physicians, so I typically start with blood to build a bridge.

Ask your doctor to order:

- Thyroid tests -- but not the usual standard-issue tests. Request: TSH, free T3, free T4, and reverse T3.
- Check those adrenals: Measure cortisol first thing in the morning, free and total testosterone, and DHEA. Also get progesterone on day 21-23 (if you’re cycling), fasting insulin and glucose, IGF-1 (growth hormone) and glucose.
- The list is longer if you’re an overachiever like me! Go to <http://thehormonecurebook.com/tests/>

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## 2. You Can Also Order Your Own Tests!

If your doctor won't order the above blood tests, order them yourself from [www.CanaryClub.org](http://www.CanaryClub.org) or [www.MyMedLab.com](http://www.MyMedLab.com). I especially like Canary Club's blood spot test because the thyroid hormones are very stable. If you can afford it, I recommend the Advanced Plus Hormone Profile.

## 3. Is It Time for an Oil Change?

I recommend the Omega-6/Omega-3 ratio, which costs about \$150 and is offered from Metagenics. You can also get this done as part of the NutrEval test (#5 below). If you are overweight and can't seem to lose the fat, order this test. If you are having new symptoms of ADD in perimenopause, get this test. If you wonder how all those fish oil supplements are working for you, get 'er done. Omega 3s are one of the most proven supplements we have, but most people don't optimize their level.



## 4. Complete Hormone Profile

If your doctor is the more open-minded type, I recommend the [Complete Hormones Genova test](#). It will tell you about your adrenals, both short-and long-term, and inform you of your estrogen metabolism.

## 5. NutrEval

For those of you who really love to measure everything, and want to know where your nutritional deficiencies are...consider your prayers answered with the [NutrEval FMV](#). The cost is reasonable for people with insurance who qualify for Genova's Pay Assured program at \$169. Add on Vitamin D for \$5.

## 6. Mercury

I commonly see women and men with fatigue, hair loss, weight gain, low sex drive and underperforming thyroids. I encourage them to [test for mercury from Mercout.com](#).

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## 7. Telomeres

For those soul sisters and brothers who delight in quantifying biological age, the best marker is your telomeres, the cute little caps on your chromosomes that keep your chromes from unraveling and are similar to shoelace caps. Get those telomeres tested at [www.Spectracell.com](http://www.Spectracell.com)

## 8. Neuroendocrine Panel



For women in perimenopause and men with “Grumpy Old Man” Syndrome -- both of you may be facing more stress, irritability, waning libido and focus. Stop blaming yourself and order one of my favorite tests: the Neuroendocrine 3 panel (9505) from [Neuroscience](#). This tests looks at the intersection of your hormones with your neurotransmitters. It’s very satisfying, and it generates a personalized amino-acid balancing protocol. This test is excellent for women and men trying to get off antidepressants, sleeping pills, or anxiety medication.

## 9. Pathway Fit

The [Pathway Fit test](#) provides a personalized look into your genetic code. It analyzes your metabolism, eating habits, and the way your body responds to exercise. The test, along with a lifestyle questionnaire, tells you how to optimize your diet, workouts and lifestyle for a strong metabolism. Talk about a tailored weight loss plan!

## 10. Genova’s Menopause Plus

The Menopause Plus test by [Genova Diagnostics](#) will test your melatonin and cortisol levels, as well as your estrogen and progesterone. What I like about this test is that it tests your estrogen and progesterone over three days for a more accurate result.

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## How to Proceed

These tests are Step One of an important process: Figuring out the root cause of your health issues. Once you know the area that is causing the most harm and start to treat it, you'll be amazed at how the rest of your hormones and health get back into balance too.

The secret sauce to measure, manage, and improve your hormonal equilibrium is this:

Use these tests to help you proceed in a meaningful way - taking into account your values, genetic tendencies, current health, lifestyle, and blind spots. Use these numbers for motivation, because you now have the information you need to reclaim your vitality. Share this list with every person you love, so they can get a taste of what's possible with testing.

## How to Balance Your Hormones with Your Purse

I'm often asked for my secret sauce - how do I cut through the noise to achieve hormone balance? I was last asked this question in Seattle by a woman seated next to my on my practitioner dinner lecture tour. It made me realize that we're all trying to figure out how to accomplish a lot without becoming roadkill. I thought about her question for a moment, and then saw my purse.

*My secret sauce is contained in that purse!*

Here's a quick tour of my purse, and how you can balance your hormones with small essentials that are easy to carry. At a recent speaking event, a participant asked me if I could sell the whole purse! Hilarious! We're working on it!

### 1. Hit the Reset Button Each Morning

How can you balance your hormones fast? Pull out a packet – which contains my multivitamin, omega 3s, and resveratrol. They are designed to reset your hormonal Charlie's Angels – cortisol, estrogen, and thyroid. [Order here.](#)

### 2. The Antidote to Overgiving!

Women are wired to over provide. We give until we drop. The women who need self-care the most don't get it. What can we do about that? Take Tiara Time™. Carry a tiara in your purse and whip it out when your family needs to know that it's time for self care. Take 15 min four times per week to take a hot bath, or drop into a quick yin yoga pose [like this one.](#)

### 3. iPhone It In.

Technology is a major source of stress because we're constantly checking our phone and texts, but it can also be your salvation. Here are two apps that I love and use regularly to de-stress: GPS for the Soul and iPromise.

- GPS for the Soul measures your HRV with the camera on your iPhone – HRV is Heart Rate Variability, a measure of the time between each heartbeat and an indicator of resilience. The app utilizes Heart Math technology, which is proven to reset cortisol and DHEA. [Here's the link](#) to download for free.



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- One of the best differentiators between a woman who feels empowered and vital, versus overwhelmed and cranky, is a spiritual practice. But don't worry because I define that broadly and keep it to 7 minutes or less! iPromise is an app from yogi Mark Whitwell, and it's a seven minute practice. I feel like it's what yoga is truly about. [Check it out.](#)

## 4. Supplements to Have at the Ready?

- Carbfest, anyone? I carry CarbXZyme from Designs for Health.
- Cranky or stressed out? I believe that pharmaceuticals are not a cure. But there is a supplement that can have a dramatic instant effect. What is it? Phosphatidyl serine, a supplement that I keep in my purse.
- Prevent the collateral damage. I carry a small pill container of activated charcoal with me for when I drink alcohol or eat food of unknown quality (conventionally-raised meat, or possibly genetically modified foods). Favorite brands include Bulletproof and Integrative Therapeutics.

## 5. Keep Your Besties on Speed Dial.

Once again, that smart phone provides the remedy for a stressful day. The chief of psychiatry famously said that if you're a guy and you want to improve health, be with a woman. If you're a woman and you want to improve health, hang out with your girlfriends. Pick out your best deputies who hold you accountable for taking care of yourself and getting your weekly dose of laughter – and keep them on speed dial for those moments when you want to bark at your spouse or kids. It raises oxytocin to hang with your girlfriends, and it's the best way for women to reset their hormones – oxytocin lowers cortisol and resets estrogen and thyroid.

## 6. Shoegasm!

I like to wear beautiful shoes because it raises my oxytocin, the hormone of love, bonding, and intimacy. It doesn't need to be shoes – a set of matching bra and panties also works. Hugging works too, but you need eight per day!

## 7. My Favorite Mindfulness Meditation?



Eat dark chocolate. It's proven to lower your cortisol. I keep a small stash in my purse, pop a bite in my mouth, and resist the urge to gobble and chew. I let it melt, and I slowly take in how delicious it is.



## DR. SARA'S TRAVEL SECRETS: How to Navigate Vacations, Business Trips & Other Voyages – Without Gaining 10 Pounds

It's tough enough to stick to a healthy routine at home, but go on a trip and most of our healthy habits fall right out the window, bounce off the airplane wing and disappear into the clouds. Know what I mean? Fast food becomes acceptable especially when there's *no other options*, (maybe even genetically modified food even sneaks in, but you look the other way – after all, *you are traveling* and the bar is lower), extra doses of high-octane coffee is allowed to combat jet lag, and an unfamiliar bed make it nearly impossible to get a good night's sleep.

Unfortunately, these actions collectively add up to groggy business meetings, weight gain, and vacation pictures that don't exactly feature us at our healthy, glowing best. Travel is one of the great pleasures in life, and there are some surprisingly easy ways to optimize your out-of-town experience.

Here are the top 12 Dr. Sara-approved strategies for keeping travel--whether for business or pleasure--as healthy as possible. I promise that they are tried-in-true. In fact, I'm writing this guide for you from the Salt Lake City airport after test-driving nearly every strategy below!

### 1. Take Your Supplements.

If you're like most people, you've got a daily routine that includes bathing, brushing your teeth, and maybe a little lip gloss. While a toothbrush is a staple in most suitcases, I know most people rarely think to pack their cache of vitamins and other supplement. If you take a few extra supplements that help balance your hormones (like [fish oil](#), vitamin D, or a [probiotic](#)), don't forget to take those on your trip as well! Especially if you're planning to loosen your dietary rules a little, the extra vitamins and minerals will keep your hormone levels balanced and your mind sharp. My patients for the past 20 years have asked me to make this ridiculously easy, so I created a multivitamin packed that balances your hormones and is conveniently divided into packets. Your trip is 5 days? 5 packets. *Done.* [Go here to get yours.](#)



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## 2. Go Shopping for Activated Charcoal

When I travel, I know that the food quality is not the same as when I'm at home, particularly at airports. There may be GM foods. There may be more alcohol than intended. There will definitely be vegetables and salads that are not 100 percent organic.

For that reason, I take a bottle of activated charcoal.

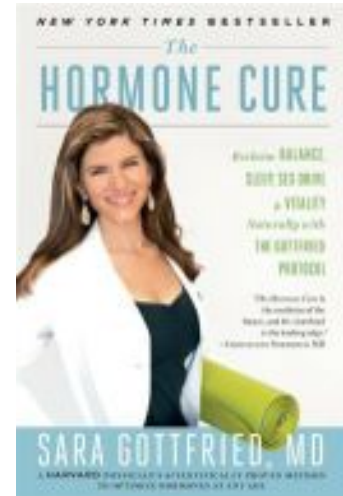
Want the “**why?**” Of course you do!

Activated charcoal is a bit strange in the realm of supplements. You're not taking it to fill a nutritional gap like the many supplements that I recommend in my New York Times bestseller, [\*The Hormone Cure\*](#).

**WHAT IS ACTIVATED CHARCOAL?** It's carbonized organic matter -- such as coconut shells, peat, or coal -- that is designed to soak up potentially harmful toxins or chemicals.

**WHY IS ACTIVATED CHARCOAL USED?** It's used mostly in emergency rooms to help people who've ingested something they shouldn't have, such as a bottle of sleeping pills. In other words, it's used to soak up potentially harmful or toxic substances. Activated charcoal can only absorb toxins or chemicals that are still in your stomach and intestines. The charcoal and toxin are then removed from your system when you have a bowel movement.

**WHEN DO YOU TAKE IT?** I advise taking it as a capsule prior to eating food of unknown quality or alcohol.



## 3. Pack the Mini Blender and Shake Powder!

Another travel essential, especially when you're traveling for business (and there's less time for the slow meal), is your mini blender and shake powder.

Here's what I do. I take my *Nutribullet* with my protein powder and fiber individually packed as serving sizes in zip lock baggies (2 scoops of protein powder plus 2 scoops of fiber in each bag). I start each day with a shake, which stabilizes my blood sugar all day, and helps me make wise nutritional choices.

[Get my shake powder here.](#)

[Buy your fiber here.](#)

[I got my Nutribullet on Amazon.](#)

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## 4. Success Rewards the Planner: Bring the Protein Snacks

Here are my top three easy-to-pack protein snacks.

- Prepackaged nuts. Have you ever had the experience of a bowl of nuts disappearing on you while you were mindlessly snacking? We've all been there. It's easier if you plan the right serving size. I bring small stainless steel containers with 20 soaked and dehydrated (super crunchy) raw almonds! Go to [TheHormoneCureBook.com/recipes](http://TheHormoneCureBook.com/recipes) for my favorite protein snacks including a yummy ghee, almond, rosemary, and macadamia mix.
- Sardines. These are not your father's sardines! I take either Crown Prince or Matiz with me. [Here's a list of the top-rated sardines.](#)
- Canned or bagged wild-caught salmon. Make sure there's no BPA! Make it easier by ordering [my package of wild Alaskan salmon](#) at a deep discount!

BTW, [here are the cute glass containers](#) I use for my nuts.

## 5. Stainless Steel Water Bottle.

I cannot say enough good things about packing your own stainless steel water bottle when you travel, but here are a few of my top reasons:

- Hydration is key for healthy skin and happy cells. The pressurized air in airplanes has an extremely low humidity point, so drinking lots of water during your flight (not alcohol) will help you feel less *blah* and more *ta-da!* when you de-plane.
- You'll save money: Bottled water in airports and hotels is notoriously expensive. Beat the system!
- It's green! Plastic water bottles are serious issue for the environment. Reduce your carbon footprint by reusing your H2O receptacle; just make sure it's BPA free. My favorites are durable metal bottles with funky graphics – that is, stainless steel. They don't break and they don't disrupt your normal hormone balance.

## 6. Track Your Travel.

Let's face it: when you're traveling you're often too exhausted to consider hitting the hotel gym. Instead, focus on increasing your steps and set a goal! I aim for 12,000 steps a day, and it's surprisingly easy to hit that goal especially when schlepping

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around airports to catch connecting flights. Take a walk around the airport during your layover, go on a hike instead of hanging out in your hotel, or walk to nearby destinations instead of taking a taxi. I recommend using a tracking device such as the [Up by Jawbone](#), the [Nike+ Fuelband](#) or the [FitBit](#) - but you can also use a regular pedometer.

## 7. Get Your Pound of Vegetables!

I recommend that my clients eat one pound of vegetables per day, and I guarantee that you will prevent constipation and feel more energized if you hold the line. Pack sliced veggies and hummus – and always order the salad first on a menu. Low-glycemic vegetables will keep your blood sugar stable, help your cells retain water, and keep you feeling full longer than the high carb options you find while traveling.



## 8. Eat Regular, Nourishing Meals & Snacks Throughout the Day.

Don't let your blood sugar get low, as you are more likely to overeat when this happens. Your internal schedule may be a little bit off, but eating meals at normal times can help get you back into a normal eating and sleeping pattern. Don't fall prey to the coffee and pastry breakfasts offered at hotels and conferences; if you can, try to eat produce and protein at every meal.

Pack your homemade trail mix, berries, coconut water, and dark chocolate.

Here are my favorite swaps:

- Try substituting a couple of pieces of 80%+ dark chocolate instead of over-indulging in sweets. Dark chocolate helps lower cortisol, improves insulin sensitivity, and is loaded with antioxidants.
- Substitute sparkling water with lemon or lime for soda or alcohol.
- Choose black or green tea for coffee.

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## 9. Sleep Your Way to the Top

If you want to “win” your vacation or business meeting, you can’t do it without a rejuvenating night of sleep backing you up. Whether you’re defeating jet lag or staying sharp for a high-level meeting, sleep is crucial element in everything from mental acuity to metabolism.

Not getting enough sleep lowers your insulin sensitivity (cue the sugar cravings), raises your cortisol levels, and slows down your thyroid. That means sluggishness and brain fog during the day, but over time a pattern of poor sleep can lead to weight gain and an increased risk of heart disease and diabetes. I suggest [melatonin](#)--*not* sleeping pills--as a natural sleep aid that helps with jet-lag and eases falling and staying asleep.



## 10. Make Your Smartphone Your Friend

Use your smartphone to help manage the stress of travel. I know my own cortisol levels skyrocket when I’m rushed before a trip, so here are my smartphone strategies to make travel just a little smoother:

- Take photos of your credit cards, passports, and prescriptions. If your luggage is lost or your wallet stolen, you’ll have all the important info still stored in your phone.
- Download several inspirational books on tape for the plane or beach--this will cut down on heavy tomes weighing down your carry-on. What’s on my nightstand? [Hardwiring Happiness by my friend Dr. Rick Hanson](#).
- Download the free [Inner Balance app](#) for on-the-go stress reduction. Guided meditation, color and music therapy, and calming reminders help me keep my cool at the airport and on the plane.

## 11. Go Shopping upon Arrival

No one says you have to eat out every meal while you travel. Look for the closest health food or grocery store, and buy enough healthy snacks or even meal ingredients to last for the duration of your trip. I always make sure that my hotel rooms have at a minimum a mini fridge, and at best a kitchenette. Not only is it more cost effective, but exploring new grocery stores and farmers markets is one of my favorite ways to get acquainted with a new city, and add steps to your pedometer!



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## 12. Sweat a Little (or a LOT!)

If you're going to travel a week or longer, you'll want to incorporate some fitness into your trip. I love early morning runs through new neighborhoods, but I'm also a big fan of hotel room yoga or resistance band sessions. I pull up a few [YouTube videos](#) of my favorite instructors and get to it. If you're feeling adventurous, you could sign up for a local class, whether it's yoga, boot camp, or CrossFit. I also take Jillian Michaels with me on my iPad, especially her 20-minute workout.



## Final BONUS: Pack Smart

What's in *your* suitcase? It could make the difference between a grand adventure and a great flop. There are a few travel essentials that will keep you healthy and happy during your trip. Below is a list of must-haves for up-leveling your immunity while on the road:

- Sunscreen. My favorite is organic from Alba or Eminence.
- Benadryl for allergies or nausea
- Antibiotic ointment
- Pain relievers, such as arnica, or ibuprofen
- Hand sanitizer (works way better than regular hand washing!)



### A Hormone Balancing Gift For You

Congratulations! If you've made it this far, chances are you are starting to feel stronger, slimmer, and more *like yourself* than you have in years.

I am always looking for ways to help you on your journey to optimum health, so today I have a very special gift for you...

## 20% Off My All-In-One Hormone Balancing Shakes!



Use this special coupon code **HormoneSG2014** when you place your order.

Gluten-Free – Soy-Free – Dairy-Free – NO Artificial Sweeteners  
Available In Both Chocolate And Vanilla Flavors

Learn More And Order Here:

<http://www.saragottfriedmd.com/hormone-shakes>

Coupon good on Hormone Balancing All-in-One Shake purchases only. Not valid on combination packages.

May not be applied toward previously placed orders.  
Expires 6/1/2014

## About Dr. Sara

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 quoting Top 40 lyrics and 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 <http://www.saragottfriedmd.com/>.