

# 28 Day Reset Diet



**Week #4**  
**Dr. Linda Marquez Goodine**

# Review

◆ Hormones are the language of communication - 2 most important are:

Their nick names are INez & COurtney.....

**#1 Insulin**

**#2 Cortisol**

◆ Top root causes of dis-ease are:

- **Poor diet - toxic foods, wrong foods**
- **Poor sleep - less than 7 hours and interrupted**
- **Insulin resistant- snacker, grazer, craves sugar**
- **Poor digestion - constipation, IBS, bloating, gas**
- **Chronic infections - parasites, EBV, candida**
- **Toxins - heavy metals, silver fillings**
- **Poor adrenal & thyroid health - feeling tired, low energy**
- **Poor liver function - fatty liver from foods especially high fructose corn syrup, too much alcohol**
- **Exercise- too much, too little, wrong type**
- **Nutritional deficiencies - selenium, magnesium, iron, Vitamin D, B, zinc**

*Good News!! After 21 days:*

- Add beef, venison, sheep, lamb
- 20-30 grams at lunch & dinner
- Remove lentils if GI issues



# Digestion

*Every time we eat or drink or expose ourselves to chemicals and hormones, we are either feeding disease or fighting it!*

◆ Why our gut is important:

- **The gut is the 2nd brain**
- **60-70% of your immune system is in your brain**
- **The estrobolome the gut that metabolizes estrogen so it doesn't re-circulate in the body**
- **Unhealthy gut results in increase beta glucuronidase toxins (recirculates estrogen)**
- **GALT is gut associated lymphoid tissue more 70% of your entire immune system and it protects form foreign invaders**

◆ Signs/symptoms of poor gut health

- **Poor digestion - IBS, diarrhea, constipation**
- **Anxiety**
- **Brain fog**
- **Poor thyroid function**
- **Increase heart rate**
- **Increase blood pressure**

Fixing your gut is key to weight loss, cancer prevention, hormone balance, brain health, thyroid health, heart health

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28 DAY RESET DIET

DATE:

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◆ What are vitamins?

**Organic compounds that people need in small amounts**

◆ Name the minerals?

**Minerals are organic compounds found in nature, most important magnesium, potassium, zinc**

◆ Name the fat soluble vitamins?

**Vitamins ADEK**

◆ Name the 3 macronutrients

**Protein, Fats, Carbohydrates**

◆ What are Dr. Linda's recommended supplements for optimal health:

**Vitamin D3 - 10,000 IU's/**

**Magnesium - 300 - 1,000mg**

**Digestive support - 500 mg of HCL & enzymes**

**Probiotics - no prebiotics if bloating**

**Other - thyroid and adrenal support**

◆ 3 Action steps to take this week:

1. Record my story

2. Add fermented foods to my diet

3. Raise oxytocin by hugging others or complimenting them