

28 Day Reset Diet



Week #4
Dr. Linda Marquez Goodine

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:

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◆ Signs/symptoms of poor gut health

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

◆ What are vitamins?

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◆ Name the minerals?

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◆ Name the fat soluble vitamins?

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◆ Name the 3 macronutrients

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

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◆ 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