

**DR. CHRISTIANSON**  
Reset your health. Reset your *life*.



**NATURAL  
HORMONE  
RESETS**

Lose Weight, feel vibrant & well-rested,  
and gain mental clarity & focus



When it comes to your hormone health, what has held you back all along? What have been your limits?

Let me be straight-forward with you... Things can change. Your health can reset. Your life can reset. After treating tens of thousands of patients naturally, specifically for thyroid & adrenal health, and diabetes, my team of physicians and I know it's possible. Never give up on yourself. You can feel revitalized.

To aid in your optimal health journey, I'd like to share our '35 Natural Hormone Resets' ebook with you. These simple tips are all fresh ways to keep you on track with your hormone health and support your thyroid and adrenal function. When your hormones are balanced, you'll lose weight, feel vibrant & well-rested, and gain mental clarity & focus. After enjoying the free tips, I would love to hear which are your favorites. Feel free to let me know and connect with me on my Facebook page: <https://www.facebook.com/DrAlanChristianson/>

And if you have adrenal dysfunction, thyroid issues or Hashimoto's, you'll finally find your answers in my books: "The Complete Idiot's Guide to Thyroid Disease," "Healing Hashimoto's – A Savvy Patient's Guide" and NY Times bestseller, "The Adrenal Reset Diet." Remember, whatever your hormone needs are, my docs and I are here for you.

In Good Health,

Dr. Alan Christianson  
(And Dr. Linda Khoshaba, & Dr. Lauren Beardsley)

# RESET #1

Get Some Sun. Make your mornings bright. This means that within 1 hour of waking up, expose yourself to sunlight for 30 minutes. Even if it is cold and cloudy, the sunlight is thousands of times more powerful than the brightest indoor light.

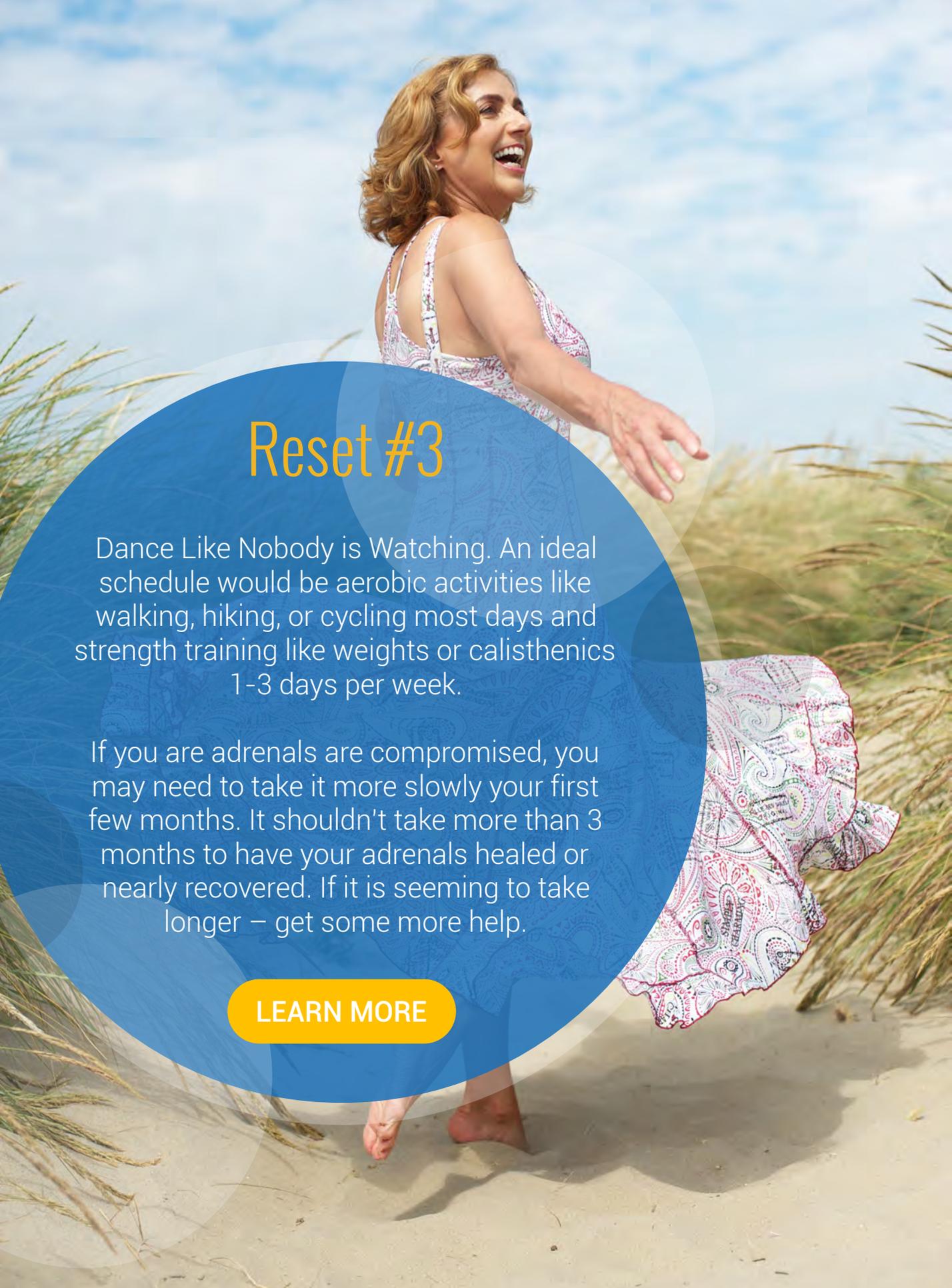
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## RESET #2

Get Tested. Your hormones aren't a guessing game. Remember: what you can measure, you can improve. Have your hormone specialist test your hormone health every 6-12 months to maintain optimal levels so you are energized, can easily lose or maintain your weight, sleep well, have thicker hair, and stronger mental clarity and focus.

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## Reset #3

Dance Like Nobody is Watching. An ideal schedule would be aerobic activities like walking, hiking, or cycling most days and strength training like weights or calisthenics 1-3 days per week.

If you are adrenals are compromised, you may need to take it more slowly your first few months. It shouldn't take more than 3 months to have your adrenals healed or nearly recovered. If it is seeming to take longer – get some more help.

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## Reset #4

Replace Core Nutrients. Even one nutrient deficiency can make you feel fatigued. A high quality multivitamin & mineral provides insurance for the nutrients you might not get in food.

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## Reset #5

Remove Problematic Foods. Milk, wheat, soy, and even eggs can trigger inflammation, which stalls fat loss. An IgG food sensitivity test (\*results depend on the lab) or a rotation diet can help you determine problematic foods. Most people find symptoms, including weight loss resistance, subside once these trigger foods are eliminated.

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# Reset #6

## Replace 1 or 2 Meals With a Smoothie.

Make sure your morning smoothie has protein, resistant starch, and healthy fats so it's a true meal replacement.

**Bonus: Add greens**

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More on the  
next page

### **Protein Powder**

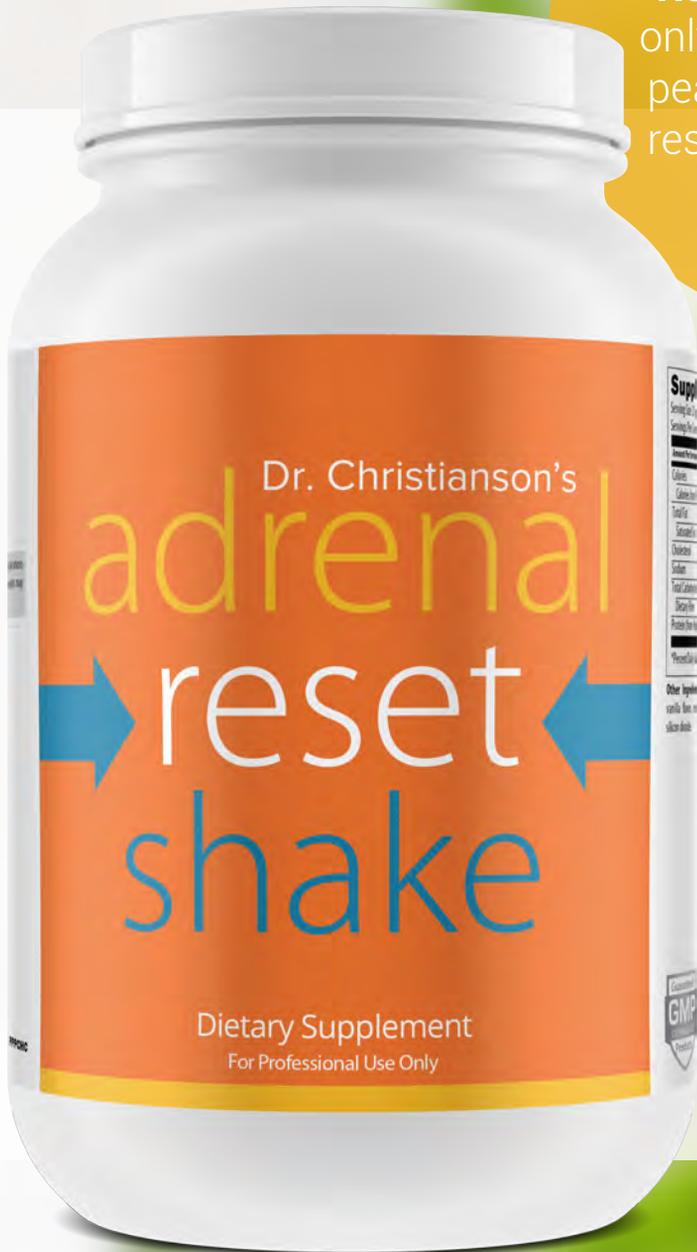
Pea or hydrobeef  
GMO-free  
>No sugar  
22 + grams of  
protein/serving

### **Healthy Fat**

High Caprylic Acid  
MCT oil  
OR - 1 cup  
unsweetened  
coconut milk

### **Resistant Starch**

2 tbs Green banana  
flour – OR  
Unmodified potato  
starch – OR 1/4  
Cup Navy beans



\*\*Or you can do **Dr. Christianson's Daily Reset Shake** – the only protein mix with pea protein, fat, and resistant fiber. Just add water.

The same shake that helped participants lose 2.5 inches off their waist in the first month of the Adrenal Reset Clinical Trial.

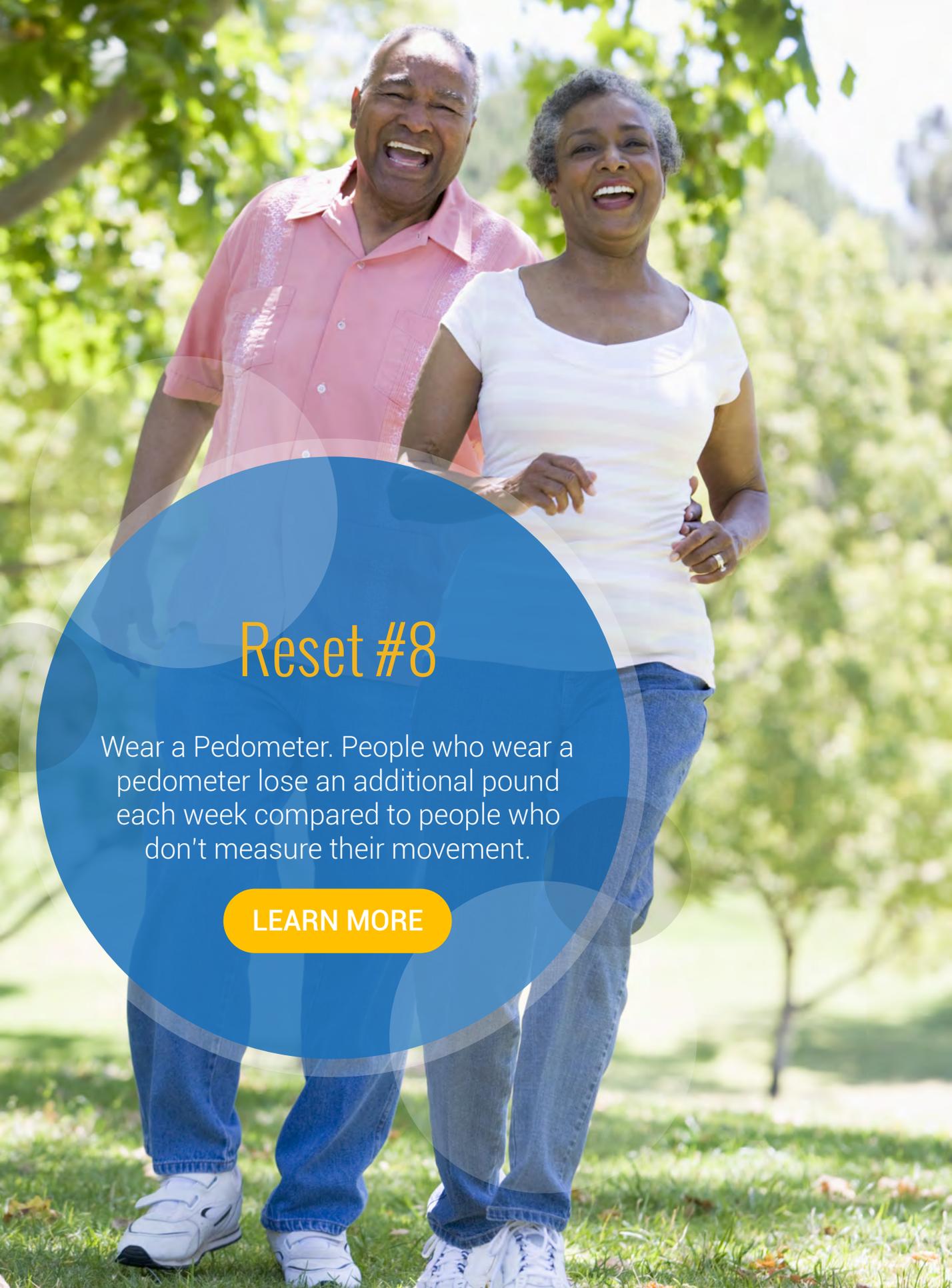
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## Reset #7

Get Fresh Air...Filters. The largest source of toxins you expose yourself to every day is the air you breathe...in your home. Use HEPA air filters or ionizers and have your ducts cleaned each year. And test your toxins.

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A photograph of an older African American couple walking together in a park. The man is on the left, wearing a pink short-sleeved button-down shirt and blue jeans, laughing heartily. The woman is on the right, wearing a white short-sleeved top and blue jeans, also smiling broadly. They are walking on a grassy path with trees in the background. A large blue circular graphic is overlaid on the lower half of the image, containing text and a button.

## Reset #8

Wear a Pedometer. People who wear a pedometer lose an additional pound each week compared to people who don't measure their movement.

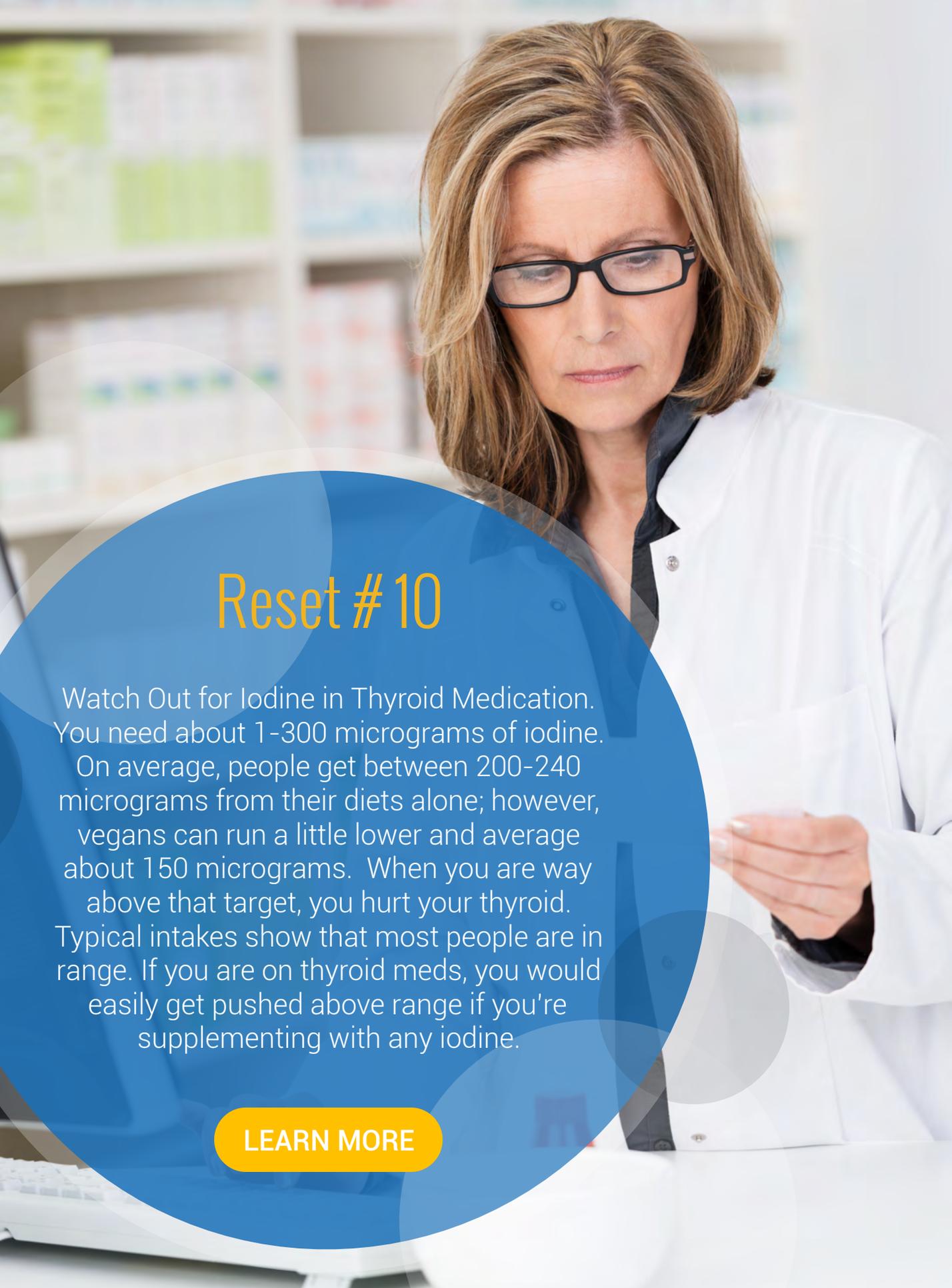
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The background of the entire page is a close-up, high-angle photograph of several slices of fresh oranges. The slices are arranged in a somewhat overlapping pattern, showing the vibrant orange color of the pulp and the white pith. The lighting is bright, highlighting the texture of the fruit. In the center of the page, there is a large, semi-transparent blue circle that serves as a container for the text. At the bottom of this blue circle is a yellow pill-shaped button with the text 'LEARN MORE' in white capital letters.

## Reset #9

Use Simple Ingredient Cleaning Supplies. Avoid strong smelling cleaners. Nearly everything can be cleansed with simple things like castile soap, vinegar, and citrus extracts.

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## Reset # 10

Watch Out for Iodine in Thyroid Medication. You need about 1-300 micrograms of iodine.

On average, people get between 200-240 micrograms from their diets alone; however, vegans can run a little lower and average about 150 micrograms. When you are way above that target, you hurt your thyroid. Typical intakes show that most people are in range. If you are on thyroid meds, you would easily get pushed above range if you're supplementing with any iodine.

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## Reset # 11

Do a Wine Swap. Wine is especially high in arsenic. Older wines, in particular, are going to be higher in arsenic. Try sipping on pomegranate juice, or 100% cranberry juice instead in your favorite wine glass.

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## Reset #12

Burst Your Body. If you have thyroid disease, did you know you can completely shift your metabolism with body movement? Burst training (high intensity workout for 20-60 seconds duration) is a great way put your body into a fat-burning zone and rev up your metabolism.

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## Reset #13

Un-Supersize It. When you use smaller dishware and glasses, you will eat less food. Serve your food on small, attractive plates and put the rest away. When the leftovers sit on your dinner table, chances are you'll eat them.

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A close-up photograph of a person's arm. A blue and white blood pressure cuff is wrapped around the upper arm. A hand is applying a white adhesive bandage to the forearm. The background is a soft, out-of-focus light color.

## Reset #14

Donate Blood (if you are menopausal, post-menopausal, or a male). Regular blood donation has been shown to lower cardiovascular disease risk by 88%. There are also benefits to lowering the risk of some cancers and possible benefits to lowering the risk of age related macular degeneration. Bonus: each donation burns 650 calories.

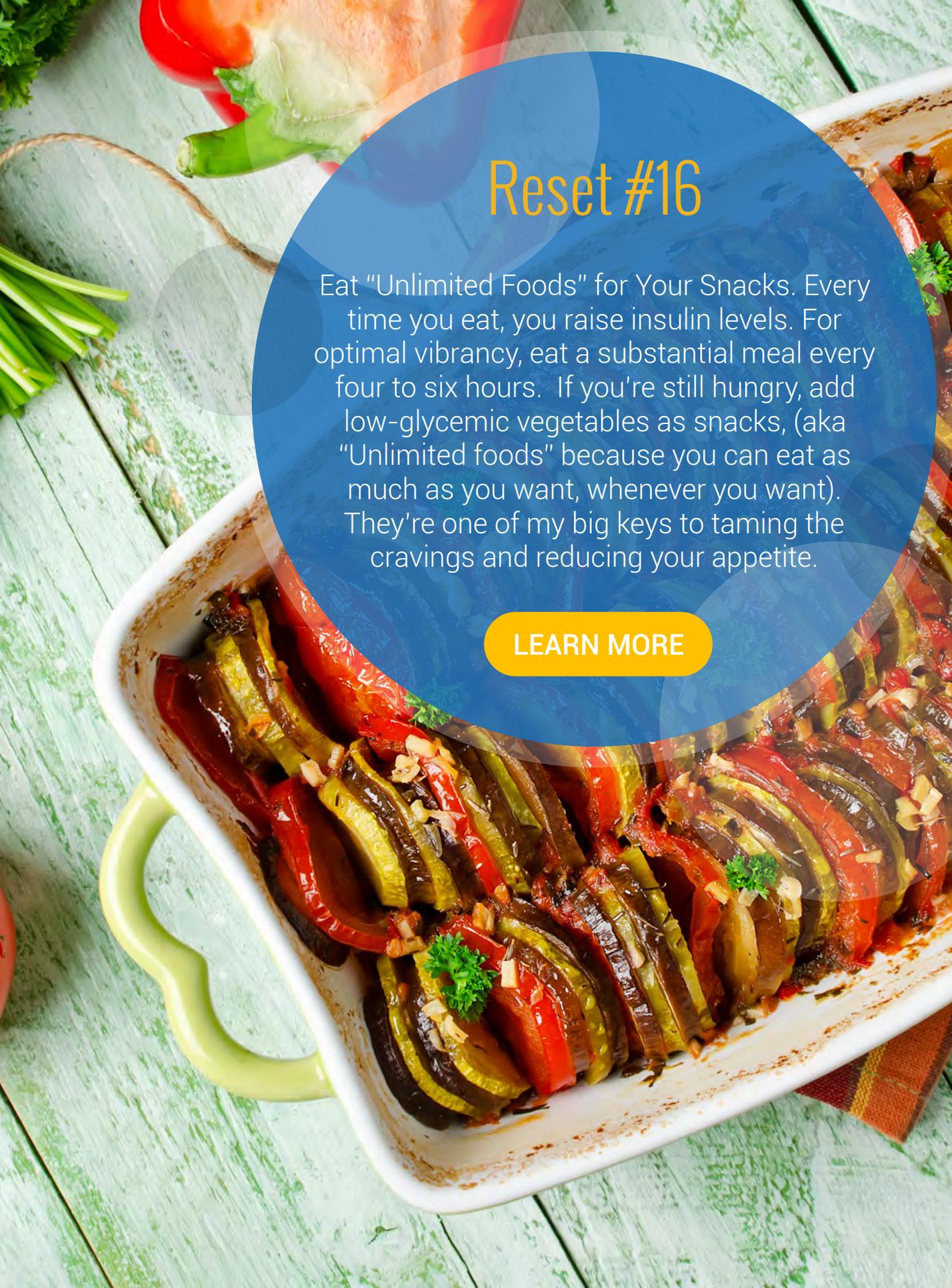
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A woman with reddish-brown hair and glasses is shown in a professional setting. She is wearing a purple cardigan over a white collared shirt. She is holding a clear glass of water to her lips with her right hand and a document with her left hand. In the foreground, there is a white mug with a purple circle on it. The background is a bright, out-of-focus office environment.

## Reset #15

Drink More Water. Have you heard of the magic elixir that helps you lose weight and lower your cholesterol? Yep, it's water. Did you know that you could be constipated, have heart burn, more allergies, easier time getting respiratory infections, more back pain, muscle cramps, muscle fatigue, and poor cognitive function...All from just not enough water?

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## Reset #16

Eat “Unlimited Foods” for Your Snacks. Every time you eat, you raise insulin levels. For optimal vibrancy, eat a substantial meal every four to six hours. If you’re still hungry, add low-glycemic vegetables as snacks, (aka “Unlimited foods” because you can eat as much as you want, whenever you want). They’re one of my big keys to taming the cravings and reducing your appetite.

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A woman with short grey hair is sitting in a meditative pose on a blue mat. She has her eyes closed and a serene expression. The background is a bright, airy room with a white bookshelf and large windows showing greenery outside. A large blue circular graphic is overlaid on the right side of the image, containing text and a button.

## Reset #17

Remember to Breathe (Yoga, Meditation, Breathing Exercises). Even a 15 minute “de-stress” session by yourself with no distractions can reset your mind so you can handle any stress that comes your way. With the abundance of technology today, there are even applications you can download to help you relax.

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A close-up photograph of fresh ingredients including salmon fillets, asparagus, lemon, and herbs. The salmon is the central focus, with several fillets arranged on a dark surface. One fillet is topped with black peppercorns. Other ingredients include a lemon wedge, asparagus spears, fresh herbs like rosemary and bay leaves, and cherry tomatoes. The lighting is bright, highlighting the textures and colors of the food.

## Reset #18

Eat Protein at Every Meal. Choose lean, clean protein at every meal including poultry or grass-fed beef, wild salmon, or pea protein powder.

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A woman with short, dark, wavy hair is smiling and looking at a white tablet computer. She is wearing a white top. The background is a soft-focus indoor setting with light coming from a window. A large blue circle is overlaid on the bottom left of the image, containing text.

## Reset #19

Record Your Food. Write down every bite that goes into your mouth. You will be amazed at what you actually eat (as opposed to what you think you eat). There are several free apps you can download for your smartphone so you can stay on track with your amounts. My favorite app is "my fitness pal."

A woman with dark hair is relaxing in a white bathtub filled with white bubbles. She is lying back with her head resting on the edge of the tub. The background is a plain, light-colored wall. A large, semi-transparent blue circle is overlaid on the right side of the image, containing the text. The overall mood is calm and relaxing.

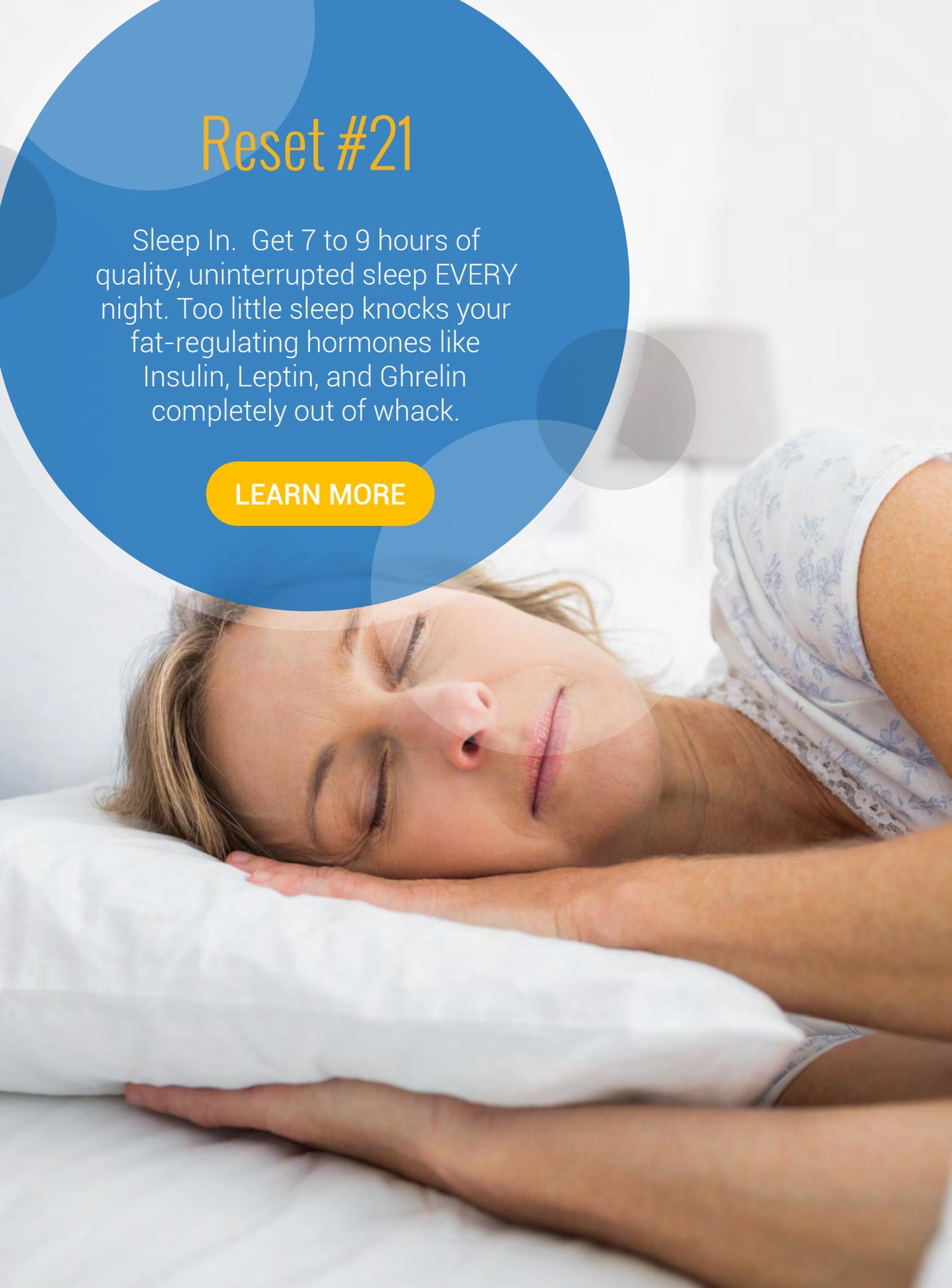
## Reset #20

Take a Bath. A nice Epsom salt bath at least 30 minutes before bed promotes a relaxing sleep thanks to the magnesium content that acts as a muscle relaxant.

# Reset #21

Sleep In. Get 7 to 9 hours of quality, uninterrupted sleep EVERY night. Too little sleep knocks your fat-regulating hormones like Insulin, Leptin, and Ghrelin completely out of whack.

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A top-down view of a white plastic colander with silver metal handles, filled with fresh, vibrant green spinach leaves. The leaves are glistening with water droplets. The colander sits on a light-colored wooden surface with a cracked, peeling paint texture. In the bottom right corner, two individual spinach leaves are scattered on the surface. A large, semi-transparent blue circle is overlaid on the bottom left of the image, containing the text.

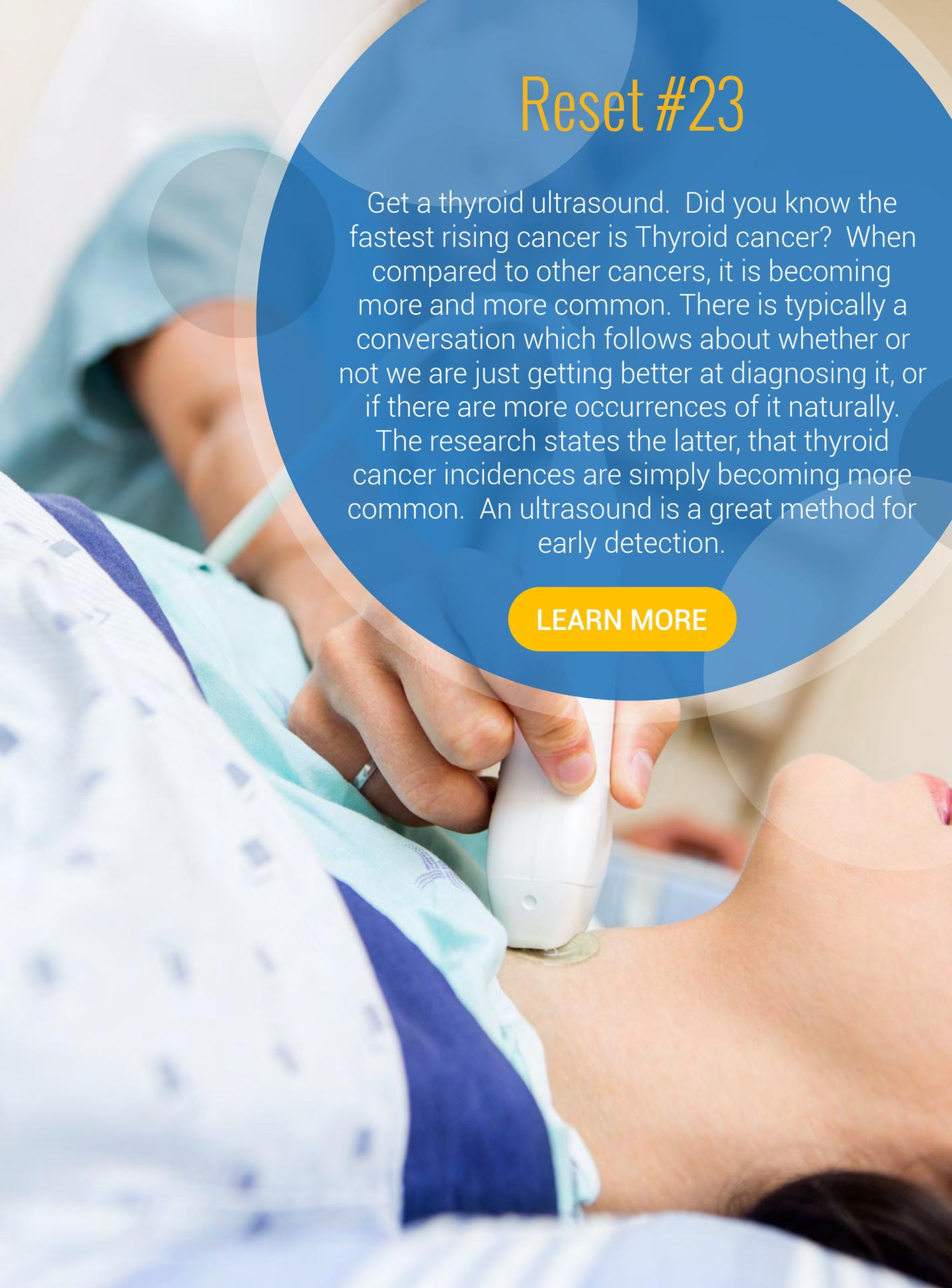
## Reset #22

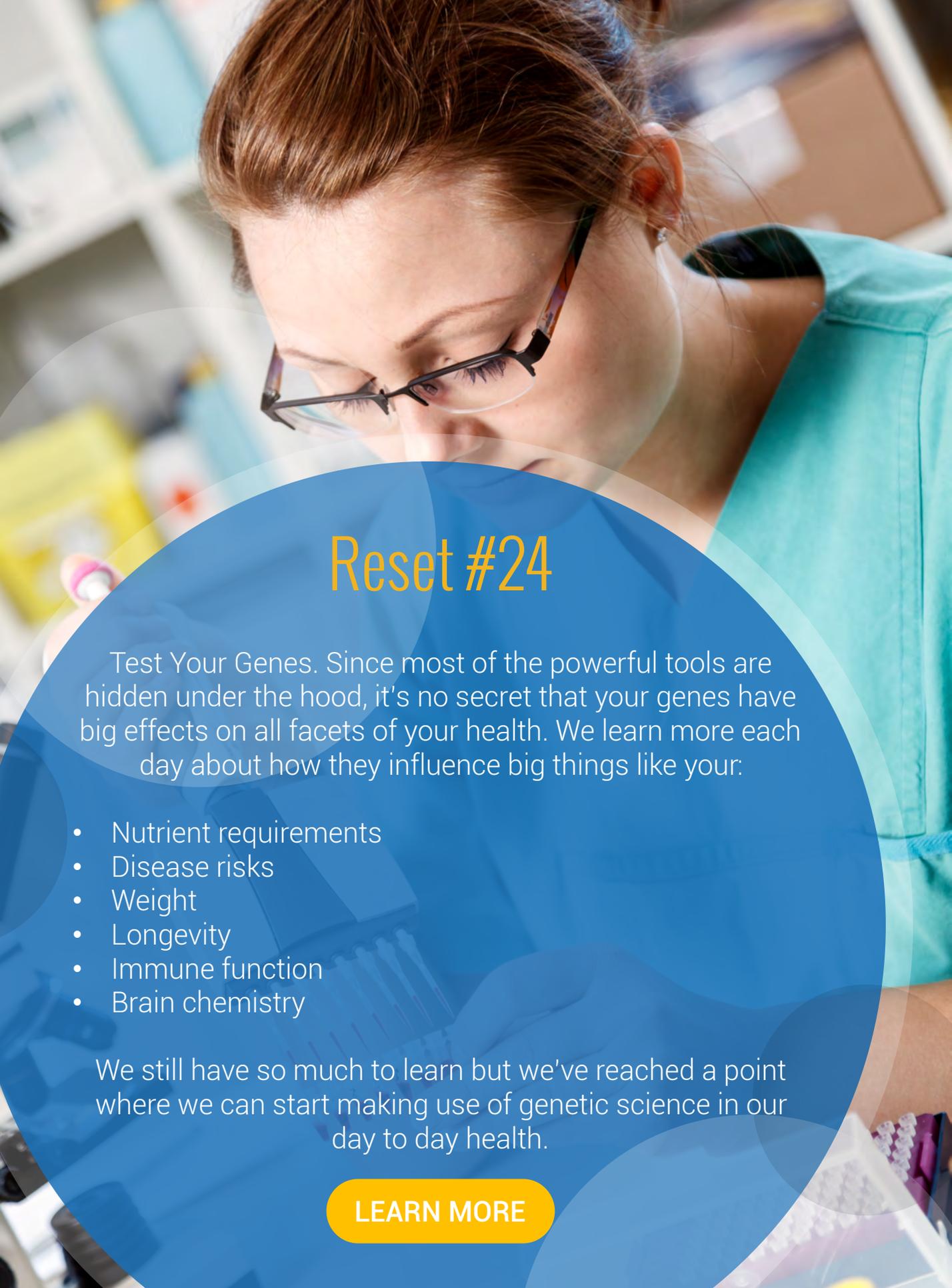
Eat Chlorophyll. The greener your poop is, the cleaner your body will be. Chlorophyll is the green pigment in plant foods. To get green, eat at least 3 cups per day of kale, spinach, or collards.

## Reset #23

Get a thyroid ultrasound. Did you know the fastest rising cancer is Thyroid cancer? When compared to other cancers, it is becoming more and more common. There is typically a conversation which follows about whether or not we are just getting better at diagnosing it, or if there are more occurrences of it naturally. The research states the latter, that thyroid cancer incidences are simply becoming more common. An ultrasound is a great method for early detection.

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## Reset #24

Test Your Genes. Since most of the powerful tools are hidden under the hood, it's no secret that your genes have big effects on all facets of your health. We learn more each day about how they influence big things like your:

- Nutrient requirements
- Disease risks
- Weight
- Longevity
- Immune function
- Brain chemistry

We still have so much to learn but we've reached a point where we can start making use of genetic science in our day to day health.

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## Reset #25

Get Magnesium. Is it possible that 72% of adults have a nutrient deficiency that is causing them fatigue, muscle pain and a shorter lifespan? Unfortunately, it is 100% true. Magnesium can play a pivotal role in restoring your energy levels.

Best sources of magnesium:

- adzuki beans
- greens
- legumes
- supplements

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## Reset #26

Savor Your Meal. Take pleasure in the preparing your food.

Enjoy the flavors. Have meaningful conversations at mealtime. Eat with chopsticks or share bites with your loved ones. This reset will prevent overeating and help your brain process two important hormones involved in eating, Ghrelin and Leptin.

## RESET #27

Eat whole grains. If you are not getting whole grains and legumes in your diet, you are risking losing your molybdenum intake almost entirely (incredibly important for your thyroid health), alongside fiber and other important nutrients that your body needs.

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## RESET # 28

Write in Your journal. Have you ever had the same pesky thoughts go through your head over and over? Do you know why they never seem to stop? These parts of our psyche can keep trying to get our attention, but never experience a sense of being heard unless we verbalize in some external way.

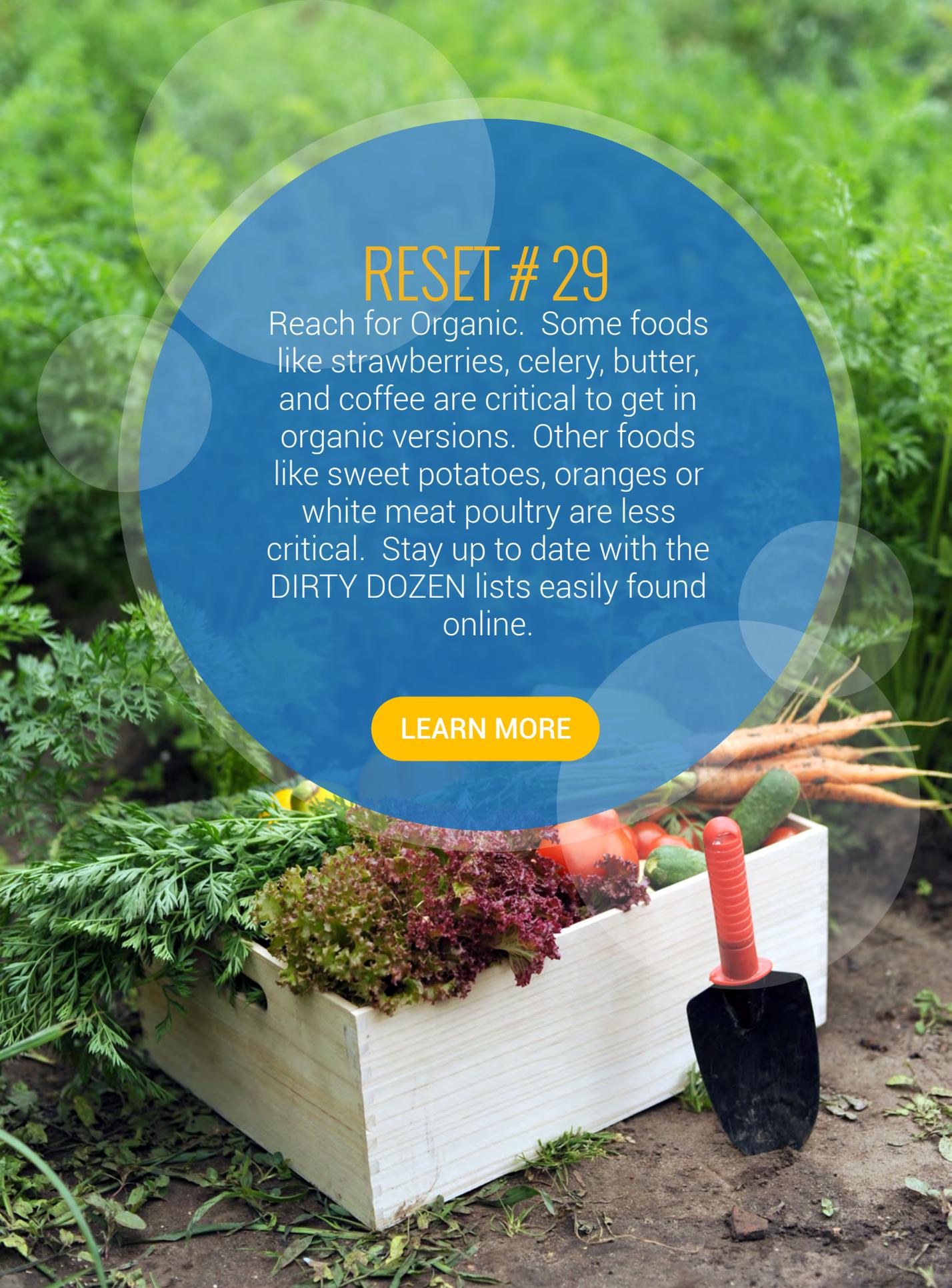
That means talking out loud or writing. Writing seems even more powerful because the act of making language into something that our hands do is more involved than speaking.

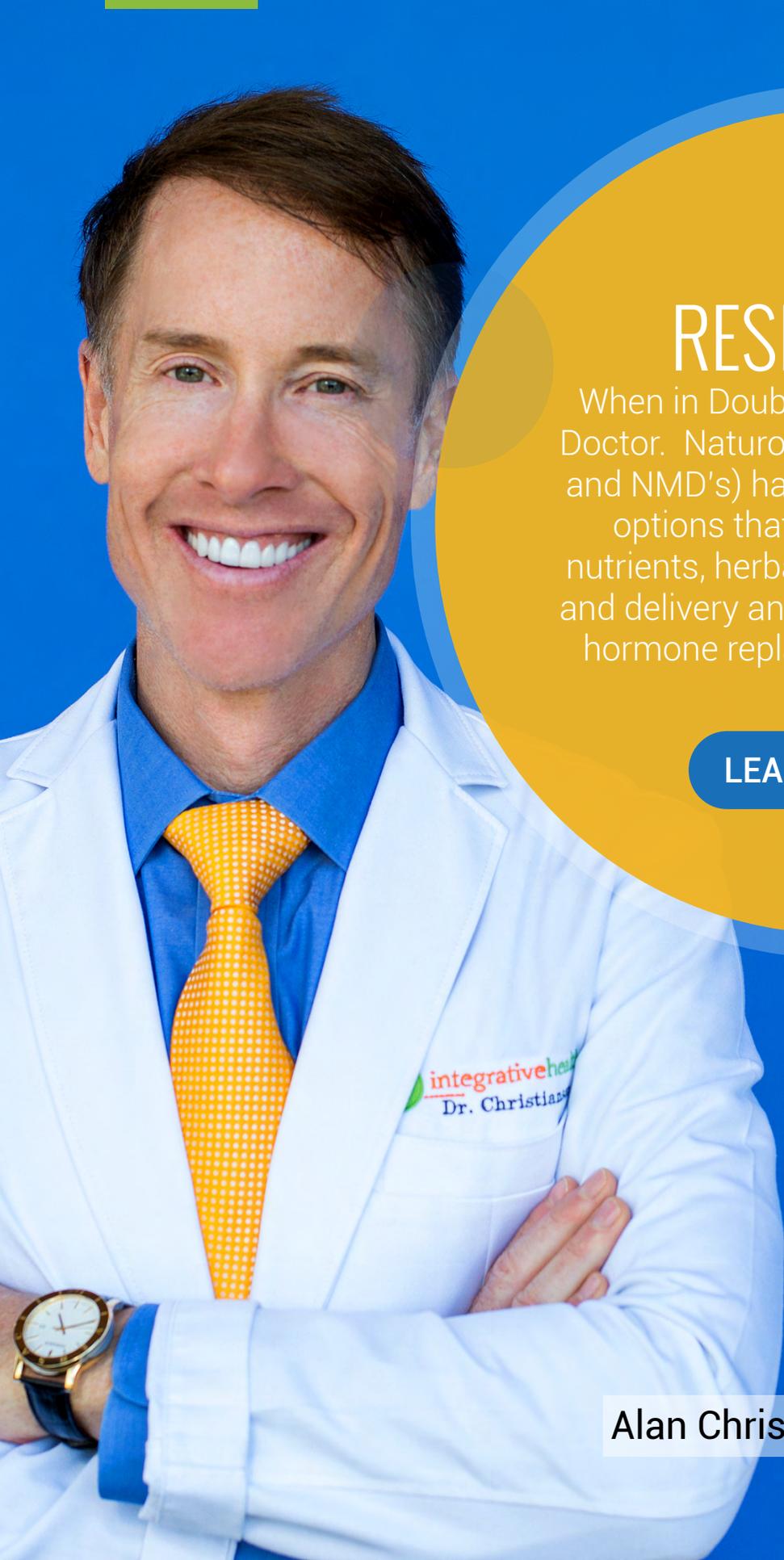
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## RESET # 29

Reach for Organic. Some foods like strawberries, celery, butter, and coffee are critical to get in organic versions. Other foods like sweet potatoes, oranges or white meat poultry are less critical. Stay up to date with the DIRTY DOZEN lists easily found online.

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## RESET # 30

When in Doubt, See a Naturopath Doctor. Naturopathic Doctors (ND's and NMD's) have a lot of treatment options that include targeted nutrients, herbal/botanical support, and delivery and dosage options for hormone replacement therapies.

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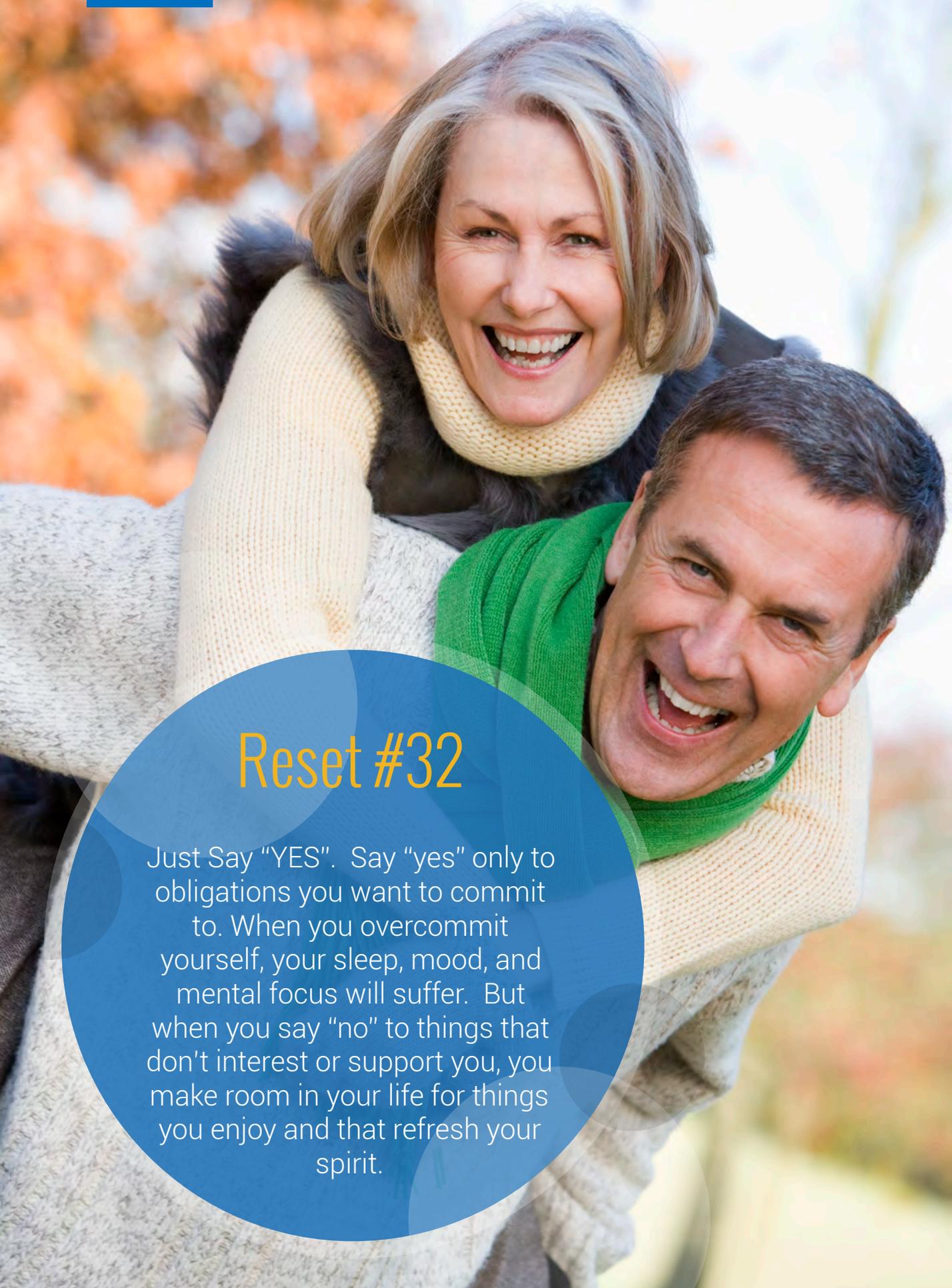
Alan Christianson, N.M.D.



## Reset #31

Reward Yourself. You lost 10 pounds and you slept 8 straight hours for the first time in years? Congratulations!

Instead of celebrating with that coffee-shop low-fat blueberry muffin (which usually has enough calories for your entire day's worth of food), visit a day spa or buy a new pair of SMALLER jeans instead. You deserve it!

A photograph of a middle-aged couple smiling joyfully. The woman, with short grey hair, is wearing a cream-colored knit turtleneck and a dark fur-trimmed coat. The man, with short brown hair, is wearing a green knit turtleneck and a grey sweater. They are outdoors, with a background of blurred autumn foliage in shades of orange and yellow. A large, semi-transparent blue circle is overlaid on the bottom left of the image, containing text.

## Reset #32

Just Say "YES". Say "yes" only to obligations you want to commit to. When you overcommit yourself, your sleep, mood, and mental focus will suffer. But when you say "no" to things that don't interest or support you, you make room in your life for things you enjoy and that refresh your spirit.



## Reset #33

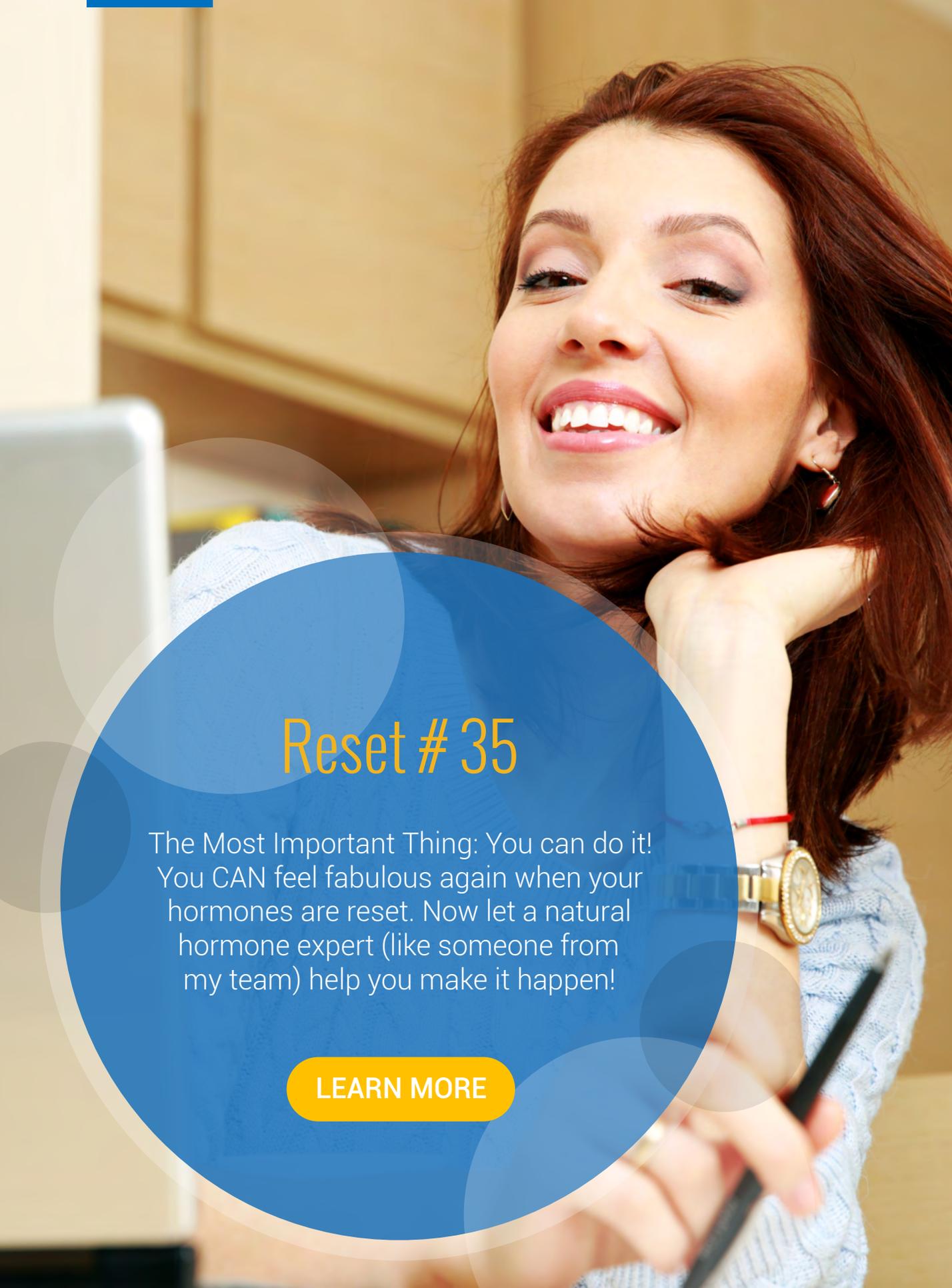
Indulge in a Fruity Dessert. Try swapping sugary sweets with healthy alternatives like berries (which are a healthy carb). Your ideal blood sugar range should fall between 70 – 100 mg/dl. It's important that you try to keep this constant, and avoid “quick fix” solutions from boosts of sugar that can send your blood sugar soaring and falling.

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## Reset #34

Do a Social Detox. The best way to stay healthy is to hang out with healthy people. Make healthy new health conscious friends and educate your old friends in your new habits.



## Reset # 35

The Most Important Thing: You can do it!  
You CAN feel fabulous again when your hormones are reset. Now let a natural hormone expert (like someone from my team) help you make it happen!

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Dr. Linda Khoshaba | Dr. Alan Christianson | Dr. Lauren Beardsley



Born in science. Balanced by nature. Especially for you.

Introducing a fresh approach to living well.  
A revitalized self. A more vibrant you.

Instead of masking symptoms with pills and procedures,  
Integrative Health discovers a purer perspective.

We diagnose the true source of discomfort,  
then champion scientific and natural solutions.  
Solutions that work with your body, not against it.  
The only side effect? A healthier, happier you.

Integrative Health  
An alternative to medicine as usual.  
A circle of physicians who care.  
A fresh approach to living well.

Reset your health. Reset your life. We can help.

<http://www.integrativehealthcare.com/>