

# Robin's 15-Day Hormone Reset

## Workbook Guided Practice 14



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# Hormone Reset

## Guided Practice 14

### Vitamins

*“Even with a perfect diet, the combination of many things make it impossible for us to get the vitamins and minerals we need solely from the foods we eat.” - Dr. Mark Hyman*

❖ Four WINS from this program so far are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

❖ In order to be healthy, I must put into place \_\_\_\_\_  
practices for a lifetime that help to balance my  
\_\_\_\_\_.

❖ The THREE categories of nutrients are

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



❖ The most IMPORTANT nutrients for hormone balance are:

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❖ These are a MUST when choosing vitamins (nutrients):

\_\_\_\_\_, \_\_\_\_\_, and  
\_\_\_\_\_.

❖ Action Steps - I can't wait to begin!:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

❖ Notes:

