

Robin's 15-Day Hormone Reset

Workbook Guided Practice 9



Robin Nielsen





Hormone Reset

Guided Practice 9

Cravings

Food cravings are your body's way of trying to tell you something important...if you're not addressing your food cravings, you're not hearing your body's cry for help.

❖ The foods I crave the most are _____, _____
and _____.

OR

(check mark here) I don't have food cravings.

❖ My biggest challenge around cravings is:

❖ Rate each on a scale of 1-10 (1-low, 10-high)

My cravings are worse in the afternoon/evening _____

I crave for stimulation from sugar, chocolate, caffeine _____

I crave carbs, alcohol or drugs for relaxation _____

I crave comfort, reward or numbing treats _____

I crave sugar, starch or alcohol to balance my blood sugar _____

Total Score: _____



❖ Robin's Top 11 Tips for Eliminating Cravings are:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____

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

- 1.
- 2.
- 3.

❖ Notes:



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Digestion

“The health of your digestion is central to the health of your entire body and mind. All disease begins in the gut, and conversely most all disease can be healed in the gut.” - partially by Hippocrates

- ❖ I am reading My New Health Statement every day ____ YES!
- ❖ I PROMISE to put my feet up for at least 10 minutes every day to slow down and restore ____ YES!
- ❖ Digestion begins in the _____.
- ❖ The alkalinity of each part of my digestion is:
Mouth _____ Stomach _____
Small Intestine _____ Colon _____
- ❖ How many bowels movements are health every day? _____



❖ These are signs I need to address my digestion asap:

❖ Robin's Top Tips for Healthy Digestion:

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

- 1.
- 2.
- 3.

❖ Notes: