Robin's 15-Day Hormone Reset Workbook Guided Practice 9



Robin Nielsen





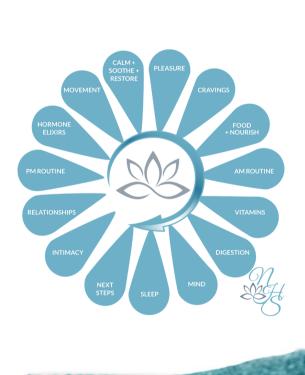
Cravings

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:
•	Pobin's Ton Tine for Healthy Digastion
•	Robin's Top Tips for Healthy Digestion:
*	Action Steps - I can't wait to begin!:
	1.
	2.
	3.
} •	Notes: