

75 ~~HARD~~



HORMONES



- 8+ hours of sleep
- 10 minutes of deep breathing & affirmations
- 10 Minutes outdoors x2 (AM & PM)
- 30 minute walk
- 30 minute strength training or yoga
- Whole, minimally processed foods only
- One fermented food

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#1 RULE: You can miss 3 habits in the week. If you missed 3 or less in the week you can still check off the imperfect days. Once you exceed 3 you have to start over.

Introduction

Welcome to 75 Hormones! This plan was inspired by the hormone-friendly weight loss approach that I used for myself and now use for successful clients every day. I believe that the key to healthy and sustainable weight loss is developing a hormone-healthy lifestyle. If you are sick of the quick-fix diet culture and are ready to make a change, this plan is for you!

In this document you will find information about every item in the Daily Checklist. But before I dive into the tips and tricks, you need to know a little bit about how your hormones relate to weight loss.

The Sciency Stuff You Need to Know

You may be here because you suspect that your cravings, mid-section belly fat, inflammation, exhaustion, sleeplessness, low libido, and bloating are likely due to your hormones being imbalanced.

It's important to understand that your hormones are directly tied to your circadian rhythm, your nervous system, your gut health, and your mental well-being. That means that there is no single "quick fix". You must embrace a hormone-healthy lifestyle to truly address the root of the problem, which is often stress.

Stress can come in many forms. Maybe it's a long to-do list, a family tragedy, aches and pains, or eating something that is so processed that the body thinks it's a toxin. Whatever the stress is from, the brain decides if the stressor is a threat to your survival. If the brain decides yes, then it tells the nervous system to turn on the sympathetic pathway, otherwise known as survival or fight-or-flight mode.

In this pathway the brain sends signals to release certain hormones like cortisol and adrenaline. The hormones cause a chain reaction of bodily responses like slowing down digestion, increasing heart rate, sending blood to the survival parts of the brain, decreasing your libido, and increasing your blood glucose.

In the short term, all of these changes are very helpful for surviving a threat. However, in today's day and age, most of us are chronically stressed and therefore chronically in the fight-or-flight mode. Eventually,

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the body gets used to this overload of stress hormones and becomes resistant to them. That's when you start to feel the effects of the hormone imbalances in your debilitating fatigue and uncomfortable bloating.

It's important to note, there are some hormone imbalances that are genetic or require specific medical attention. These diseases are very uncommon, but if you fear that you have a hormone disease please consult your physician.

While living in fight-or-flight mode it's not only cortisol that has developed an imbalance. You may be dealing with the effects of an imbalance in your hunger hormones, leptin and ghrelin, or even the early stages of insulin resistance. You may also be dealing with a disruption to important hormone-regulated systems like your circadian rhythm, the cycle that helps you have energy during the day and get restful sleep at night. Your gut health may also be affected as the gut is responsible for sending stress signals to the brain as well as receiving and sending hormone signals.

You also may have some unwanted weight that has proven very difficult to get rid of. One common result of being chronically stressed is the storage of fat and the slowing of the metabolism. The body wants to hold on to energy stores as fat because it perceives it is constantly in danger and may need the fat in case of emergency.

The good news is, there are many lifestyle changes that have been proven to help. By doing things that activate the parasympathetic nervous pathway, or rest-and-digest mode, the body can release healing hormones that optimize digestion (decreasing bloating,) help you think clearly, improve your mood and libido, and increase your energy. And as far as weight loss goes, adopting a hormone-healthy lifestyle will help your system finally feel safe and relaxed enough to shed the fat.

This challenge includes a range of habits that support hormone balance and fat loss, including spending time outdoors, engaging in low-impact exercise, and eating whole foods. By incorporating these habits into your daily routine, you can improve your overall health and feel your best.

I hope you enjoy this plan and the resources that accompany it. Good luck, and happy day 1 of 75 Hormones!

Annie Sutton

8+ Hours of Sleep

Why Get 8 Hours of Sleep

Sleep plays a crucial role in maintaining the body's circadian rhythm, or sleep-wake cycle. This cycle regulates hormones and bodily functions on a daily basis, including cortisol, insulin, and ghrelin. When sleep is insufficient, the entire rhythm is disrupted, causing an imbalance in these hormones. This can lead to an increase in appetite, a decrease in metabolism, and ultimately, weight gain.

Additionally, lack of sleep can trigger the sympathetic nervous system, commonly known as the "fight or flight" response, and cause the body to produce stress hormones like cortisol. Overproduction of cortisol can affect the entire endocrine system, leading to symptoms like inflammation, bloating, and irritability.

An irregular sleep schedule can further exacerbate hormone imbalances and contribute to potential weight gain.

For instance, sleep deprivation can increase the production of ghrelin, which increases appetite, and decrease the production of leptin, which decreases feelings of fullness. This can result in overeating and cravings for carbohydrates.

Sleep also plays a critical role in maintaining optimal metabolic function. When sleep is inadequate, the body may struggle to process glucose, leading to insulin resistance and a higher risk of diabetes.

In summary, getting 8 hours of sleep each night is essential for regulating hormones, reducing stress, and promoting healthy metabolic function. These factors can contribute to weight loss and improved overall health.

How to Get 8 Hours of Sleep

Here are some tips to help you get high-quality 8 hours of sleep:

1. Stick to a sleep schedule: This is number one for a reason! Try to go to bed and wake up at the same time every day, even on weekends. This will help regulate your body's sleep-wake cycle. It takes discipline, but once you commit you will notice a huge difference in your overall health!
2. Create a relaxing bedtime routine: Wind down before bed with activities such as reading, taking a bath, or practicing relaxation techniques like meditation or deep breathing.
3. Avoid screens before bed: Exposure to the blue light can suppress the production of melatonin, a hormone that helps regulate sleep. Avoid using screens for at least an hour before bedtime.
4. Make sure your bedroom is conducive to sleep: Keep your bedroom cool, quiet, and dark. Invest in comfortable bedding and pillows to make your sleep environment as comfortable as possible.
5. Limit caffeine and alcohol intake: Caffeine is a stimulant that can disrupt sleep, while alcohol can interfere with deep, restorative sleep.
6. Get regular exercise: The exercise you are doing as part of the challenge should help you regulate the circadian rhythm and improve quality of sleep.
7. Manage stress: Stress can interfere with sleep, so it's important to find ways to manage stress during the day. This can include exercise, relaxation techniques, or talking to a therapist.
8. Avoid large meals before bedtime: Eating a heavy meal before bedtime can interfere with sleep and cause discomfort. Aim to eat your last meal at least 2-3 hours before bedtime.

By incorporating these tips into your daily routine, you can improve the quality of your sleep and wake up feeling refreshed and energized.

10 Minutes of Breathing & Affirmations

Why Practice Deep Breathing

Deep breathing and practicing affirmations are two techniques that can help reduce stress levels and balance hormone levels.

Deep breathing is a relaxation technique that involves taking deep, slow breaths from the diaphragm. The deep breaths increase the oxygen supply to the brain and body taking you out of fight or flight and into rest and digest. Studies show that just 10 minutes a day is enough to change areas of your brain that relate to compassion, critical thinking, happiness, memory and resilience, and can even add years to your life.

How to do 10 Minutes of Deep Breathing

1. Find a comfortable and quiet place where you can sit or lie down without being disturbed.
2. Set a timer for 10 minutes with a soft alarm sound. You could also play soft music in the background.
3. Begin by taking a few deep breaths in through your nose and out through your mouth. Inhale deeply, filling your lungs with air, and exhale slowly, pushing out all the air.
4. Now, begin to breathe deeply and slowly through your nose, counting to four as you inhale, and then holding your breath for a few seconds before exhaling slowly through your mouth for a count of four.
5. As you continue to breathe deeply and slowly, try to focus your attention on your breath. You may find it helpful to visualize the breath moving in and out of your body. You also could choose a "mantra" which is a word or phrase to repeat with each breath to keep you focused. Your affirmations work as amazing mantras!

6. If your mind begins to wander, gently bring your attention back to your breath and continue the deep breathing exercises. Continue the deep breathing exercises for 10 minutes or as long as you feel comfortable.
7. After 10 minutes, take a few deep breaths in through your nose and out through your mouth, and then slowly open your eyes.

Why Practice Affirmations

Practicing affirmations involves repeating positive statements to yourself. This technique can help shift your focus away from negative thoughts and promote feelings of self-worth and positivity. The negative thoughts that occupy your subconscious have the power to trigger the sympathetic nervous system.

Think of the mean and negative things you say to yourself during the day. Do you disparage your efforts? Do you call yourself names? Imagine a person is standing in front of you saying those words to you. Would you feel threatened? Wouldn't that stress you out? Your thoughts are just as powerful coming from you as they are coming from somebody else and are often responsible for keeping you in survival mode.

Now, imagine there is somebody who unconditionally loves you standing there encouraging you. They are giving you complements, kindness, compassion, and encouragement. You would feel relaxed and safe, right?

You can do this for yourself! The words you speak will help you produce the healing hormones of the parasympathetic system (like oxytocin and dopamine) and stay out of the survival mode throughout your day.

How to Practice Affirmations

1. Identify an area of your life where you want to make a positive change. This could be related to your health, relationships, work, or any other aspect of your life.
2. Choose affirmations that reflect your desired outcome. Affirmations should be positive, present tense statements that reflect what you want to achieve. For example, if you want to improve your self-confidence, your affirmation might be "I am confident and capable in all areas of my life."

3. Write your affirmations down on paper or on your phone. This will help you to remember them and reinforce them in your mind. (Hint, I created a Wellness Tracking Journal for this exact purpose! Check it out on my website!)
4. Repeat your affirmations regularly. You can say them out loud to yourself in the morning, throughout the day, or before going to bed. You can also write them down and place them in a visible location, such as on your bathroom mirror or on your computer.
5. Visualize your desired outcome as you repeat your affirmations. Imagine yourself achieving your goal and feeling the positive emotions associated with it. Make your affirmations personal and specific to you. Use language that resonates with you and reflects your unique experiences and goals.
6. Try combining your affirmations with your breathing by writing the affirmations first, then repeating them as you deep breathe. The combination of triggering a strong parasympathetic response through breath and speaking your affirmations can have a powerful mind-body effect.

By practicing deep breathing and affirmations, you can help reduce stress levels and balance hormone levels, which can lead to improved overall health and well-being.

Go Outside for 10 Minutes AM & PM

Why Go Outside for 10 Min in the Morning and Evening

Going outside in the morning and evening can have a positive impact on our hormones in several ways such as regulating the circadian rhythm, improving gut health, increasing vitamin D, reducing stress, and improving overall health.

When we expose ourselves to natural light, especially in the morning and evening, our bodies receive important cues to help regulate our circadian rhythm or sleep-wake cycle. The morning sunlight and cold air promote the production of hormones that make us hungry, alert, and give us energy for the day. The evening sun is calming, promoting the production of melatonin and a decrease in digestive function. This helps us get better sleep quality and improve overall hormonal balance.

There is evidence that the bacteria in your gut microbiome respond to sunlight and to simply being in nature. Being in contact with nature through sunlight, fresh air, or even touching the earth with your skin, helps to diversify the bacteria in your gut which directly help produce appropriate hormones to regulate the circadian rhythm, digestion, hunger, and even body weight.

Not every day is sunny, but when the sun is out the sunlight exposure can help our bodies produce vitamin D. This is a crucial nutrient for bone health, immune function, and mental health. Adequate levels of vitamin D have also been linked to better gut health.

Spending time in nature has been shown to have a calming effect on the mind and body, which can help reduce stress levels. Lower stress levels can have a positive impact on our hormonal balance, as well as our gut health by reducing inflammation and improving gut motility.

Finally, going outside provides an opportunity to breathe in fresh air, which can help improve our respiratory health and oxygen levels. Additionally, engaging in physical activity outdoors, such as walking or hiking, can help improve gut motility and digestion.

Overall, going outside in the morning and evening can help regulate our hormones, improve our gut health, and have a positive impact on our overall well-being. Incorporating time in nature into our daily routine can be a simple yet effective way to support our health and improve our quality of life.

How to Go Outside in the Morning and Evening

That title seems a little funny, because this is not going to be a hard habit to do! The trick will be actually DOING it and learning to prioritize it. Here are some tips that will help you get the most of your experience:

1. Combine this with another habit. You could do your 30 minute walk outside instead of on the treadmill and count that for your AM outdoors time. Or, you could split your walk into two 15 minute segments in the morning and evening! On crisp mornings I like sitting on the porch with my journal to do affirmations and breathing.
2. Enjoy interacting with nature. You might lay out in a swimsuit to feel the rays of the sun, take off your shoes to walk in a little stream, or kneel down and play in the dirt observing the critters.
3. Weather is part of nature. Even if the sun isn't shining or rain is falling from the sky, you can still get out and embrace the outdoors! Bundle up, or better yet, dance in the rain! Just remember to prioritize your safety.
4. This habit meshes well with your daily life. You could set up a table on the porch to answer emails, take your phone calls in the front yard, or even do your strength training in the driveway. Get creative!
4. Set an alarm. Choose a time that you go outside morning and night. If your alarm goes off and you haven't done it yet, get up and walk out the door!

By getting outside twice a day you will reap many hormone balancing benefits leaving you feel like a new person!

30 Minute Walk

Why Walk for 30 Minutes

A 30 minute walk every day can have several benefits for hormone balance, weight loss, and toning. This will help boost metabolism, reduce stress, support muscle tone, improve sleep quality, and increase your energy levels.

Because walking is a low-impact cardiovascular exercise, it can help boost metabolism, increase calorie burn, and contribute to weight loss. Regular exercise, including walking, has been shown to improve insulin sensitivity, a hormone that regulates blood sugar levels, which can help with weight loss.

Low impact exercise like walking has been shown to reduce stress and anxiety levels, which can help regulate the release of cortisol over time. It will also improve sleep quality and duration, contributing to better hormonal balance.

Walking is a weight-bearing exercise that helps maintain and improve muscle tone, particularly in the legs and glutes. This can help create a leaner, more toned appearance and boost overall strength.

You may also experience an increase of energy levels because walking improves circulation, increases oxygen uptake, and releases endorphins, the body's natural "feel-good" hormones.

How to Go Outside in the Morning and Evening

This walk is intended to be a low-intensity form of exercise in order to minimize the production of excess cortisol. Here are some tips to help you make sure your walk is low intensity.

Keep your heart rate below 70% of your max heart rate
To do this, determine your maximum heart rate and stay below 70% of the max.

1. Your max heart rate is roughly 220 minus your age. For example, if you're 40 years old, your max heart rate would be 180 (220 - 40).
2. Calculate your target heart rate zone: To stay below 70% of your max heart rate, multiply your max heart rate by 0.7. For example, if your max heart rate is 180, your target heart rate zone would be 126 (180 x 0.7).
3. Watch your heart rate on your watch or HR monitor. If you exceed 70%, slow down, take a break, or decrease the incline.
4. If you prefer to use a treadmill, adjust the speed and incline to maintain your heart rate in your target zone. Most treadmills have built-in heart rate monitors, or you can use a chest strap heart rate monitor for more accurate readings.
5. If you do not have a way to track heart rate, simply make sure you are able to speak at a conversational pace. This is a good sign that you are walking at a low intensity.

Here are some more tips for an enjoyable and productive walk:

1. Warm up and cool down. Before you start walking, spend a few minutes doing some light stretching or walking at a slow pace to warm up your muscles. At the end of your walk, slow down your pace gradually over the last few minutes to cool down and allow your heart rate to return to its resting state.
2. Listen to a podcast, music, or call a friend. Better yet, invite someone to go with you!
3. If you prefer to walk outside, find a safe and quiet route to walk on. Take proper safety precautions like a cell phone and pepper spray. Be aware of your surroundings. If you are anxious walking outside alone, try walking on a treadmill. Being anxious and jumpy on your walk will put you into fight or flight which is the opposite of what we are trying to accomplish.
4. Be prepared! Wear comfortable shoes and clothing, and bring water with you.

Remember to listen to your body, and don't push yourself too hard. Gradually increasing the intensity and duration of your walks over time can help you reach your fitness goals and improve your health.

30 Minutes of Strength Training or Yoga

Why do Strength Training or Yoga for 30 Minutes

Building strength is an essential component any weight loss, toning, and/or hormone balance program. Strength training, also known as resistance training, involves using weights, resistance bands, or bodyweight exercises to improve muscle strength, size, and endurance. Yoga, which involves slow and controlled body weight movements, also helps with muscle strength and endurance while improving flexibility and balance.

For this challenge, you can choose each day if you want to do strength training or yoga. You may want to alternate days, or just do yoga one day a week as a rest day- in short, the structure is completely up to you!

Benefits of Strength Training

Firstly, strength training can aid in weight loss. When you lift weights, you create micro-tears in your muscles, which need to be repaired. This process burns calories and increases your metabolic rate, meaning you burn more calories at rest. Additionally, muscle tissue is more metabolically active than fat tissue, so the more muscle you have, the more calories you burn throughout the day. Furthermore, strength training can help you maintain muscle mass while losing weight, preventing the loss of muscle mass that often occurs with a caloric deficit.

Secondly, strength training is essential for toning and shaping your body. While cardio exercise can help you lose weight, it doesn't necessarily help you build muscle. Strength training, on the other hand, can help you target specific areas of your body and build lean muscle mass, creating a more defined and toned appearance.

Finally, strength training plays an important role in hormone balance. As you age, your body's natural production of hormones like testosterone

and growth hormone decreases. This can lead to a loss of muscle mass, increased body fat, and a decrease in bone density. However, strength training has been shown to increase the production of these hormones, helping to counteract the effects of aging and improve overall health.

Benefits of Yoga

Yoga is a physical, mental, and spiritual practice that originated in ancient India. There are many forms of yoga, but I am referring to they types of yoga that incorporate "asanas" or poses such as vinyasa, ashtanga, power yoga, Hatha and yin.

Yoga is known for its numerous health benefits, including improving flexibility, reducing stress and anxiety, and promoting overall well-being. However, many people may not be aware that yoga can also be an effective tool for weight loss, toning, and hormone balance.

Yoga can aid in weight loss by increasing metabolic rate and burning calories. Many styles of yoga, such as vinyasa or power yoga, involve flowing movements and continuous transitions between poses, which can elevate heart rate and lead to a significant calorie burn. Additionally, certain poses such as the plank or the boat pose, require engagement of core muscles, leading to toning of the abs.

Yoga can help tone the body by improving muscle strength and endurance. Holding and transitioning between poses requires the engagement of various muscle groups, which can lead to improved muscle tone over time. Certain poses such as the warrior series or the chair pose can target specific muscle groups, such as the thighs or the glutes, leading to more defined and toned muscles.

Finally, yoga can play an important role in hormone balance. The deep stretching and slow movements lead to relaxation, which can help reduce stress levels and balance cortisol levels.

How to Strength Train for 30 Minutes

There is more to strength training than I can write in this document. Heck, I did an entire degree in the exercise sciences AND am a certified personal trainer and I am convinced I still know so little about training

the human body.

That being said, I do know more than the average Joe. I have created a library of hormone-friendly toning workouts for you in my App. These workouts can be selected on-demand and have an easy-to-follow, interactive format. They will walk you through each exercise with a demo video, tell you how many reps of an exercise to do, give you alternate options if you need to modify, allow you to track the weight that you use, and even set a timer for exercises that require it. I highly recommend investing in the app experience. However, if you chose not to, here are my best tips for having an effective 30 minute strength training session.

1. Warm up properly: A proper warm-up is essential to prepare your body for the workout ahead. Spend 5-10 minutes doing light cardio, such as jogging or jumping jacks, and dynamic stretches, such as arm swings or lunges, to increase blood flow and loosen up your muscles.

2. Focus on compound movements: Compound movements, such as squats, lunges, and push-ups, work multiple muscle groups at once, making them highly efficient exercises for a time-limited workout. Incorporate these exercises into your routine to maximize your workout time.

3. Use weights that challenge you: Choose weights that challenge you but still allow you to maintain proper form. Aim for 8-12 reps per set, and choose a weight that makes the last few reps difficult to complete. This will help you build muscle strength and endurance.

4. Rest between sets: Resting between sets allows your muscles to recover, preventing fatigue and injury. Aim for 30-60 seconds of rest between sets.

5. Don't forget about core exercises: Strengthening your core is essential for proper posture and overall stability. Incorporate exercises such as planks or crunches into your routine to target your abs and lower back.

6. Cool down and stretch: A proper cool-down is just as important as a warm-up. Spend 5-10 minutes doing light cardio and static stretches, such as hamstring stretches or shoulder stretches, to help your muscles recover and reduce the risk of injury.

7. You can strength train at home, outside, or at a gym! There is no need to use machines that intimidate you if you don't want to. Just grab a pair of dumbbells and a some resistance bands and get to work!

How to Do a 30 Minute Yoga Session

Again, I've spent hundreds of hours on certifications and yoga practice that it seems silly to even try to answer this question here. The app experience includes guided yoga classes (by me). No, they aren't professional quality, but that's what makes them more intimate! And aside from production, the quality of the yoga is A+ if I do say so myself.

If you choose not to follow along with my yoga videos, here are some tips to help you have a successful yoga practice:

1. Learn a few basic sequences like "Sun Salutation", "Primary Series", and the "Vinyasa Flow".
2. Search yoga classes on YouTube and follow along.
3. Find out the yoga class schedule at your local rec center and join in on a community calss
4. Look on Pinterest or Google for creative yoga sequences that you can try.
5. Just turn on some music and move your body!

Whole, Minimally Processed Foods ONLY

Why Eat Whole, Minimally Processed Foods

Eating whole foods with minimal processing is the best way to eat for hormone balance and weight loss for several reasons:

1. **Nutrient Density:** Whole foods are packed with essential nutrients such as vitamins, minerals, and fiber. These nutrients are necessary for optimal hormone balance and metabolism, and they help to keep us full and satisfied, which can prevent overeating.
2. **Low in added sugars and unhealthy fats:** Processed foods are often high in added sugars, unhealthy fats, and other additives that can negatively impact hormone balance and lead to weight gain. Whole foods, on the other hand, tend to be naturally low in added sugars and unhealthy fats, which can promote hormone balance and weight loss.
3. **Reduced Exposure to Hormone-Disrupting Chemicals:** Processed foods may contain hormone-disrupting chemicals such as phthalates, bisphenol-A (BPA), and other environmental toxins that can interfere with hormone balance and contribute to weight gain. Whole foods, on the other hand, tend to have fewer environmental toxins and are less likely to disrupt hormone balance.
4. **Better Insulin Regulation:** Whole foods are generally low on the glycemic index, meaning they are less likely to cause rapid spikes in blood sugar levels. Processed foods, on the other hand, can cause rapid blood sugar spikes, leading to insulin resistance, inflammation, and weight gain. By eating whole foods with minimal processing, we can improve insulin regulation, reduce inflammation, and promote hormone balance.

There have been many scientific studies conducted on the relationship between whole foods and weight loss. One such study was published in the Journal of the Academy of Nutrition and Dietetics in 2012.

In this study, researchers examined the effects of a whole foods diet on weight loss in overweight and obese adults. Participants were randomly assigned to either a whole foods diet or a conventional diet for 6 weeks.

The whole foods diet consisted of minimally processed foods, such as fruits, vegetables, whole grains, lean proteins, and healthy fats. The conventional diet, on the other hand, consisted of processed and packaged foods, such as white bread, sugary drinks, and fast food.

After 6 weeks, the researchers found that the participants on the whole foods diet lost significantly more weight and body fat than those on the conventional diet. They also experienced improvements in blood pressure, cholesterol levels, and markers of inflammation.

This study is consistent with what I see in my coaching practice. Many of my clients are shocked that they are losing weight without tracking calories or macros. The secret is- when you are eating this way your hormones are much happier. The human body did not evolve on processed foods, and from what we know about the rate of evolution, our biology is yet to catch up to the invention of the Oreo. Processed foods actually look like toxins to our ancient digestive systems and are processed as such. Not only does this take away resources from utilizing the nutritious food we eat, but it also feeds bad gut bacteria and puts the nervous system into fight-or-flight (i.e. If the body is fed toxins it thinks it's being poisoned and will respond accordingly).

Whole foods also tend to be far lower in calories than a conventional diet. By eating fewer calories than your body is used to, you will turn to fat stores for energy. The calorie deficit, paired with the primed endocrine system, leads to weight loss that actually lasts!

How to Eat Whole, Minimally Processed Foods

Here's a guide on how to start eating whole foods with minimal processing:

1. Start with the basics: Begin by incorporating more whole foods into your diet. These foods are packed with essential nutrients and are minimally processed.

Here's a list of foods that are considered whole foods:

- Fresh fruits and vegetables
- Whole grains such as quinoa, brown rice, and oats
- Legumes such as lentils, chickpeas, and black beans
- Nuts and seeds such as almonds, walnuts, chia seeds, and flaxseeds
- Lean proteins such as chicken, fish, and tofu
- Healthy fats such as avocado, olive oil, and nuts

2. Choose foods with minimal processing: When grocery shopping, opt for foods that are minimally processed. These foods will have fewer added sugars, unhealthy fats, and artificial ingredients. Look for foods with a short ingredient list and avoid foods with ingredients you can't pronounce.

3. Read food labels: Reading food labels is a great way to determine if a food is minimally processed or not. Look for foods with simple ingredients that you recognize, such as whole grains, nuts, and seeds. Avoid foods that contain added sugars, artificial sweeteners, and hydrogenated oils.

4. Cook at home: Cooking at home allows you to control the ingredients in your meals and ensures that you are eating whole foods. Choose simple recipes that focus on whole foods, such as roasted vegetables, grilled fish, and whole grain salads.

5. Plan your meals: Planning your meals ahead of time can help you make healthier choices and avoid processed foods. If you chose to purchase the program in the app, you have access to recipes, sample meal plans with grocery lists, and meal prep guides. It may be helpful to follow one of these guides for a week or two to get the feel for what it looks like to eat this way.

Determining what "minimally processed" means might be tricky when it comes to knowing if you can honestly check this box off each day.

The official rule is, you may have no more than one unnatural ingredient in the ingredients label.

This will allow you eat packaged foods that are made of whole foods (sometimes we need a little processing for the sake of convenience). For a list of approved, minimally processed, packaged foods, check out the products link on my website!

One Fermented Food

Why Eat One Fermented Food Each Day

Fermented foods are rich in probiotics, which are beneficial bacteria that live in the gut and help to maintain a healthy microbiome. These beneficial bacteria have been shown to improve gut health by promoting the growth of other beneficial bacteria, crowding out harmful bacteria, and improving digestion.

In addition to their benefits for gut health, fermented foods have also been shown to have a positive impact on hormone balance. This is because fermented foods contain certain compounds that can help to regulate hormones in the body.

For example, fermented soy products such as miso and tempeh contain phytoestrogens, which are plant-based compounds that can help to balance estrogen levels in the body. Kimchi and other fermented vegetables also contain compounds that can help to regulate hormones related to weight loss and insulin sensitivity.

A study published in the Journal of Medicinal Food found that consuming kimchi can positively affect hormones related to weight loss and insulin regulation in overweight and obese individuals.

Another study published in the Journal of the Science of Food and Agriculture found that consuming fermented milk products can improve estrogen metabolism in women. This is important because poor estrogen metabolism has been linked to a higher risk of breast cancer.

Overall, the scientific research provides strong evidence that fermented foods are beneficial for both gut health and hormone balance. By adding fermented foods to your diet, you can improve the health of your gut microbiome, support hormone balance, and promote overall health and well-being.

How to Eat One Fermented Food Each Day

You may have a favorite fermented food, or this may be entirely new territory for you. Here are some tips to help you get started:

territory for you. Here are some tips to help you get started:

1. Choose a fermented food: There are many different types of fermented foods to choose from. Some popular options include:

- Kimchi: A Korean dish made from fermented vegetables, typically cabbage and radishes, with a spicy and tangy flavor.
- Sauerkraut: A German dish made from fermented cabbage that has a sour flavor.
- Kombucha: A fermented tea that is slightly effervescent and can be flavored with fruits or spices.
- Yogurt: A dairy product made from fermenting milk with probiotic bacteria.
- Kefir: A fermented milk drink that is similar to yogurt but has a thinner consistency and a tangy taste.
- Miso: A Japanese seasoning made from fermented soybeans, often used in soups and stews.
- Tempeh: A traditional Indonesian food made from fermented soybeans that has a nutty flavor and a firm texture.

2. Start with small portions: If you're new to fermented foods, it's a good idea to start with small portions and gradually increase your intake. For example, you might start by adding a tablespoon of sauerkraut to your lunchtime salad or a serving of yogurt to your breakfast.

3. Read the label: When choosing a fermented food, it's important to read the label to ensure that it contains live probiotic bacteria. Look for phrases like "contains live cultures" or "active cultures" on the label. It's also a good idea to choose fermented foods that are minimally processed and free from added sugars and preservatives.

4. Mix it up: To get a variety of beneficial probiotic bacteria, it's a good idea to mix up the types of fermented foods you eat. Try rotating between different types of fermented vegetables, yogurts, and other cultured foods.

5. Enjoy your fermented foods: Fermented foods can add a flavorful and nutritious boost to your diet. Enjoy them as a side dish, a snack, or as part of a meal.

Good Luck!

Enjoy your challenge! Don't forget to rely on your community in the Facebook group and to utilize the resources on anniesuttonwellness.com.

With a combination of a balanced diet, regular exercise, and lifestyle changes, this plan can help you shed excess weight and feel better than ever before. So, what are you waiting for? Let's do this!

It is important to note that any weight loss plan should not be considered a guaranteed solution and individual results may vary. It is recommended that you consult with your doctor or a qualified healthcare professional before beginning any weight loss program, especially if you have any pre-existing medical conditions. This weight loss plan is not intended to diagnose, treat, cure, or prevent any disease. The information provided is solely for educational purposes and should not replace medical advice. Always seek the guidance of a healthcare professional before making any changes to your diet, exercise routine, or lifestyle. By using this weight loss plan, you acknowledge and accept that the results you achieve will depend on various factors, including your adherence to the program and individual factors beyond our control.

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