



WASATCH ADVANCED WELLNESS

GUT-HORMONE RESET GUIDE

BALANCE YOUR BELLY - RESET YOUR HORMONES - RECLAIM YOUR ENERGY



CONNECTION

The Gut-Hormone Connection

Your gut is home to trillions of bacteria that influence everything from your immune system to how your body produces, processes, and clears hormones like estrogen, cortisol, insulin, thyroid hormone, and testosterone.

A healthy gut = hormonal balance, clearer skin, better moods, and improved metabolism

An imbalanced gut = estrogen dominance, fatigue, irregular cycles, PCOS, anxiety, or low libido



DO YOU NEED A RESET?

- Bloating, constipation, or loose stools
- Hormonal acne or facial hair
- PMS, heavy or irregular periods
- Mood swings or anxiety
- Low sex drive or energy
- Thyroid issues or brain fog
- Stubborn weight or cravings

If you said "YES" to two or more of these - This reset is for you.

MEAL GUIDE FOR SEVEN DAYS

MORNING

- 🌿 Lemon Water with a pinch of salt
- 🌿 High Fiber Breakfast (e.g. chia pudding, oats, flax)
- 🌿 One scoop of prebiotic or gut-healing powder (L-glutamine or Collagen)

MIDDAY

- 🌿 Meal with Protein, Healthy Fats, Cruciferous Veggies
- 🌿 Add in Fermented Food: Sauerkraut, Kimchi, Kefir

EVENING

- 🌿 Light dinner before 7 pm (Soup, Salad w/ Wild Salmon, Roasted Veggies etc)
- 🌿 Chamomile or Ginger Tea
- 🌿 5-Minute Breathwork or Guided Meditation

DAILY GOALS

- 🌿 30 Minutes of Movement
- 🌿 Drink 2 Liters of Water
- 🌿 No caffeine past noon
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SUPPLEMENTS TO CONSIDER

*Consult Provider

- 🌿 Magnesium glycinate - Calm Nervous System, Estrogen Detox
- 🌿 Lactobacillus/Bifidobacterium - Rebalance Microbiome
- 🌿 DIM or Calcium D-Glucarate - Support Estrogen Clearance
- 🌿 Ashwagandha or Rhodiola - Balance Cortisol Levels
- 🌿 L-Glutamine or Collagen - Repair Gut Lining



BONUS Recipes

Hormone Balancing Smoothie

1 scoop Protein Powder

1 Tbsp Flax Seeds

1/2 Avacodo

Handful of Spinach

1/2 Cup of Berries

Unsweetend Almond Milk

*Optional ½ tsp Maca



Estrogen Detox Salad

Kale

Arugula

Steamed Broccoli

Pumpkin Seeds

Olive Oil+Lemon Juice for Dressing

Top with Grilled Chicken or Tempeh

