7-DAY HORMONE RECHARGE
RENEW, RESTORE, AND REVITALIZE YOUR BODY IN JUST ONE WEEK

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NOTE: Due to recent statements from the FTC, it is required that we identify what a "typical" result is. The harsh truth is that most people never do anything with the products they buy, so most of the time, their typical results are zero. You are the main element of your success! Our patients have seen major results such as: increased energy, fat loss, improved mood, clearer skin, sharper minds and reduction in digestive symptoms using this system. The people that show even greater success worked hard, and earned their results. As with any wellness program, obtain the consent of your doctor before starting.

For further information and additional services please see our website www.glownaturalmedicine.com.
Welcome To Your 7-Day Hormone Recharge for Busy Moms!

These next 7-days will be used to prepare your body and mind and set you on the path to your desired wellness goals. Motherhood is tough and it can certainly drain your battery and your hormones.

During this next week, you will notice a significant increase in energy, improved moods, mental clarity and loss of fat, especially around your middle, hips, thighs and arms. And this is the momentum we’re going to carry into the next few weeks and beyond!

Now if you’re thinking, “Can I possibly change my body in just 7 days?”...

The answer is yes!

In fact, 95% of most successful clients started on this exact 7-Day Hormone Recharge you’re about to begin.

Now I’m not going to lie to you and tell you that you’re going to lose 30 pounds and completely change your life in just a week... That would be silly and probably illegal to promise such a thing!

But if you follow this proven plan to a T, you can expect to:
- Decrease abdominal bloating, gas and digestive distress
- Lose 3-5 pounds of fat
- Improve moods, mental clarity and confidence
- Dramatically increase your energy and well being
- Significantly boost productivity, so you can get more done in less time
- Increase sex drive and improve relationships
- Improve skin clarity and tone for a fresher more youthful glow

These are promises that I can make, and if you follow this program for the next week, you’ll have built a massive amount of momentum to skyrocket you to your ultimate wellness goals.
WARNING: If your intentions are to follow this plan for only 7 days without continuing on to a long term wellness solution - you will be wasting your time and you should stop reading right now...

But if you do intend to follow this program to get amazing results and keep the momentum going there after - you will be pleasantly surprised and I will help guide you along your fitness journey.

So let’s get into the details of the 7-Day Hormone Recharge.

If you have any questions, contact us at support@glownaturalmedicine.com.

NUTRITION BREAKDOWN

The meal plan in this cleanse is composed of 4 components.

I. Warm Lemon Water
   (3 cups daily)
II. Morning Smoothie
III. Lunch Salad
IV. Hi-protein Dinner

I. WARM LEMON WATER
If you drink lemon water on a regular basis, it will decrease the acidity in your body, which is where disease states occur. It removes uric acid in your joints, which is one of the main causes of inflammation.

II. MORNING SMOOTHIE
Breakfast is the most challenging meal to get right. Between all the fattening options at Starbucks and your morning rush to work, making sure you get all your hormone balancing nutrients in is not likely to happen.
These smoothies pack a nutrient punch, they’re quick and easy to prepare and they taste delicious. I’ve programmed a breakfast smoothie every day for the next 7 days. I have provided you my favorite recipes and you may choose to try a different smoothie each day or stick to your favorites.

III. LUNCH SALAD
Do you feel the after lunch energy crash? This is usually caused from eating a lunch high in processed carbohydrates (breads, pastas, crackers). Sticking to fresh veggies and protein will not only give you extra energy to get through the second half of the day, you’ll also feel lighter and more balanced.

Like your morning smoothies, I’ve provided you with my favorite salad recipes that you can experiment with or stick to the ones you like best.

Optional add-ons: If you have a bigger appetite, you may add in extra protein and healthy fats to your salad (see the list of healthy foods).

IV. HI-PROTEIN DINNER
Get ready for your favorite part of the cleanse - dinner time!

Dinner time is where you get to relax and enjoy a delicious healthy meal. Each of the recipes are high in protein and designed to switch on your bodies fat burning engines while you sleep. These dinners are designed to help balance blood sugar and allow for restful and restorative sleep.

MIND & BODY PREPARATION
Besides following the Recharge nutrition protocol, we are going to be preparing your body and mind with these 2 components:

I. Daily Exercise & Stretching
II. Gratitude Journaling

I. DAILY EXERCISE & STRETCHING
Since I want you to focus most of your energy on the nutritional part of this program, your daily exercise prescription is easy and enjoyable.

Every day, you will be required to walk for 30 minutes in the morning before going to work... Yes, I said walk, not run. Whether you’re currently exercising or not, you will still just walk.
There’s 3 important reasons I want you to walk first thing in the morning:

1. **Take back your mornings.**
   You probably start your day with STRESS. Taking the first 45-60 minutes of each day for yourself will increase your mood, circulation and dramatically cut down on the stress you’ll experience at work. Decide RIGHT NOW to take your mornings back and begin to change the daily stress cycle. (FYI: Stress is one of the biggest causes of hormone imbalance)

2. **Rev up your metabolism.**
   Sitting at your desk for 8 hours doesn’t burn much fat. But starting your day with exercise does. Studies show that people that got in as little as 20 minutes of exercise first thing in the morning kept weight off longer than those that exercised in the evening.

3. **Develop success habits.**
   The #1 reason I hear for people not reaching their goals is that they lack motivation. Motivation isn't a feeling. Motivation is about creating automatic positive habits - like brushing your teeth.

Simply by waking up a little earlier than you’re used to and going for a simple walk will begin to program your brain to instill the habit of moving. Once the habit is developed, the hard part is behind you.

**II. GRATITUDE JOURNALING**

Chances are right now you’re not very happy with your body and/or energy level... I totally understand it. But did you know your negative feelings toward your body, regardless of it’s shape, can actually be sabotaging your success? It’s true. My ultimate goal for you is that you find energy, strength and happiness in the next 30 days.

And the secret is, you don’t have to wait to be a certain size or lose a certain number of pounds to begin to feel happy and fulfilled.
Happiness is an area I do a lot of studying in and I’ve found that there’s only 3 reasons as to why we feel unhappy.

1. **Our expectations do not match our reality.** This is such a simple concept, it’s strange how much pain it brings us. Have you ever experienced thoughts of not having achieved enough in your life? Usually these thoughts creep up on our birthdays, holidays or some other milestone.

   When we begin to compare our lives with some unachieved standard, the only possible way to feel is sad, regretful and resentment. And when you feel down on yourself, motivation to clean up your eating and stick to your workout plan is the last thing you’ll feel like doing.

   But here’s the biggest shocker of all - our brains are so complex that as a survival mechanism, to keep us away of danger and pain, your brain will actually, subconsciously, drive you towards food, substances and activities that will numb your feelings. And those things are generally junk food, alcohol, drugs, TV, gambling and other unhealthy patterns; making it nearly impossible to stick to any healthy plan.

   So the next time you begin to beat yourself up about not being or having enough, remember to:

   • Be kind and fair to yourself
   • Be grateful for the awesome things you already possess

2. **We make the problem worse than it is.** There’s problems... and then there’s PROBLEMS! It’s unfortunate that it takes a major tragedy or life-scare to remind us of what’s really important to us. Is your unhappiness being driven by making your mole hills into mountains?

   Think about it. If tomorrow your doctor told you you only have 6 months to live, how quickly would the issues causing you stress go away?

   It’s my guess 80-90% of your worries would automatically disappear into thin air and your focus would go to the things that truly matter: your family, your kids, your legacy.

   Don’t wait until it’s too late. Put your mole hills into perspective and focus on the good stuff.

3. **We forget to be grateful.** One of my mantra’s I use when I need to change my mental state is: “All the strength/love/happiness I need is inside me NOW!” I repeat this out loud over and over again until I remember it’s true.
Focus on the positive things in your life; what you do have. Take joy in the fact that you can move, that you get to eat healthy foods, that you have family and friends, that the sun is shining.

Fill your mind with all of the abundant positivity around you.

Everything you need to feel happy, to feel confident, to feel strong... is already within you.

Even if you have 50 pounds to lose, or a chronic health condition, find happiness in your daily progress NOW, even if it is in baby steps at times. This way you won’t have to wait til “someday” to experience the joy at the end of the rainbow :)

QUICKSTART CHECKLIST

✓ Schedule your beginning. Decide when you will start the program. Having a date set and making these preparations is the first thing you can do to ensure your success!

✓ Read through the entire 7-Day Hormone Recharge QuickStart program

✓ Plan your meals for the first 7-days using the Meal Plan and customize any choices

✓ Write your grocery list for the week, based on menu selections.

✓ Go shopping and get grocery items

✓ Set your alarm to wake you up 45 minutes earlier to drink your warm lemon water + do your morning walk + gratitude journal.

✓ Watch Natural Healing Made Simple to get a better understanding of your health and healing potential and learn the 5 simple steps to optimal health no matter how bad you feel or how many doctors you have seen.
### 7 DAY HORMONE RECHARGE
**RENEW, RESTORE AND REVITALIZE YOUR BODY IN JUST 1 WEEK**

“Take care of your body. It's the only place you have to live.” - Jim Rohn

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<th>BREAKFAST</th>
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<td><strong>Your Choice Favorite Salad</strong></td>
<td>Your Choice Favorite Dinner</td>
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**Every morning When You Wake:**
- Warm Lemon Water
- 30 Minute Movement
- 5 Minute Journal AM

**:30 mins Before Lunch Drink:**
- Lemon Water

**:30 mins Before Dinner Drink:**
- Warm Lemon Water

**Before Bed:**
- 5 Minute Journal PM

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**SNACK OPTIONS**
- Apple Slices + 1 tbsp Almond Butter
- Greek Yogurt (full fat) Berries
- 1-2 oz of cheese
- 10 Baby carrots
- 15 walnuts
- 15 Blueberries
- 15 Almonds
- 1 Pear
- 5 Strawberries
- 1 tbsp raw nut butter
- 2 scoop Organic Protein powder
**DAY 1**

**WAKE UP**
- 12 oz Warm Lemon Water
- 30 Minute Walk + Stretch
- 5 Minute Journal

**BREAKFAST**
- Strawberry Ginger Zinger Smoothie

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**DAY 2**

**WAKE UP**
- 12 oz Warm Lemon Water
- 30 Minute Walk + Stretch
- 5 Minute Journal

**BREAKFAST**
- Glowing Greens Smoothie

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**LUNCH**
- **30 mins before:** 12 oz Warm Lemon Water
- Cobb Salad

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**LUNCH**
- **30 mins before:** 12 oz Warm Lemon Water
- Bacon Lettuce and Tomato Salad

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**DINNER**
- **30 mins before:** 12 oz Warm Lemon Water
- Simply Grilled Salmon
- Your Choice of Veggies

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**DINNER**
- **30 mins before:** 12 oz Warm Lemon Water
- Garlic Ginger Chicken
- Your Choice of Veggies

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**SNACK OPTIONS**
- you may have 1-2 snacks a day
- Apple Slices + 1 tbsp Almond Butter
- Greek Yogurt (full fat) + Berries

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- you may have 1-2 snacks a day
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**DRINK OPTIONS**
- drink half your bodyweight in ounces of water daily
- Green Tea
- Herbal Tea
- Coffee (w/ coconut milk or almond milk)

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**DRINK OPTIONS**
- drink half your bodyweight in ounces of water daily
- Green Tea
- Herbal Tea
- Coffee (w/ coconut milk or almond milk)
### Day 3

#### Wake Up
- 12 oz Warm Lemon Water
- 30 Minute Walk + Stretch
- 5 Minute Journal

#### Breakfast
- Berry Glow Smoothie

#### Lunch
:30 mins before: 12 oz Warm Lemon Water
- Hayley’s Chicken Salad

#### Dinner
:30 mins before: 12 oz Warm Lemon Water
- Salmon Cakes
- Your Choice of Veggies

#### Snack Options
you may have 1-2 snacks a day
- Apple Slices + 1 tbsp Almond Butter
- Greek Yogurt (full fat) + Berries

#### Drink Options
drink half your bodyweight in ounces of water daily
- Green Tea
- Herbal Tea
- Coffee (w/ coconut milk or almond milk)

### Day 4

#### Wake Up
- 12 oz Warm Lemon Water
- 30 Minute Walk + Stretch
- 5 Minute Journal

#### Breakfast
- Tropical Fruit Smoothie

#### Lunch
:30 mins before: 12 oz Warm Lemon Water
- Greek Salad

#### Dinner
:30 mins before: 12 oz Warm Lemon Water
- Garlicky Bacon & Avocado Burgers
- Your Choice of Veggies

#### Snack Options
you may have 1-2 snacks a day
- Apple Slices + 1 tbsp Almond Butter
- Greek Yogurt (full fat) + Berries

#### Drink Options
drink half your bodyweight in ounces of water daily
- Green Tea
- Herbal Tea
- Coffee (w/ coconut milk or almond milk)

“Take care of your body. It’s the only place you have to live.” - Jim Rohn
### DAY 5

**WAKE UP**
- 12 oz Warm Lemon Water
- 30 Minute Walk + Stretch
- 5 Minute Journal

**BREAKFAST**
- Beginners Luck Smoothie

**LUNCH**
:30 mins before: 12 oz Warm Lemon Water
- Grilled Chicken Salad

**DINNER**
:30 mins before: 12 oz Warm Lemon Water
- Fajita Lettuce Wraps with Chipotle Aioli
- You Choice of Veggies

**SNACK OPTIONS**
you may have 1-2 snacks a day
- Apple Slices + 1 tbsp Almond Butter
- Greek Yogurt (full fat) + Berries

**DRINK OPTIONS**
drink half your bodyweight in ounces of water daily
- Green Tea
- Herbal Tea
- Coffee (w/ coconut milk or almond milk)

### DAY 6

**WAKE UP**
- 12 oz Warm Lemon Water
- 30 Minute Walk + Stretch
- 5 Minute Journal

**BREAKFAST**
- Free Radical Fighting Smoothie

**LUNCH**
:30 mins before: 12 oz Warm Lemon Water
- Grilled Ahi Niçoise Salad

**DINNER**
:30 mins before: 12 oz Warm Lemon Water
- Cilantro Lime Skirt Steak
- Your Choice of Veggies

**SNACK OPTIONS**
you may have 1-2 snacks a day
- Apple Slices + 1 tbsp Almond Butter
- Greek Yogurt (full fat) + Berries

**DRINK OPTIONS**
drink half your bodyweight in ounces of water daily
- Green Tea
- Herbal Tea
- Coffee (w/ coconut milk or almond milk)
“Take care of your body. It's the only place you have to live.” -Jim Rohn

**DAY 7**

**WAKE UP**
- 12 oz Warm Lemon Water
- 30 Minute Walk + Stretch
- 5 Minute Journal

**BREAKFAST**
- Your Choice Favorite Smoothie

**LUNCH**
:30 mins before: 12 oz Warm Lemon Water
- Your Choice Favorite Salad

**DINNER**
:30 mins before: 12 oz Warm Lemon Water
- Your Choice Favorite Dinner

**SNACK OPTIONS**
you may have 1-2 snacks a day
- Apple Slices + 1 tbsp Almond Butter
- Greek Yogurt (full fat) + Berries

**DRINK OPTIONS**
drink half your bodyweight in ounces of water daily
- Green Tea
- Herbal Tea
- Coffee (w/ coconut milk or almond milk)

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**KEEP THE RESULTS GOING**

**Congratulations on finishing your 7 Day Recharge!**

Now that you've successfully finished your Recharge, it's time to move on to a long term wellness solution.

Our most successful clients enroll in our customized natural medicine program - The Glow Protocol, and continue seeing great results week after week, month after month.

Click Here to check out Dr. Michelle’s FREE Training, Natural Healing Made Simple: The Best Prescription for Female Health. Watch these four easy to follow videos and learn Dr. Michelle’s 5 simple steps to overcome your biggest health problems, naturally!
5 MINUTE JOURNAL

EVERY MORNING...

I am grateful for:
1.
2.
3.

What would make today great?:
1.
2.
3.

Daily Affirmation:
I am...

BEFORE BED...

3 Amazing things that happened today:
1.
2.
3.

How could I have made today better?