

Robin's 15-Day Hormone Reset Workbook Day 12



Robin Nielsen



Hormone Reset

Day 12

Vitamins

“Even with a perfect diet, the combination of many things make it impossible for us to get the vitamins and minerals we need solely from the foods we eat.” - Dr. Mark Hyman

❖ Four WINS from this program so far are:

1. _____
2. _____
3. _____
4. _____

❖ In order to be healthy, I must put into place _____ practices for a lifetime that help to balance my _____.

❖ The THREE categories of nutrients are

1. _____
2. _____
3. _____



❖ The most IMPORTANT nutrients for hormone balance are:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

❖ These are a MUST when choosing vitamins (nutrients):

_____, _____, and
_____.

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

1. _____
2. _____
3. _____

❖ Notes:

