

Robin's Hormone Reset

Workbook Day 5



Robin Nielsen



Robin's Hormone Reset

Workbook 5

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 healthy every day? _____



❖ These are signs I need to address my digestion asap:

❖ Robin's Top Tips for Healthy Digestion:

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

1. _____
2. _____
3. _____

❖ Notes:

