

# Robin's Hormone Reset

## Workbook Day 6



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## Workbook 6

### Nutrients

*“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 for me 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. \_\_\_\_\_





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❖ Use these THREE nutrients with the help of a practitioner:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

❖ Three KEYS to figuring out what nutrients you need:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

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

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

❖ Notes:

