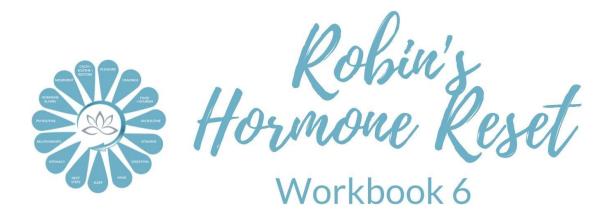
## Robin's Hormone Reset Workbook Day 6





## **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	





*	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
<b>.</b>	Notes:

