

# THE HORMONE RESET PLAN

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YULIA TARBATH



# The Hormone Reset Plan

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# About Yulia

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**Hi, I'm Yulia Tarbath** and I'm here to help you balance your hormones naturally and create a beautiful, slim and energetic body.

I'm a certified Holistic Nutritionist and Lifestyle Coach at Rawsomehealthy.

Myself and my husband, Paul Tarbath, have helped hundreds of our clients and tens of thousands of our followers to reclaim their health.

We use natural, proven methods to help our clients overcome hormone imbalances, fatigue, weight and autoimmune disorders.

We take a wholistic approach to health and work on helping you balance your diet, lifestyle, stress, spiritual life, emotional state and much more.

We believe that you can accelerate your health restoration when you have a clear plan to follow, as well as accountability and support from those who specialize in understanding your struggles.

With the help of the plan that you're about to discover, I was able to reverse my own hormonal imbalances, including PCOS, fertility issues, Hashimoto's, along with severe adrenal fatigue, Candida and other gut issues.

The lifestyle that you're going to learn about in this plan can literally transform your whole life and give you a fresh, new start.

**Here are just some of the health issues I've seen our clients transform as a result of this plan:**

- Hypothyroidism and Hashimoto's
- Fibroids
- Weight problems
- PCOS and infertility
- Painful periods

- Menopausal problems
- Adrenal fatigue
- Candida and other gut issues
- Insulin resistance
- Inflammation
- Cholesterol, high blood pressure and many more!

In this reset plan, you'll find strategies and recipe ideas that you can incorporate into your day-to-day life to help you turn fatigue into energy, depression into joy, confusion into clarity and sickness into health.

Let's get started ...

# Did You Know This About Your Hormones?

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Your hormones can be thought of as special chemical messengers which are created by your endocrine glands. So you are your hormones!

**Your hormones help control major bodily functions, including:**

- Metabolism,
- Hunger,
- Reproduction,
- Libido,
- Sleep,
- Blood sugar levels,
- The health of your brain,
- Emotions and mood.

When you're healthy and your hormones are in balance, your body is able to function at its optimum level of wellbeing.

You feel vibrant, positive, empowered and have a great desire to move your body.

Staying slim and healthy seems effortless.

But when your hormones are out of balance, you can feel moody, lack energy, feel bloated, put on weight very easily, and suffer with unhealthy skin.

By balancing the health of your hormones, you can improve your overall health.

**Hormonal issues can be caused by toxins, unhealthy or unbalanced diets and lifestyles.**

Hormonal imbalances are a worldwide epidemic.

For example, the average American female and male after their mid-30s typically suffer from some form of hormonal imbalance.

These imbalances can increase as we age and become more devastating and harder to deal with.

**Here're just some of the health issues and symptoms associated with hormonal imbalances:**

- Uterine fibroids
- Headaches
- Hot flashes
- Tender breasts
- Dry skin
- Night sweats
- Low libido
- Brain fog
- Weight gain
- Muscle or joint pain
- Mood swings
- Painful periods
- Heavy or very light bleeding
- Irregular periods
- Anxiety
- Depression
- Fertility issues
- Gut issues

Your hormonal balance is greatly influenced by the foods you eat, the exercise you do, the toxins you absorb, the weight you carry, and the levels of stress that you experience.

So transitioning to a hormone restoring and inflammation reducing plan, which is a plan of whole, plant foods, needs to become your priority if you want to experience vibrant health.

When you support your body with a clean eating plan, some supplementation (where necessary), mindfulness, exercise and other healthy lifestyle choices, you

give your hormonal system the opportunity to function properly and so allow yourself the very best chance to experience radiant health.

# Gut-Hormone Link

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When most people deal with hormone imbalances, they normally try to deal with the symptoms themselves and not the root cause.

What many people aren't aware of is that their gut bacteria plays a crucial role in their body's hormonal balance.

## **Your gut bacteria plays a huge role in your health and it affects your:**

- Absorption of nutrients from the foods you eat
- Metabolism
- Immune system
- Mood and behaviour

Your gut bacteria produce both hormones themselves and are affected by the hormones that our own bodies produce as well.

In fact, some of our gut bacteria have specific roles to play when it comes to regulating circulating estrogen levels in our bodies.

## **Estrogen plays a vital role in human health, including:**

- Cell replication
- Reproduction
- Fat deposition
- Bone health
- Cardiovascular health

Estrogen is made primarily by your ovaries. It then circulates through your body to your uterus and breasts and other organs, until it reaches your liver where it's inactivated.

Inactivated estrogen is then supposed to be excreted from your body through your poop.

However, if your gut is out of balance then an excess of estrogen or even a deficiency can result.

## **Having excess estrogen in your body can have serious implications for your health, including:**



- Breast, cervical, endometrial and ovarian cancer
- Endometriosis
- Prostate cancer
- PCOS

If you're dealing with autoimmune diseases, such as Hashimoto's Thyroiditis, then it's also hugely important for you to address the health of your gut.

Certain gut microorganisms induce pro-inflammatory immune responses in your body, which can trigger Hashimoto's, Graves' and other autoimmune conditions. (1)

Leaky gut is also known as a "danger signal" for autoimmune disease. (2)

A leaky gut, or increased intestinal permeability, is when the lining of your gut does not work properly and instead starts allowing partially digested food, bacteria and toxins into your body.

You'll also need to focus on balancing your microbiome, making sure that you're creating an environment in your gut that attracts friendly bacteria.

This can all be achieved through dietary and lifestyle changes, as well as supplementation.

# Hormone Restoration Plan

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You deserve to have balanced hormones and live in a body that's slim and energetic.

Unfortunately, this is not the reality for many people.

Yes, despite improvements in modern medicine, hormone related health issues, including diseases are on the rise.

I personally suffered with hormonal issues starting in my early teens and NOT a single doctor ever said to me that my diet could be the cause.

In fact, NOT one doctor was ever able to understand the exact cause of my hormone and fertility issues. The only "solution" I was given by my doctors was to take pills.

Well, I tried that and it only made things worse!

It wasn't until 15 years later that I discovered a unique system that helped me restore my health naturally.

So I'm here to tell you that ...

There's a much better and natural way to deal  
with hormonal imbalances ...

The foods that you eat every day have a tremendous influence upon your body's hormonal system.

Many of my clients started experiencing real benefits in just days after we helped them switch to a new lifestyle plan.

Yes, having certain foods in your diet can either help restore or throw off the balance of your hormones.

By not eating meat, you already have an advantage and most animals are also fed genetically modified grains, corn and soy.

On top of this, most animals are fed antibiotics to resist infections.

In order to maximize dairy output, cows are kept pregnant, resulting in high levels of estrogen that can have a negative impact upon your own hormone levels when you consume dairy products.

Hormones that influence your female reproductive tissues (breasts, ovaries, and uterus), such as estrogens, progesterone, and prolactin, can be greatly influenced by the foods and drinks that you consume.

Transitioning to a diet that's based on whole plant foods and includes plenty of alkalizing fruits and vegetables can bring about large positive changes.

The key to restoring your hormones naturally is having the right strategy in place.

Although there's absolutely no need to restrict your healthy, whole food carbohydrate intake, you need to watch out for refined sugars or artificial sweeteners.

Processed sugar promotes an unhealthy rise in blood sugar levels. It will also negatively affect your natural hormonal balance.

This alone can cause sleep disturbances, anxiety and mood swings.

So base your eating plan on an abundance of whole food carbohydrates, including fruit and also plenty of green leafy and other vegetables, fermented vegetables and healthy amounts of plant-based fats.

# Vital Steps For Hormonal Balance

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## 1. Lowering your body fat percentage.



The excess body fat that you may carry is biologically active.

It releases inflammatory molecules into your body on a consistent basis and can even lead to serious health challenges, like type 2 diabetes, high blood pressure, hormone and fertility issues.

There was a study published in *The International Journal of Applied and Basic Nutritional Sciences*, and they compared the amount of weight lost by people on various eating plans. (3)

### Participants who took part in this 6-month study ate 5 different diets:

- Omnivore diet, which includes all animal products
- Semi-vegetarian diet with occasional meat intake
- Vegetarian diet, which excludes meat, poultry and fish, but includes dairy
- Pesco-vegetarian diet, which excludes meat, but includes seafood
- Plant-based diet, which excludes all animal products

At the end of the six months, those people who were eating the plant-based diet lost more weight than people on any other diet by an average of 4.3%, or 16.5 pounds in weight!

Furthermore, weight loss results on a vegan diet started appearing after just 2 months of them following it.

## 2. Remove unhealthy inflammatory foods.

There was a famous study carried out called the *Harvard Nurses Study*, which followed 18,000 women. (4)

They were trying to get pregnant for 8 years and as part of the study they noted down what foods they consumed.

They discovered that by adding just a single serving of meat per day, their risk of infertility increased by 30%.

So this meant that eating meat and in particular poultry appeared to negatively interfere with their ovulation.

### Here are some other foods that can cause inflammation:

- Processed foods
- Refined sugar and salt
- Gluten
- Fried food
- Coffee
- Alcohol

All these undermine your health and so negatively impact your hormones. So remove them from your diet and instead replace them with whole plant foods.

### 3. Cleanse your liver

Your liver carries out a multitude of vital tasks and just some of them include:

- Vitamin D production, which is needed for hormone creation,
- Removal of harmful chemicals, bacteria and excess hormones from your body,
- Storage of vitamins and minerals
- Helps your immune system protect your body from infections.

So as you can see, your liver is hugely important to your overall health, including your hormonal health.

If it's not working properly, you need to take the steps that will help you to detox your liver and restore its healthy function.

If your liver is too toxic, you'll start experiencing hormonal imbalances, weight gain, skin problems, fatigue and poor digestion.

There was a study done on 9,000 American adults who were followed for 13 years. (5)

What was found was a strong association between their cholesterol intake and hospitalization, as well as death from cirrhosis and liver cancer.

This is due to the fact that dietary cholesterol can oxidize and cause toxic and carcinogenic effects on your liver.

Well, first off, doing one off detox protocols or liver cleanses, only to then go back to consuming unhealthy foods is not going to give you the health transformation you are looking for.

This is not the way to detox your liver and restore your hormonal health.

What you need is to have a diet and lifestyle that allows your liver to work properly 24/7/365 days a year, so it can detox your body properly, every single day.

This will also help you keep your hormones in balance.

A diet packed full of whole fruits and vegetables is the absolute ideal diet to bathe your liver and indeed your whole body in a sea of health promoting nutrients every single day.

This plan will support your liver and your hormonal health, while at the same time allowing you to really enjoy your food and get the kind of health most people can only dream about.

#### 4. Eat healthy fats, in healthy amounts and ratio



Animal fats can cause hurt your hormones, your liver and your overall health.

Therefore, switch to natural fats from whole plant foods instead.

Your main calorie intake should come from whole food carbohydrates and healthy fats should make up a smaller part of your calorie intake.

One of the big issues with the Standard Western Diet (SAD) is not just the amount of fats and unhealthy fats that people consume – butter, vegetable oils, and meat etc.

It's also getting the correct omega 6 to 3 ratio which is hugely important.

When people have an unhealthy ratio of omega 6 to 3, with too much omega 6, then this will cause inflammation in the body, which can lead to disease, including estrogen dominance and many other hormonal imbalances.

## 5. HIIT and strength training.

Science is now telling us that high intensity interval training (HIIT) is more beneficial for your body than long duration cardio exercise.

Long cardio sessions can negatively impact hormones such as your thyroid hormones and increase cortisol levels and inflammation.

Interval training just 1-2 times per week, along with general cardio and strength training 2-3 times per week helps you to increase levels of human growth hormone, slow down ageing and bring your hormones into balance.

Remember, that having the right nutrition and lifestyle plan, as well as support is a must if you want to reverse your hormonal imbalances, drop weight and restore your health naturally.

### Study references:

1. <http://www.discoverymedicine.com/Kouki-Mori/2012/11/27/does-the-gut-microbiota-trigger-hashimotos-thyroiditis/>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5440529/>
3. <https://www.sciencedaily.com/releases/2014/11/141106101732.htm>
4. <https://www.ncbi.nlm.nih.gov/pubmed/18226626>
5. G N Ioannou, O B Morrow, M L Connole, S P Lee. Association between dietary nutrient composition and the incidence of cirrhosis or liver cancer in the United States population. Hepatology. 2009 Jul;50(1):175-84.

# Recipes For Hormonal Balance

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## Green Powerhouse Smoothie



### Ingredients:

4 medium, ripe bananas  
1 cup blueberries  
3 cups chopped lettuce  
1 cup chopped kale  
1 tablespoon chia seeds  
½ teaspoon ground cinnamon  
½ cup water

### Preparation:

- Peel the bananas.
- Add water to the blender and blend all the ingredients together.
- Serve and enjoy!



## Arugula Spaghetti With Pesto Sauce



### Ingredients:

- 3 medium zucchinis
- 2 medium celery stalks (without the leaves)
- 1 head lettuce (such as cos, iceberg, or romaine)
- ¼ cup pine nuts (pre-soaked in pure water for approx. 4 hours)
- 1 tablespoon chia seeds
- ½ cup arugula/rocket
- 1 cup fresh basil
- 2 tablespoons lemon juice
- ¼ cup of pure water

### Preparation:

#### Step 1: Make the pesto sauce

- Chop celery into approx. 1 inch/2cm pieces.
- Blend together the water, pine nuts, chia seeds, 1 zucchini (set aside the remaining 2 to make the spaghetti), fresh basil, chopped celery, and lemon juice until thick and creamy.

#### Step 2: Make the spaghetti

- Peel 2 of the zucchinis and then spiralise them.
- Chop the lettuce and rocket/arugula.
- Mix the chopped lettuce and rocket/arugula together with the spiralised zucchinis, and place into a bowl.

#### Step 3: Serve

- Pour the pesto sauce over the zucchini spaghetti, and mix together.
- Place this mixture in the middle of a serving plate.
- Decorate with the basil leaves, serve, and enjoy!

## Sweet Potato And Pea Curry



### Ingredients:

- 2 cups water
- 2 medium sweet potatoes (peeled and diced)
- 1 cup cauliflower (chopped)
- 1 cup peas (fresh or frozen)
- 1 tablespoon coconut milk
- 1 teaspoon turmeric or curry powder
- 1 teaspoon grated ginger
- ¼ cup chopped cilantro

### Preparation:

1. Heat up a wok or non-stick skillet, add the peas and the finely chopped vegetables (potato and cauliflower), ginger, turmeric or curry powder, and cover with water.
2. Mix well, cover and let it cook on low heat for 10 minutes or until softened.
3. Add some water if needed, so that the veggies are always covered in liquid.
4. Add coconut milk, cover and cook for 1 more minute.
5. Place the curry into a bowl and sprinkle with chopped cilantro.
6. Serve and enjoy!

## Raspberry Ice-Cream



### Raspberry ice-cream

#### Ingredients:

3 medium, ripe bananas

1 cup frozen raspberries (or other berries of your choice)

A pinch of cinnamon

1/8 teaspoon pure vanilla extract

#### Preparation:

1. Chop each banana into 2-inch chunks and place them in the freezer for 4 hours.
2. Place the bananas, berries, cinnamon and vanilla into a blender or a food processor.
3. Process until smooth.
4. Serve and enjoy!

## Your Next Steps ...

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I've explained to you the essential steps for balancing your hormones naturally, dropping weight, as well as claiming your energy and your life back!

If you've been struggling for a while, you know that something has to change to help you move forward.

If you're ready to address your health challenges now, and do so in a natural and efficient way, then I'd love to offer you a couple of opportunities.

Firstly, you may have already received an invitation to my latest masterclass, where I take you through the concepts I have shared in this guide in more detail.

If you haven't caught one of these sessions yet, then [CLICK HERE to register](#).

If you want to talk to us personally about how you can deal with your health challenges naturally, you can **apply for a free health discovery call with us**.

During our call, we'll look at your health and get you clear on the best strategy to reverse your hormonal and other imbalances, lose weight and get your energy levels back.

The cost?

Absolutely FREE.

However, these sessions are not for everyone.

### We only work with people who are:

- Serious, professional and want to work with a coach to restore their health naturally and rapidly,
- Fully committed to taking full responsibility for their health,
- Ready to prioritize their health and take action now.

### If that's you, here're the next steps:

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1. Head over to [www.rawsomehealthy.com/apply](http://www.rawsomehealthy.com/apply).

[Or simply Click Here](#) and you'll be taken immediately to our calendar and a short application form.

2. Fill out the application, choose the time slot that works best for you and you'll receive your appointment confirmation.

Spaces are very, very limited because we talk to you personally.

If you'd like to work with us, simply go here: [www.rawsomehealthy.com/apply](http://www.rawsomehealthy.com/apply)

Talk to you soon!

**Yours in rawsome health,**

**Yulia Tarbath**

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