

WOMAN CODE

PERFECT YOUR CYCLE, AMPLIFY
YOUR FERTILITY, SUPERCHARGE
YOUR SEX DRIVE, AND BECOME
A POWER SOURCE

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What About Complementary and Alternative Medicine (CAM)?

CAM therapies can be tremendously helpful when the right treatments are used for the right reasons. But it's important to maintain realistic expectations: these treatments provide excellent symptom support, but it's food that is able to generate the deep changes needed to create speedy improvement of your condition. They can, and often do, fit nicely with the deeper transformation involved in the WomanCode protocol, but in my experience with clients they won't bring about hormonal health on their own. While the protocol focuses on healing underlying hormonal issues, CAM therapies can be very helpful complements to the nutritional work of WomanCode.

I use CAM treatments in my own life on a monthly or quarterly basis to help keep my body humming along nicely. They're my go-to treatments when I want to turn up the volume on my self-care, or when I need to de-stress more deeply than my current routines allow me to. I've had sessions with every single type of practitioner in the chart below. If you're curious whether any of these therapies could help you, check out the chart to see my recommendations for how and when to use them based on the category of issue—menstrual, fertility, or libido—you're experiencing.

<i>CAM Therapy</i>	Menstrual	Fertility	Energy/Libido
<i>Acupuncture</i>	<i>Acupuncture is great for improving blood flow to reproductive organs, which can be useful if you experience heavy periods with lots of clotting or very light, barely-there periods.</i>	<i>In addition to improving circulation to the reproductive organs, a skilled acupuncturist will target the energy channels associated with conception.</i>	<i>During acupuncture, you experience a really powerful cortisol flush, which removes the stress hormone that may be interfering with your energy and libido. Your acupuncturist may also target the adrenals and other major energy points during your sessions.</i>

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<i>CAM Therapy</i>	Menstrual	Fertility	Energy/Libido
<i>Massage</i>	<i>Look for a licensed practitioner who offers Maya abdominal massage, a noninvasive, external technique designed to guide the reproductive organs into their proper position. This aids their function and releases physical and emotional blockages to restore health to the uterus and surrounding organs. If you experience severe menstrual cramps, ask the practitioner to show you techniques you can perform on your own.</i>	<i>Maya abdominal massage or Clear Passage Technique can also be helpful if you experience fertility issues due to scarring or other structural issues/blockages. It can help improve the health of the uterus so you may have a greater likelihood of being able to maintain a pregnancy.</i>	<i>Regular, traditional massage in a soothing environment can help you relax and enjoy your experience in your body. Avoid intense muscular massage, such as shiatsu, which can trigger the stress response; instead, look for gentle, deep-tissue, or Swedish techniques.</i>
<i>Naturopathy</i>	<i>A naturopath can help address nutrient deficiency issues such as anemia, or use supplementation to spot-treat symptoms associated with PMS such as depression and anxiety.</i>	<i>A naturopath may do a thirty-day saliva test of hormonal fluctuations to find out whether your hormonal ratios during your cycle are optimal for conceiving. This is a great place to start to make sure your hormones are working appropriately—and to try to correct them naturally if they're not—before seeking medical intervention to conceive.</i>	<i>A customized supplementation program, based on the causes of your lack of energy and/or lack of libido, may help.</i>

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<i>CAM Therapy</i>	Menstrual	Fertility	Energy/Libido
<i>Applied kinesiology</i>	<i>A practitioner can help find out whether you have allergies you don't know about that may be making your symptoms worse and work with you to remove those foods to help improve your cycle.</i>	<i>If you're having difficulty conceiving, an applied kinesiologist will do a systemic investigation of what might be going on energetically that could pose challenges in conceiving, and work with you to correct it.</i>	<i>In addition to checking for allergies that could be sucking your energy, an applied kinesiologist can perform energy-clearing techniques to help you feel more open and relaxed.</i>
<i>Chiropractic treatment</i>	<i>Proper alignment of the hips, sacrum, pubic bones, and spine can increase proper circulation and function of the reproductive organs for easier periods.</i>	<i>Making sure the body is in optimal alignment and functioning without any structural interference can aid conception.</i>	<i>Improved alignment of the spine allows signals from the brain to flow more easily to all parts of your body, thus boosting energy and sexual response.</i>
<i>Herbalism</i>	<i>Specific herbs can be prescribed to help manage cramps, heavy or light flow, and even support regular ovulation.</i>	<i>Various herbs are known to support uterine health, which can support successful implantation.</i>	<i>Again, herbs here can be a valuable tool in helping to mitigate the effects of stress on adrenal health, which is at the source of healthy energy and libido.</i>

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I Couldn't Make This Stuff Up

No FLO Blocker plays nice, but some of the most hazardous FLO Blockers reside in your makeup bag. This particularly stinks because a recent study in the United Kingdom found that women who use makeup absorb almost five pounds of chemicals into their bodies each year! What's more, cosmetic products aren't subject to FDA approval, so it's up to you to read labels if you want to protect your hormones.

In the name of cleaning out your beauty bag, here are a few personal-care items with the most offending endocrine disruptors. When it's time to shop for replacements, check out the appendix titled "WomanCode-Approved Products" for health-safe suggestions.

- **Reconsider your:** nail polish, body lotion, and deodorant
- **Toss if the label lists:** chemicals from the phthalate family (DBP, DEHP)
- **Why endocrine disruptors are used in the first place:** to make products soft and malleable

- **Reconsider your:** toothpaste, shampoo, bath salts, and body/shower gel
- **Toss if the label lists:** sodium lauryl sulfate (SLS) or sodium lauryl ether sulfate (SLES)
- **Why these endocrine disruptors are used in the first place:** as agents and emulsifiers

- **Reconsider your:** conditioner, foundation, concealer, facial mask, and skin cream
- **Toss if the label lists:** chemicals known as parabens (including methyl, propyl, butyl, and ethyl)
- **Why these endocrine disruptors are used in the first place:** as germicides and preservatives

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- **Reconsider your:** *soap, hairspray, eyeliner, talc, shaving cream, and hair spray*
 - **Toss if the label lists:** *chemicals from the anolamine family (DEA, TEA, MEA)*
 - **Why these endocrine disruptors are used in the first place:** *as emulsifiers, pH adjusters, preservatives, foaming agents*
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- **Reconsider your:** *petroleum jelly and skin and lip products*
 - **Toss if the label lists:** *petrolatum*
 - **Why this endocrine disruptor is used in the first place:** *as a moisturizer*

Decode Your Hormonal Clues

Ready for your first exercise on the road to having easier periods, enhanced fertility, more energy, and a hotter sex life? What I'd like for you to do now is circle the words below that relate to you and your body, and then earmark this page for later. We'll come back to it when it's time to put these clues into the bigger context of your general and reproductive health.

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Metabolism and Stress Symptoms

- *Carb cravings/binging*
- *Sugar and chocolate cravings*
- *Reliance on coffee, soda, and energy drinks*
- *Consuming more than three alcohol-based drinks per week*
- *Skipping meals*
- *Anxiety*
- *Insomnia*
- *Waking up during sleep*
- *Headaches*
- *Low libido*
- *Facial/body hair*
- *Weight gain*
- *Hypothyroidism*
- *Metabolic syndrome*
- *Diabetes*

Elimination Symptoms

- *Irritable bowel syndrome*
- *Oily skin*
- *Bloating and water retention*
- *Acne or cystic acne*
- *Dandruff*
- *Eczema*
- *Hair loss*
- *Constipation*
- *Diarrhea or loose stools*
- *Body odor*
- *Night sweats*

Cycle Symptoms

- *Mood swings*
- *PMS*
- *Irregular cycles*
- *Fibroids*
- *Ovarian Cysts*
- *Cystic breasts*
- *Breast tenderness*
- *Polycystic Ovarian Syndrome (PCOS)*
- *Unexplained infertility*
- *Cramps*
- *Heavy periods*
- *Painful periods*
- *Missing periods*
- *Migraines*
- *Depression*

SUCCESS STORY: *Emily Whyte, 28*

CONDITION: PCOS

I grew up an active, successful teenager who seemed to have it all. I was in impeccable shape, and to the outside observer my life looked perfect. I never had periods, and I was okay with that. In fact, I liked it. I wanted to have control over my body. I had way too many things to do to slow down and deal with menstruation. I wanted the power, the consistency, and the follow-through—with no messy emotions, no messy bleeding. Men had that. Why couldn't I?

It seemed to be so much easier to get around in the world without periods. So what if I had to take drugs for my acne and my unwanted hair growth? So what if I was continually anxious and exhausted? The drugs worked, and I kept up with my busy, important schedule. And on the outside it all looked pretty and perfect.

Then, at the age of seventeen, I was diagnosed with PCOS. One might think this would have begun the story of my healing, but it only took me further into the abyss of disconnection with my body. My doctors told me I had no choice but to go on the Pill. Phrases like “cancer danger” and “inability to have children” were repeated. The doctors promised that birth control wouldn't change who I was. They promised that this was the healthiest route—honestly, they said, the only way to treat my “disorder.” For the next ten years I searched for doctor after doctor to find someone who might have an alternative method. They all fed me the same story: fear.

WomanCode burst into my life when I was at my wit's end. I'd actually been receiving their e-mail blasts for over a year without ever reading beyond the headlines! I just didn't believe that something so seemingly simple could have an impact. One day, I finally read Alisa's testimonial and something clicked. I began a six-month program, and for the first

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time in my life I felt truly known. It wasn't easy to change my habits. It was terrifying to go off the Pill and have my doctor and family not really understand or support me. I even thought that giving up my "control methods" might somehow hurt me. But WomanCode gave me the knowledge and the support to begin trusting my own instincts again. Alisa and her team gave me permission to listen to something deeper. Now I've learned that control and power over the body are something very different from what a majority of the medical community teaches.

Today I'm finishing my ninth healthy and happy menstrual cycle in a row! And the truth is, every single aspect of my life has changed since I began my program. This is not an exaggeration. By taking the time to learn to listen and appreciate my menstrual cycle, I'm finding the deepest flow in my life, my career, my relationships, and—most importantly—my daily dealings with myself. Everything is easier. Everything is lighter. The energy I used to expend keeping it all looking so perfect is now flowing into enjoying my life.

And that, to me, is power.

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Learn to Love Your Lady Parts

From a WomanCode standpoint, "lady parts" are all of the physical structures that support the function of your reproductive system. These include the following:

- Hypothalamus
- Pituitary gland
- Thyroid
- Liver
- Kidneys
- Pancreas
- Large intestine
- Lymphatic system
- Adrenals
- Ovaries
- Fallopian tubes
- Small intestines
- Uterus
- Vulva
- Vagina
- Clitoris
- Breasts
- Gallbladder

SUCCESS STORY: Kathryn Hiller, 35

CONDITION: Fertility Issues, Painful Periods, Adrenal Fatigue

When I started with WomanCode, I had painful periods, a hectic lifestyle, and irregular eating habits, and I was worried about my fertility. I knew that if I had some health coaching I could possibly see dramatic changes. On the plus side, I owned a successful Pilates studio in Fairfield County, Connecticut, had a wonderful husband of one and a half years, and was in great shape. I thought I had everything under control, and yet I couldn't conceive.

Soon after starting my WomanCode program, I discovered that my lack of self-care was making me a resentful, dehydrated, undernourished woman. Following WomanCode's simple recommendations, within six sessions I had developed a much better relationship with my body, and with my husband, simply because I was honoring myself. It was wonderful! When I actually slowed down to look at where my life was going, I realized that I deeply wanted a baby. Conception wasn't something we'd been able to accomplish before, but after going through the program, I was pregnant within a month! Now, at three months pregnant, I'm so grateful I didn't go the route of IVF.

What I've taken from this program is to honor my cycle, my own rhythm, and listen to my heart instead of my head. I know that without this program, I would not be pregnant now. I didn't know how to access the tools to reach this choice before WomanCode, and so I'm very grateful for this program. This baby is on its way because I made space for it. There was no room with my hectic, controlling life six months ago. I know that I will be a successful mother, wife, and business owner because I've been shown how to use the tools I already had. I feel like I'm in the flow of my life now.

SUCCESS STORY: Naomi Kent, 33

**CONDITION: Recurrent Urinary Tract Infections,
Adrenal Fatigue, and Anxiety**

I felt sick throughout most of my twenties and early thirties. I was always cold and exhausted, and I developed a urinary tract infection every three months or so. I was constantly on antibiotics but was never getting better, and none of my doctors could tell me what was wrong with me.

Finally, at thirty-one, I found FLO Living. Alisa asked me what I was eating and what my sleeping habits were like, and I came to realize that my lifestyle was responsible for my poor health. My high-sugar diet—I'd often have a bowl of Froot Loops after going for a run, and I frequently downed fruit juices and ate white pasta—were at the root of my unstable blood sugar levels and adrenal fatigue. I always thought that eating sugar would give me more energy, but it was my sugar levels yo-yoing all day that made me feel fatigued in the first place. On top of that, the sugar in my diet was feeding the bacteria responsible for my frequent infections. I remember sitting with Alisa and thinking that it all sounded so logical—how did I not know any of this?

I started seeing improvements in my energy and health within just a few weeks of starting the WomanCode protocol. What's more, I haven't had a UTI since 2010. I used to have problems sleeping, too. I'd lie in bed and my heart would be racing. I was constantly worried about everything and always felt anxious. These feelings stopped as soon as I started putting all the nutrition skills that Alisa taught me into action.

Stress Rx

Internal Stressors	Adrenal Rx
Hypoglycemia	<i>Plan the day with food in mind. Don't go more than three and a half hours without eating. Never leave home without emergency snack packs such as dried fruit and nuts, gluten-free granola bars, or pieces of fresh fruit such as apple.</i>
Irregular sleeping patterns	<i>Download a sleep app like Lark. Buy an alarm that gradually lulls you out of sleep with light (instead of jarring you awake with sound). If you have trouble falling asleep, try taking an herbal product such as chamomile or passionflower two hours before bed—they exert a relaxing effect on the HPA axis to help calm your mind and body.</i>
Physical inactivity/ muscle tightness	<i>Don't leave all your activity for when you're at the gym—find opportunities to move throughout your day. For instance, take periodic breaks to stretch at your desk: stand up, reach your hands to the sky, then touch your toes; repeat several times. Stand and twist your torso side to side. After lunch take a walk around your office or, if possible, head outside for a brisk walk even if it's only for five minutes. Download a yoga app.</i>
Lack of regular orgasms	<i>Orgasms provide a huge cortisol flush for the body to help relieve stress. Make time during the week to regularly self-pleasure. Avoid the temptation to use toys—it skips a crucial stress-relieving step called tumescence, where the tissues become engorged with blood. For tips on how to manually self-pleasure, check out the book <i>Getting Off</i> by Jamye Waxman. For women with lagging libido, try Zestra, an herb-based gel that you apply to the clitoris. Within thirty minutes, blood flow increases, which boosts desire as well as the ability to climax.</i>

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External Stressors	Adrenal Rx
<i>Opening bills</i>	<i>Create a pleasurable ritual: for example, light a candle and put on music that you enjoy. Take steps to become a better money manager. Visit a website designed to help women take control of their finances with budgets, financial goal-setting, investing information, and access to experts who can help you further.</i>
<i>Commuting</i>	<i>Get your om on: download meditation tracks on iTunes. Make any experience more pleasurable while you have to endure it—download books or create playlists of music that you enjoy. Studies find that anticipating and listening to music that you love causes the brain to release the feel-good hormone dopamine, which makes you feel less stressed.</i>
<i>Coping with a difficult relative</i>	<i>Before spending time with a stress-inducing person, set the intention to not take anything he or she says personally. If you always leave an encounter feeling angry or hurt, begin to set boundaries with that individual. (For strategies on how to create boundaries, see chapter 9.)</i>

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	For the Liver	For the Large Intestine
Elimination Rx	<p>Fill your diet with foods that naturally aid the liver's detoxifying processes. These include good-quality protein (supplement with amino acids if you're a vegan), glutathione (found in carrots, broccoli, avocado, spinach, apples, asparagus, and melon), selenium (found in oats, Brazil nuts, poultry, eggs), and plenty of cilantro (which contains linalool, a compound that works to cleanse the liver)—add it to smoothies, salads, and other dishes for powerful liver detoxification.</p>	<p>Be sure to consume plenty of soluble fiber, found in oat bran, barley, nuts, seeds, beans, lentils, and peas. It works like an internal Swiffer to clear out your large intestine.</p> <p>Inspect your bowel movements. Ideally, they should be medium brown in color, curved, and smooth. In standard toilets, they should float briefly.</p> <p>Avoid treatments such as colonics. They're disruptive to your intestinal flora and are a short-term quick fix that can mask symptoms indicating an underlying hormonal issue that needs to be addressed. They're also potentially dangerous and can rupture the lining of your intestine.</p>

	For the Skin
Elimination Rx	<p>Occasional trips to steam rooms, saunas, and cedar baths can be extremely cleansing for the skin. (Avoid these if you're pregnant, trying to become pregnant, or have high or low blood pressure.)</p> <p>When taking a shower, alternate the temperature from warm to very cold a few times. This causes skin cells to expand and contract, forcing fluid and toxins out of the skin.</p> <p>Exfoliate with a hot washcloth or sea-salt scrub a few times per week. This removes the layers of dead skin cells that prevent pores from releasing toxic waste from the skin.</p>

For the Lymphatic System

Elimination Rx

Consider keeping a small trampoline (also called a rebounder) in your home and/or office and use it a few minutes at a time several times per day. It provides a gentle massage of lymph through the lymphatic system so that the fluid can be pushed out through your lymph nodes.

Keep crucial lymph-node-dense areas, such as the armpit and groin, clear of toxins. Make sure all products you use, including sanitary pads, are unscented. Avoid antiperspirant. Wear underwear that has a cotton liner, not synthetic. Minimize use of shapewear—wear it only occasionally for short periods of time, as it may block the flow of fluids trying to leave your body.

Shopping List

Before shopping, consult with the daily meal plan so that you can purchase quantities and choices accordingly. (Not everything on this list is mandatory.)

A day or two before the cleanse, stock up on:

- *green apples*
- *pears*
- *avocados*
- *grapes*
- *lemon*
- *fresh berries (and other fruit you like, but no melon—it causes water retention)*
- *baby greens*
- *bok choy*
- *dark-green leafy vegetables (kale, collards, mustard greens, spinach, broccoli rabe)*
- *tomato*
- *carrots*
- *onion*
- *scallions*
- *cucumber*
- *celery*
- *radish*
- *fennel (or other simple spring vegetables)*
- *garlic*
- *parsley*
- *olive oil*
- *apple cider vinegar*
- *white fish (cod, tilapia, haddock, etc.)*
- *salmon (preferably wild, no tuna)*
- *beans (cannellini, lentils, black-eyed peas, chick peas, etc.)*

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- *brown rice (long grain only: plain brown, brown basmati, or brown jasmine)*
- *quinoa*
- *kasha (buckwheat)*
- *your favorite herbal and green teas (if you use sweeteners, use stevia, raw agave nectar or raw honey—they contain valuable enzymes)*
- *flaxseed meal*
- *your favorite nuts or nut butter (almonds, cashews, etc.)*
- *Fiber Smart by Renewlife, Fiber Fusion by Enzymatic Therapy, or other fiber supplement*
- *Chlorella tablets by Jarrow (optional but strongly recommended)*
- *Green Drink—freshly juiced or powdered (I recommend Kyo-Green)*

Non-food items you will need:

- *containers to transport food*
- *a journal (you may want to buy a fresh one to mark the occasion!)*
- *a nice washcloth for hot towel scrub or dry body brush*
- *Epsom salts or salt scrub*
- *a sharp knife and a mandolin for slicing*
- *a cutting board*
- *a soup pot*

Recipes

SOUPS

Quick Veggie Soup

- *In a large pot of water, toss chopped garlic, onion, celery, carrot, parsley, and turnip.*
- *You may add any other leafy greens that you like: escarole, cabbage, and kale are great.*
- *Let simmer about 30 minutes, or until veggies are soft, then serve.*

Mung Bean Minestrone

- *Sauté 1 chopped onion in olive oil, salt, and pepper for a few minutes.*
- *Add a few chopped carrots and continue sautéing.*
- *Then add 1 quart of vegetable broth or water and cook until carrots begin to soften.*
- *Add 2 chopped zucchini and 2 chopped yellow squash, 1 can peeled crushed tomatoes (or fresh chopped tomatoes), and 1 bag frozen cut string beans.*

- *In a separate pot, cook mung beans. Lentils make a fine substitution.*
- *Add beans to soup when finished.*

LIVER CLEANSING MEDLEYS

Fruit Salad (only for breakfast)

- *Chop and/or mix any combination of the following: green apples, pears, blueberries, blackberries, raspberries, strawberries, grapes.*
- *Squeeze fresh lemon juice on top and sprinkle with ground flaxseeds.*

Spring Mix Salad

- *Using a mandolin (or a regular knife—whichever you prefer), slice 1 bunch radishes, 1 cucumber, a few stalks of celery, and a few carrots (or other veggies of your choice).*
- *Mix in a bowl with mesclun greens and/or arugula and a jar of artichoke hearts, drained and sliced. Dress with olive oil and apple cider vinegar.*

Bok Choy Salad

- *Slice thinly and mix together: 6 stalks of bok choy, ½ small red onion, 1 Granny Smith apple, and (optional) ½ cup of sprouts. Add lemon juice, salt, and coriander.*
- *Veggies will get softer from the lemon juice/salt combo, so the longer you let it sit, the better it tastes! Dress with olive oil before serving.*

Raw Kale Salad

- *Chop 1 bunch of lacinato (dinosaur) kale, thinly slice ½ red onion and a fennel bulb.*
- *Toss in a bowl, squeeze the juice of 2 lemons over the salad and sprinkle with salt. Let it sit for a few hours or overnight until it wilts (the longer, the better).*
- *Dress with olive oil before serving.*

GREENS

Steam Sautéed Veggies

SUPER easy—for any of the leafy green veggies.

- *Simply wash your greens under the faucet.*
- *Tear up leaves and discard the stems/stalks.*
- *Toss the greens into a sauté pan that has 1 tablespoon of oil in it.*
- *Heat through and sprinkle with sea salt.*
- *Wait 1 minute, then add ½ cup of cold water.*
- *Cover with a tight-fitting lid.*
- *About 5 minutes later, the greens will be perfect.*
- *Add any condiment you'd like (toasted sesame oil, olive oil, tamari, herbs and spices).*
- *Stir before serving.*

Some examples with variations . . .

Sautéed Escarole

- *Sauté ½ bunch of scallions in olive oil in a large pan.*
- *Add 1 head escarole chopped into small pieces, add a few splashes of water, cover for a minute, and cook until wilted.*

Collards

- Sauté ½ chopped onion and 1 chopped red bell pepper in olive oil for a few minutes.
- Add 1 head collards, de-stemmed and sliced into thin strips.
- Season with salt, pepper, and nutmeg.
- Add some water, cover, and cook until greens are tender.

GRAINS

Basic Brown Rice Recipe

- Rinse 1 cup of rice in a colander.
- Add 1 tablespoon olive oil and rice to a pot and sauté for about 5 minutes until rice gives off a nutty aroma.
- Add 2 cups of water to pot and bring to a boil.
- Reduce heat to low and cover with a tight-fitting lid.
- Let cook for about 45 minutes, or until all water is absorbed.

Quinoa Recipe

- Rinse 1 cup of quinoa in a colander.
- Add quinoa and 2 cups water to a pot.
- Bring to a boil.
- Reduce heat to low and cover with a tight-fitting lid.
- Let cook for 15 to 20 minutes, or until all water is absorbed.

Spring Style Pilaf

- Cook 1 cup brown rice. Julienne radishes, and chop scallions and watercress leaves. Add brown rice vinegar and olive oil and toss all ingredients together.

PROTEIN

Lively Lentils

- *Place dried lentils, chopped onion, and chopped wakame (or other sea vegetable) in a saucepan. Cover with water. Bring to a boil, and then simmer until lentils get soft. Season with parsley.*

Magnificent Mung Beans

These beans are ideal for cleansing!

- *You may pre-soak them or, to soak in a hurry, pour boiling water over beans in a pot, let sit for 15 minutes, then drain and rinse.*
- *In a large pot, add 2 parts water to 1 part mung beans and a strip of kombu.*
- *Bring to a boil, then cover and simmer until beans are cooked fully.*

Easy Beans

For those of you without the time or desire to cook beans from scratch, I recommend using canned beans—Eden Organic is a favorite brand.

- *Try some great spring bean options: cannellini, black-eyed peas, lentils, and mung beans.*
- *Simply pop open the can, pour into a colander, and rinse.*
- *Eat them as is, adding spices and oils, or heat them up by sautéing with olive oil.*
- *Try adding chopped scallions or onions to give them a little flavor.*

SALMON AND WHITE FISH RECIPES

I recommend broiling, pan-cooking, or baking the fish “en papillote,” a French style of cooking the fish wrapped in parchment, which keeps it from drying out (yum!).

Broil:

- *Brush fish fillets with olive oil, lemon juice, and spices.*
- *Place fish on a piece of aluminum foil and put in broiler.*
- *Cooking times will vary, depending on how thick or thin the fish is.*

Sauté:

- *Heat olive oil in a frying pan.*
- *Add fish fillets and cook on each side for a few minutes.*
- *As when broiling, cooking times will vary, depending on how thick or thin.*
- *Season with lemon juice and spices.*

En Papillote:

- *Preheat oven (or toaster oven) to 400°F.*
- *Create an envelope pouch with a sheet of parchment.*
- *Lightly oil the paper and put fish fillet inside.*
- *Add some lemon juice, sliced veggies, and spices.*
- *Fold the parchment to close the envelope pouch, then wrap a piece of aluminum foil around everything.*
- *Place in oven and cook for 6 to 10 minutes.*
- *Be careful—it will be steamy when you open it up!*

CLEANSE ENHANCERS

Green Drink

(with your breakfast or midmorning snack)

- *In a juicer—at home or at a health food store—juice 3 to 6 stalks celery, ½ cucumber, ½ cup parsley, ½ green apple, and 1 whole small lemon with skin.*

Immune Booster

- *Grate daikon radish (about 3 inches) and/or ginger root and/or 1 clove raw garlic chopped fine or pressed. Add to salads, veggies, or grains. These foods are anti-microbial and blood cleaners—they will give your immune system a real boost!*

Day 1: Easing into It

MEAL PLAN

● **Breakfast and/or Early Morning Snack**

- An 8-ounce glass of water
- Fiber supplement
- Fresh fruit salad with lemon juice (up to 1½ cups) and 1 tablespoon flax meal
- Green drink and/or Chlorella tablets

● **Lunch**

- Brown rice or buckwheat or quinoa with 1 tablespoon flax meal (up to ½ cup)
- Protein: 4 ounces salmon or white fish (no tuna, please); or ½ cup beans if you are vegetarian
- Liver cleansing medley (unlimited)

● **Midafternoon Snack**

If you need a snack around 3 or 4 P.M., try any or all of the following:

- Another serving of your lunch or dinner meal
- Veggies or fruits from the list
- Water
- Hot tea

Listen to your body. Does it really want food? Or is it really asking for something else, but food is your usual solution to keep it quiet? Listen.

- **Dinner**

- *Quick Veggie Soup (unlimited) or Mung Bean Minestrone (up to 1½ cups)*

Note: if you don't put greens in the soup, make sure to have cooked greens (unlimited) on the side.

FOCUS ON DIGESTION

When you eat in a quiet environment and focus on your food, your body devotes more energy to digesting the food and absorbing the nutrients. You also enjoy the flavors and experience more, and therefore require less food to have a satisfying experience.

- *At the office: Find a quiet place to eat; minimize talking, e-mailing, and web surfing. Just eat and focus on your breathing and chewing (20 times per mouthful).*
- *At home: Leave the TV off. Eat alone or acknowledge to your partner or family that during meals you will be eating more slowly and talking less.*

GETTING TO THRIVING

Tonight, take 10 minutes to write in your journal and get clear on your intentions for this reset. What do you really want to get out of these four days? This is your opportunity to get excited and think big. Don't let thoughts of being "practical" get in your way here. What would really make you excited in terms of results by the end of this time?

CLEAN SWEEP

Today find one thing you can throw out of your home, and I don't mean the trash! Find your edge. You know what you're holding on to. You know what you secretly have pack-ratted away. The space we live in reflects what's going on inside us, and it can get congested, just like we get congested in our bodies. The good news is, we can create change in our bodies by changing our outside environment! So, let's get started: Open your closet and find at least one thing—an article of clothing, shoes, sports equipment, or whatever—that you have not used in the last year. Give these items to the Salvation Army or to your neighbor—or just toss them. Create space for new and exciting things in your life. Life is dynamic—if we hold on to old things, new things will not fit in. Get that one thing in the trash by tonight. Don't put it off—tomorrow will bring a new assignment!

Use a dry brush before your showers while you cleanse and brush toward your heart for best results. Dry brushing provides your organs of detoxification a gentle internal massage to stimulate digestion. It also helps with your circulation.

Day 2: Being Gentle with Yourself

How's it going? By now you may be feeling lighter and more energized. You may also notice some headache or other discomfort. Either reaction is fine and normal, and you are taking the steps to ensure that your blood sugar stasis gets recalibrated, your liver gets a chance to be nourished, and your body can detox from estrogen.

MEAL PLAN

● **Breakfast and/or Early Morning Snack**

- An 8-ounce glass of water
- Fiber supplement
- Fresh fruit salad with lemon juice (up to 1½ cups) and 1 tablespoon flax meal
- Green drink and/or Chlorella tablets

● **Lunch**

- Brown rice or buckwheat or quinoa with 1 tablespoon flax meal (up to ½ cup)
- Protein: 4 ounces salmon or white fish (no tuna, please) or ½ cup beans if you are vegetarian
- Liver cleansing medley (unlimited)

● **Midafternoon Snack**

If you need a snack around 3 or 4 p.m., try any or all of the following:

- Another serving of your lunch or dinner meal
- Veggies or fruits from the list
- Water
- Hot tea

Listen to your body. Does it really want food? Or is it really asking for something else, but food is your usual solution to keep it quiet? Listen.

● **Dinner**

- *Quick Veggie Soup (unlimited) or Mung Bean Minestrone (up to 1½ cups)*

Note: if you don't put greens (unlimited) in the soup, make sure to have cooked greens on the side.

⋮ **FOCUS ON DIGESTION**

Increase your chewing at lunch to 15 chews per bite of food, 30 if you're well practiced. Notice that you produce a lot more saliva when you chew for longer, and that you can swallow the saliva without swallowing the food right away. Saliva is such an important element in our whole digestive process and we often just skip it, swallowing our food quickly and making our bellies do much more work.

Also, now that you've had one really light day on Day 1, start to pay attention to how this food feels going in your body. Notice how it feels to be eating less—how is your mental state?

⋮ **GETTING TO THRIVING**

Self-Care Reset: Spend some time journaling about the things that feel self-nurturing to you. Most of us assume self-care is expensive and indulgent. Instead, the most sustainable self-care comes from the little ways we can be compassionate to our bodies every day. For inspiration, think of things that your mother did for you or you do or would do for your own child. Brainstorm a few ideas and commit to doing one a day for the next week and see how you feel.

Don't let this assignment slide. Let this be the beginning of a beautiful, loving, and supportive relationship with your body!

CLEAN SWEEP

Did you throw out/donate one item last night? If you haven't already, please do that today. And add one more item that you are holding on to, but that you know has got to go.

However, the kitchen is our real goal for this evening: Please go through your spice rack/cabinet/pantry and discard anything that has MSG, partially hydrogenated oils, and that is old. (You know you've had that chili mix for five years!) You also want to throw out any funky seasonings, marinades, sauces, or other nonfood items that are lingering around your fridge or pantry.

Instead, think fresh! Replace these items with good-quality sea salt, pepper to grind, and organic non-irradiated herbs and spices like cumin, turmeric, coriander, and thyme.

If you can, schedule a massage or an acupuncture session for tomorrow to relax and treat yourself. It can also help alleviate any detox symptoms you are experiencing.

Day 3: Clearing Out Any FLO Blockers

The focus for Day 3 is environmental stresses and toxins. As you reset internally, you may notice more how physically hard modern living can be at times. Pay attention to how you feel about the pace of where you live. What goes on for you, beyond the obvious “it’s stressful”? What does the sensation in your body feel like? You experience this constantly, but when you are full of junk food, or just overstuffed, it’s easier not to notice. Identifying how your body responds to environmental stress can be a key in eliminating binge and emotional eating. It’s okay to feel your feelings!

MEAL PLAN

● **Breakfast and/or Early Morning Snack**

- An 8-ounce glass of water
- Fiber supplement
- Fresh fruit salad with lemon juice (up to 1½ cups) and 1 tablespoon flax meal
- Green drink and/or Chlorella tablets

● **Lunch**

- Quinoa (up to ¾ cups) with 1 tablespoon flax meal
- Large liver cleansing medley (unlimited)
- ½ avocado

● **Midafternoon Snack**

If you need a snack around 3 or 4 P.M., try any or all of the following:

- Another serving of your lunch or dinner meal
- Veggies or fruits from the list
- Water
- Hot tea

Listen to your body. Does it really want food? Or is it really asking for something else, but food is your usual solution to keep it quiet? Listen.

● **Dinner**

- *Quick Veggie Soup (unlimited) or Mung Bean Minestrone (1 cup)*

If you don't put greens (unlimited) in the soup, make sure to have cooked greens on the side.

⋮ **FOCUS ON DIGESTION**

Today you're not having any animal protein, so really enjoy each bite of food at lunchtime. Sit back, look at your food, and notice the colors and textures. Breathe. Take the time before you eat to appreciate what you will be eating. When you heighten your awareness like this, you will naturally get more out of each mouthful. How does it feel to be vegan for one day? Notice how it feels to be eating less. It is normal to experience cravings and hunger and to not always indulge. How are your emotions?

⋮ **EASE YOUR EXERCISE**

When going through the WomanCode Reset it's normal that you may feel tired. You may also develop some constipation simply due to the smaller quantity of food that you're consuming. The very best thing you can do is stay well-hydrated and scale back on the amount of activity you plan to do this week. Try to rest when you can. Keep physical activity low to prevent exhausting yourself—instead of cardio boot camp, for instance, take a thirty-minute walk each day. Save the more vigorous activity for when you're done with the reset. If you're feeling very tired, but need your energy for an important appointment or meeting, take a vitamin B12 supplement for a boost of energy.

GETTING TO THRIVING

Tonight you should be doing very little.

Abundance assignment: Spend some time journaling about the things in your life that mean a lot to you. Then create a list of people who give you energy when you interact with them, who support you as you deal with stress in your life, and who support you being the best you. Brainstorm one thing that you can do to show each person how much they mean to you, spending little to no money. Get those creative juices flowing!

Don't let this assignment slide. Let this be the beginning of a more abundant life for you. We'll talk more about abundance tomorrow.

CLEAN SWEEP

How does your kitchen pantry look? How big was your bag of junk? We're curious to know, so write in to let us know your statistics! Take some pictures and share your new pantry with us!

Now we're moving on to the bathroom!

The products you use to clean your bathroom and household are potential stressors on your health. New scientific research shows that many of the chemicals found in everyday house-cleaning products are bio-accumulative and very toxic, which means that once in your system, they stay in your system and allow for increased free radical damage, which makes you more vulnerable to autoimmune diseases and cancers

Ready to throw things out now?

Find your bleach products, Comet, Ajax, Windex, Lysol, air fresheners, Glade Plug-ins, cute toilet bowl cleaners, and talc-based baby powder. Throw them in a garbage bag and toss them out.

What ever will I clean with?! No worries, here's a list of equally effective and bio-safe cleaning products:

- Seventh Generation line of cleaning products: You can find this at some grocery stores, any health food store, and definitely Whole Foods.*
- Orange Oil multi-surface cleaner: dishwashing liquid, laundry detergent, toilet bowl cleaner, and mirror cleaner, all in one. It's amazing and all natural.*
- BonAmi or Arm and Hammer baking powder in place of Ajax or Comet.*
- Hydrogen peroxide in place of Windex.*
- White vinegar instead of bleach (plus it's a grease cutter for tile cleaning)*

Switching to these bio-safe products takes a load off your liver and helps protect your body year-round.

Day 4: Using Your Body As a Tool to Create Your Best Life

The focus for Day 4 is intentions and goal setting. Your reset is also creating mental and emotional clarity for you right now, so take advantage of this special time to set some goals for your New Year, starting right now with a meditation! Select two things that you want to have in your life that you don't have now. They can be objects, experiences, forms of support from others, positive beliefs about yourself, new behaviors, anything. Imagine these things or experiences in full, technicolor detail. Then describe exactly how these new things will change your life and exactly how you will feel when you have them. Be as specific as you can. Now imagine that these things and experiences are present in your life now. Feel the feelings of already having what you want. Notice any sensations of self-doubt or skepticism that come up and gently set them aside. Just breathe deeply and create in your body the feelings of already having these two things you've described. Hold on to those feelings for sixteen seconds. You are programming your body and mind to expect to receive these things into your life. By creating the internal experience of having or being something, you build subconscious confidence to actually pursue and achieve what you want with less effort and less self-sabotage.

How was your vegan day?

Are you doing a little less and resting more?

MEAL PLAN

- **Breakfast and/or Early Morning Snack**
 - An 8-ounce glass of water
 - Fiber supplement

- *Fresh fruit salad with lemon juice (1 cup) and 1 tablespoon flax meal, plus 1 tablespoon nut butter or 2 tablespoons of nuts/seeds or ½ avocado*
- *Green drink and/or Chlorella tablets*

● **Lunch**

- *Brown rice or buckwheat (up to ½ cup) with 1 tablespoon flax meal*
- *Protein: 4 ounces white fish or 1½ cups beans*
- *Liver cleansing medley (unlimited)*

● **Mid-Afternoon Snack**

If you need a snack around 3 or 4 P.M., try any or all of the following:

- *Another serving of your lunch or dinner meal*
- *Veggies or fruits from the list*
- *Water*
- *Hot tea*

Listen to your body. Does it really want food? Or is it really asking for something else, but food is your usual solution to keep it quiet? Listen.

● **Dinner**

- *Small serving of quinoa (½ cup)*
- *Cooked dark-green leafy vegetables (unlimited), such as collards, mustard greens, turnip greens, spinach, etc., sautéed in or drizzled with 2 tablespoons extra virgin olive oil.*

⋮ **FOCUS ON DIGESTION**

How are you doing with chewing? Eat S-L-O-W-L-Y. Remember to breathe while you eat. Notice how it feels to be eating protein. Notice the sensation of heaviness, notice how little protein you actually might need.

GETTING TO THRIVING

The Parable of the Leaping Cricket

A small child put a cricket she had caught in her empty glass jar and screwed on the lid. The cricket jumped up and hit its head on the lid. It jumped a second time, and again hit its head. It jumped a third time, and realized there was no getting past this lid. From then on, the cricket only jumped half as high, never again bumping its tiny head on the lid of the jar. The child, feeling sorry about her game, took the lid off the jar and encouraged the cricket to jump out. But the cricket would not jump out. It jumped only half the height of the jar. The lid would always be there in its mind.

Take the lid off your reality jar: What would your life look like if you dreamed big and set goals to reflect your fantasies?

Take time tonight to think about what you want your life to be like this time next year. What are your dreams? Hopes? What is the wildest and most special thing that could happen for you in the next twelve months? Don't be practical. Imagine yourself jumping high and peering over the lid of the jar.

Get out your old magazines and craft supplies and create a vision board to reflect these dreams and visions for your future. Cut out images of all that you'd like to see show up for you this year. Do you want a great job, great home, loving friends and family, special items? Cut out images that represent what you truly want and need in your life. (Use your old magazines—and don't forget to throw them out after!) Using glue and construction paper, make a collage and post it on your fridge. Look at this collage daily, allow the images to program the reticular activator in your brain, and trust that your vision is on its way to you now.

Also, write down some tangible, practical, proactive steps you could take to accomplish these dreams. Who will you need support from? What will be your biggest obstacles? What are you afraid of?

The universe has everything in such abundance. It's all waiting for you. ASK!

CLEAN SWEEP

You've all done such a good job cleaning up your physical spaces. Now we want to focus on your insides. We've been decongesting the liver through this cleanse, but it's also very important to think about your bowel health, because this is where many of the old toxins and residues are actually processed out of your body once your liver has released them.

You should be having a bowel movement first thing in the morning without the aid of coffee or tea and another in the afternoon. If not, you are basically sitting with food that is days old.

So, if you have a tendency toward constipation, please:

Increase your water intake: have 8 to 16 ounces of water upon waking to get peristalsis going.

Try a fiber drink. A favorite is Fiber Smart by Renew Life. It is made from ground-up flaxseed and oat bran, plus probiotics to ensure healthy intestinal flora levels.

CELEBRATE!

What an amazing gift you've given to yourself—you should celebrate your commitment to health! Tonight, take a bath in Epsom salts and add your favorite essential oils. Your skin is your largest organ of elimination—heat helps pores open, and salt draws out toxins and impurities. So this bath is luxurious, but it also completes the detoxification you have been working on all week. If you aren't able to bathe, fill your sink with hot water and add the salts. Dip a clean

washcloth in the water, wring out thoroughly, apply to dry skin and scrub yourself down.

We are here for you on e-mail or Facebook if you have any questions at all. Just write to us; we're here. What to eat after the reset? Hurry over to the next chapter to get the plan!

SUCCESS STORY: *Emily Bohannon, 23*

CONDITION: Irregular, Painful Periods

About a year after moving to New York City, I started having two periods a month, sometimes menstruating for fourteen days at a time. They were incredibly painful, my emotions were all over the place, and my skin was breaking out like never before. I also often experienced bleeding during sex. As a result of all this bleeding, I was consumed with worry about my health. I consulted several doctors, and each gave the same answer: "I don't know what to do about this." I was confused, frustrated, and scared when a friend referred me to FLO Living.

My work with Alisa was nothing short of a miracle. I started feeling better after the very first session, and began to create a new dialogue with my body. Alisa is a wise and empathetic listener, and I felt wrapped in love and healing energy after every session. She introduced me to new, delicious foods and powerful supplements that helped my body return to its natural balance. We also addressed the ways in which my work and relationships were affecting my health. Most importantly, though, she gave me true peace of mind, and helped me get rid of my own judgment and shame about the messages my body was sending me. Alisa created a safe space and guided me gently into embracing and nurturing my feminine energy. By the end of my program, I felt juicy, alive, healthy, and more comfortable with my sexuality and body than ever before.

Through the WomanCode program, I now have one normal period per month, without any drugs. I don't experience the pain or emotional turbulence that I did before, and I've learned how to create healthy boundaries in my life to keep stress levels down. My skin is clear and gorgeous, and I enjoy nurturing myself with whole fresh foods (and the occasional cupcake, of course!).

WomanCode is the best thing I've ever done for my health.

Foods for Your Cycle

	Follicular Phase	Ovulatory Phase	Luteal Phase	Menstrual Phase
Grains	Barley Oat Rye Wheat	Amaranth Corn Quinoa	Brown rice Millet	Buckwheat (kasha) Wild rice
Vegetables	Artichoke Broccoli Carrot Lettuce: bibb, Boston, romaine Parsley Pea: green Rhubarb String bean Zucchini	Asparagus Bell pepper, red Brussels sprout Chard Chicory Chive Dandelion Eggplant Endive Escarole Okra Scallion Spinach Tomato	Cabbage Cauliflower Celery Collard Cucumber Daikon Garlic Ginger Leek Mustard green Onion Parsnip Pumpkin Radish Squash Sweet potato Watercress	Beet Burdock Dulse Hijiki Kale Kelp Kombu Mushroom: button, Shitake Wakame Water chestnut
Fruits	Avocado Grapefruit Lemon Lime Orange Plum Pomegranate Sour cherry	Apricot Cantaloupe Coconut Fig Guava Persimmon Raspberry Strawberry	Apple Date Peach Pear Raisin	Blackberry Blueberry Concord grape Cranberry Watermelon
Legumes	Black-eyed pea Green lentil Lima bean Mung bean Split pea	Red lentil	Chickpea Great northern Navy	Adzuki Black soybean Black turtle Kidney
Nuts	Brazil Cashew Lychee	Almond Pecan Pistachio	Hickory Pine nut Walnut	Chestnut
Meat	Chicken Eggs	Lamb	Beef Turkey	Duck Pork

	Follicular Phase	Ovulatory Phase	Luteal Phase	Menstrual Phase
Seafood	Fresh-water clam Soft-shell crab Trout	Salmon Shrimp Tuna	Cod Flounder Halibut	Catfish Clam Crab Lobster Mussel Octopus Oyster Sardine Scallop Squid
Other	Nut Butter Olives Pickles Sauerkraut Vinegar	Alcohol, moderate Chocolate Coffee Ketchup Turmeric	Mint Peppermint Spirulina	Bancha tea Decaf coffee Miso Salt Tamari

Below, you'll find some ideas of how to combine these ingredients to construct your WomanCode meals. **You can pick one from each meal or you could combine them all in smaller portions for each meal.** Trust your body to tell you what you might need and don't be afraid to experiment and get playful with your medicinal foods—these definitely won't hurt you! To access the recipes below, follow this link: www.FLOliving.com/cycle-sync-recipes.html.

Sample Day of Follicular Phase

BREAKFAST

- Protein smoothie (using rice or hemp protein powder) with avocado, flaxseed, and cinnamon
- Oatmeal with cashews, goji berries, and cinnamon

LUNCH

- Poached chicken breast with parsley served with a sauté of broccoli, string beans, and carrots
- Lentil salad with chopped artichoke hearts

DINNER

- *Omelette served with sautéed zucchini*
- *Romaine lettuce with sprouts, sliced avocado, and mung beans*

Sample Day of Ovulatory Phase

BREAKFAST

- *Protein smoothie (using rice or hemp protein powder) with fig and coconut*
- *Quinoa flakes with pumpkin seeds and goji berries*

LUNCH

- *Quinoa salad with chopped greens and almonds*
- *Red lentil curry with turmeric over sautéed chard*

DINNER

- *Poached salmon with asparagus*
- *Endive and spinach salad with grilled shrimp*

Sample Day of Luteal Phase

BREAKFAST

- *Protein smoothie (using rice or hemp protein powder) with dates and mint*
- *Steamed sliced sweet potato with toasted walnuts*

LUNCH

- *Chickpeas sautéed with onion and cauliflower*
- *Brown rice with sautéed onion, carrot, celery, and daikon radish, topped with sunflower seeds*

DINNER

- *Roasted halibut with leeks*
- *Turkey tenderloins with sautéed cabbage and green apple*

Sample Day of Menstrual Phase

BREAKFAST

- *Protein smoothie (using rice or hemp protein powder) with dark berries*
- *Kasha with sunflower seeds and hijiki*

LUNCH

- *Miso soup, brown rice sushi rolls, and seaweed salad*
- *Sardines on toasted black rice bread with kale*

DINNER

- *Beet salad over steamed kale, with water chestnuts, hijiki, and shiitake mushrooms*
- *Mussels, squid, and scallops stewed in light tomato broth*

A Note on Soy

You may have noticed that I don't mention soy products very often. There is a reason for this. In my experience, women with estrogen-dominant conditions, like PCOS, fibroids, ovarian cysts, infertility, and low libido, have a harder time including this as a significant part of their diet. So often we tend to overconsume foods that are touted as health foods. Traditionally, Asian cultures consume no more than two teaspoons of fermented soy a day, which has been shown to be health promoting, while more than that quantity becomes problematic. Soy products contain high levels of phytoestrogens that mimic the body's natural estrogen hormones and if you're struggling to break down what you're already producing, adding more to your taxed system can make your symptoms worse. While small amounts of soy, especially those from fermented food sources—like natto, tempeh, soy sauce, and miso—have well-documented health benefits for women and their hormones, large concentrations of unfermented and highly processed forms of soy (tofu, soy burgers, soymilk, soy yogurt, soy ice cream, soy protein powder) can be problematic for two reasons. First, if they are GMO-based, research shows that this can be endocrine disruptive and can interfere with fertility in women and men. Second, they can inhibit thyroid function due to their high levels of goitrogens and the isoflavone genistein, which can be antagonistic to thyroid hormone. If you are vegetarian or vegan, you absolutely have other protein options available that are not endocrine disruptive, like eggs, seeds, lentils, or a variety of protein powders: rice, pea, and hemp.

SUCCESS STORY: Heidi Braun, 40

CONDITION: Ovarian Cysts

My healing journey began in February at my annual ob-gyn exam. A routine sonogram to check a fibroid revealed that I had developed cysts—one on each ovary—measuring two centimeters. I didn't want surgery! When I asked my doctor about proactive steps, her only advice was to monitor them and she would see me in two months for another sonogram. What?! Not being one to just sit around for two months and do the whole "wait and see" thing, I started the WomanCode program.

My initial sessions with Alisa focused on my lifestyle—diet, activities, relationships—it was all about the positive and working together. She put me on supplements to help my body process hormones better. I started drinking more water. That was coupled with food experiments—what healthy foods satisfied and sustained me. My whole diet changed.

A month into my program, I felt better . . . lighter . . . both physically and emotionally.

In the third month it was time to go back for another sonogram. Alisa and I spoke prior to my visit and she told me not to expect any changes. I was fine with that. I knew I was doing all I could and they were great things for my health nonetheless. So as I lay on the table, with no expectations, the technician tells me, "The cyst on the left ovary is gone" and then "Oh! The one on the right is gone, too!" I'm in shock. I'm elated. And as a tear rolls down my cheek, I'm in awe of the power . . . the power this body has to heal itself. How amazing is that! If I treat it right (if I treat me right), then amazing things will happen.

Ladies, change is never easy. It's not an all or nothing process. By putting certain changes into action, you will see firsthand what your awesome, powerful, strong bodies can do. This was and will continue to be a life-changing event in my life. And can you believe all these good things started with two cysts?

Top-Ten WomanCode Favorite Fertility-Boosting Foods

Fill your daily diet with these foods, which contain a variety of fertility-fueling nutrients:

- **Buckwheat.** This grain is rich in the compound d-chiro-inositol, which has been proven to drop insulin and testosterone levels and increase rates of ovulation, thereby improving fertility.
- **Leafy greens.** Spinach, kale, collards, and escarole, among many others, are high in folic acid, which is essential for healthy ovaries and reduces the risk of spinal cord or brain defects in infants. They are also rich in vitamin E, magnesium, and calcium, which promote menstrual cycle health.
- **Chickpeas.** Just one serving of this legume can maintain proper B6 levels, which are essential for the production of healthy progesterone levels for conception, as well as improving sperm and egg development.
- **Honey.** All honey, but especially bee pollen and royal jelly—the queen bee’s favorite dish—is a nutrient-rich compound with many features. While being fed royal jelly by the worker bees, queen bees lay up to two thousand eggs each day. Bee pollen can help stimulate ovarian function when trying to conceive.
- **Eggs.** These ancient symbols of fertility sometimes get a bum rap. Don’t skip the yolks! Free-range egg yolks contain vitamin D, which is essential in maintaining healthy ovulation.
- **Sunflower Seeds.** Rich in zinc—which helps your body more efficiently utilize your reproductive hormones (estrogen and progesterone) and also helps with DNA production that can support egg quality.

- **Salmon.** Omega-3 fatty acids, which salmon has in abundance, helps in regulating hormones and ovulation, while also increasing cervical mucus and blood flow to the reproductive organs.
- **Avocados.** They're high in monounsaturated fat, which has been shown to positively affect IVF outcomes.
- **Cinnamon.** In addition to its antibacterial and digestion-improving properties, cinnamon contains a compound that makes fat cells more responsive to insulin, which in turn increases ovulation rates.
- **Turmeric.** Not only will this spice boost the health of your reproductive system; it—along with other similar “warming” spices, such as coriander, cumin, cardamom, and black pepper—helps dispel, according to TCM (traditional Chinese medicine), excessive dampness in the reproductive organs. It helps create a drier, warmer internal environment that’s ideal for conception.

If estrogen is low	If progesterone is low	If FSH or LH is abnormal
<p><i>Take dong quai.</i></p> <p><i>This product, a member of the parsley family, made from the roots of this plant, will help balance estrogen levels that support the tissue lining the uterus.</i></p> <p><i>This tissue, which is often inadequate when estrogen is low, is necessary for housing the embryo.</i></p>	<p><i>Use wild yam cream from ovulation to day 28 of your menstrual cycle on areas of your body where skin is thinnest, such as your elbows and behind your knees, as well as on your lower belly.</i></p> <p><i>It naturally boosts progesterone levels to help the uterine lining stay in place for successful conception.</i></p>	<p><i>Take vitex daily.</i></p> <p><i>Extracted from the fruit and seeds of the chasteberry tree, this herbal supplement improves pituitary gland secretion of FSH and LH.</i></p>

SUCCESS STORY: *Katie Reimer, 32*

CONDITION: Difficulty with Fertility

When I first went to the FLO Living Center in 2009, I had been taking the Pill for more than a decade. My doctor put me on it as a teenager because my menstrual cycles were three or four months apart. But I knew I wanted to have kids someday soon, and I didn't want to be on the Pill for the rest of my life. I didn't want something synthetic controlling my body. I just wanted to embrace what my body was giving me. And that's exactly what I discovered while working with the WomanCode program. The nutrition information was incredibly useful, and I continue to use it today. But the most important thing I gained was learning to work with my body. I came to understand that although my cycles were unique, that they were all mine.

Then, in 2010, my husband and I decided that we were ready to have a baby. After meeting with my ob-gyn, I felt defeated. He told me that because of my irregular cycles, I'd probably need fertility medications, such as Clomid, in order to conceive. Yet because of the knowledge I had gained working with WomanCode, I knew that I was ovulating. Without even taking my temperature, I knew the signs to look for—such as changes in discharge—to know what my body was doing. My husband and I decided to try to get pregnant naturally before considering medical intervention. We had sex a few times, and seven weeks later I found out I was pregnant. I truly believe that my baby was possible because of how well I came to know my own body.

SUCCESS STORY: Lisa Marie Rice, 36

CONDITION: Infertility, PCOS, Postpartum Depression

After I got married, it came time for us to think about starting a family. After several months of being off the Pill and not yet ovulating, I went to the ob-gyn. An ultrasound confirmed that I had PCOS. The emotional roller coaster was horrendous. I was on medication, I had injections, I was monitored daily via ultrasound, I lost my first pregnancy, and finally, after two and a half years, I was pregnant with my son. While staying home with him, I noticed the PCOS symptoms were coming back. The weight gain was stubborn and, once again, I was depressed.

I knew about FLO Living from a friend of mine and lurked on the site for several months until I decided I would sign up for a free tele-class that Alisa was giving. I really didn't know what to expect. I knew I wanted to have another child without IVF, and so I figured if I started working on this now, maybe I could cut out a lot of the pain suffered the first time around.

After completing the program, I got a period! It has been regular since then. Six months after completing the program, my skin was clear, and my blood work was normal and my ovaries were back down to normal size. My current gynecologist was amazed! She noticed the difference as soon as she came into the examining room. While having a routine ultrasound, we learned that all of my ovarian cysts were gone. I remember the tech saying to me, "I am looking at your ovary now." I recall being confused because I could not see them. You see, I used to define my ovaries by the cysts on them. I could not find the cysts and I kept asking, "Where is my ovary?" And my husband exclaimed, "The cysts are gone!"

All of this, however, is not the amazing part of my story.

Continued on page next page

By the time my IVF-conceived son was about a year old, we started thinking of giving him a sibling. Two months after trying to conceive, we conceived our second son. We were told that we would have difficulty because of my history, but it was because I went through the FLO Living protocol that I was able to conceive so easily and quickly.

The pregnancy was extremely easy and uneventful. I didn't suffer from postpartum depression as I did with my first son, and I was able to breast-feed. Two years later, I am still eating on program and feel great.

I signed up with FLO Living expecting them to tell me how to eat so I could get healthy and have drug-free conception. I got that and more. I learned how to live a fulfilling and healthy life.

SUCCESS STORY: Fran Mooney, 48

CONDITION: Low Libido

I originally came to the WomanCode program for the specific purpose of doing something to restore my libido and energy, which had gone missing with the onset of perimenopause. The creams and hormones weren't working for me, and I wanted to be more natural in my approach. Throughout the three-month program, I redefined my concept of sexuality, and I've fallen in love with a new way of being that has allowed me to live and love more fully every day. My husband loves it, too! I've refocused my personal goals and redefined for myself what "success" really means to me. Alisa is an amazingly wise, caring, insightful, and intuitive woman who improved my ability to change. The program more than exceeded my expectations—it made me a new woman!

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Top-Ten Health Benefits of Sex for Women

- *Improves circulation to organs in the pelvic cavity, delivering nutrients, growing healthy tissues, and regulating the menstrual cycle. Women who have intercourse at least once a week are more likely to have normal menstrual cycles than women who are celibate or who have infrequent sex.*
- *Increases fertility and a sense of wellness by energizing the hypothalamus gland (which regulates appetite, body temperature, and emotions) and the pituitary gland (which in turn regulates the release of reproductive hormones that induce ovulation and cervical fluid).*
- *Provides overall lymphatic massage, helping the body's natural detoxification process to improve digestion and mood and help prevent cancer.*
- *Promotes healthy estrogen levels to keep vaginal tissues supple and protect against osteoporosis and heart disease.*
- *Induces deep relaxation by boosting endorphin levels and flushing cortisol out of the body.*
- *Spikes levels of nitric oxide, a "miracle molecule," and DHEA, a hormone that improves brain function, balances the immune system, helps maintain and repair tissue, and promotes healthy skin.*
- *Helps a woman look younger. Studies show that making love three times a week in a stress-free relationship can make you look ten years younger.*
- *Boosts infection-fighting cells up to 20 percent—helps fight colds and flu!*
- *Cures migraines and helps treat other types of pain by elevating pain thresholds (a bonus when preparing for childbirth!).*
- *Increases levels of the hormone oxytocin, which is linked to passion, intuition, and social skills—the hormone of bonding and success!*

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Create Your Pleasure Recipe

You can extend the initial arousal phase for hours before sex is even a question (and afterward, too). Working the activities listed below into your daily, weekly, or monthly schedule will infuse your days with pleasure and create a neurochemical balance in your brain that makes it easier to relish your experience in that first stage of excitement.

- *Remove things and activities that drain your adrenals. Take a break from stimulants, such as coffee, for at least a month and see how you feel. Aim for thirty to forty-five minutes of physical activity such as walking per day, but avoid intense exercise such as kickboxing, or sprinting, which the body interprets as a stressor.*
- *Take two supplements daily: vitamin C with bioflavonoids and ashwagandha. Both of these help heal the adrenal tissues and boost adrenal function.*
- *Schedule five to ten minutes of relaxing activity before bed each day. Examples: apply skin care products, read, meditate.*
- *Schedule thirty minutes of self-pleasure once a week. Try using only your hands and fingers for a better tumescent experience than using toys, in order to get the most nitric oxide benefits for your body.*
- *Schedule thirty minutes to do nothing once a week. Minimize stimulation. Take a nap. Sit outside surrounded by trees and nature.*
- *Add plenty of healthy fats to your diet. Try avocados, oils, nuts, and seeds to support the organs of your reproductive system.*
- *Fill your diet with foods that nurture the adrenals. To recharge your energy, go heavy on blue/black and yellow/orange foods (see below), which represent water and earth in Chinese medicine—two important qualities for enhancing energy and libido.*

Continued on page next page

Blue/Black Foods	Yellow/Orange Foods
<i>Black beans</i>	<i>Carrots</i>
<i>Black sesame seeds</i>	<i>Oranges</i>
<i>Adzuki beans</i>	<i>Sweet potatoes</i>
<i>Sea vegetables (such as seaweed) and water chestnuts</i>	<i>Apricots</i>
<i>Dark chocolate</i>	<i>Squash and pumpkin</i>

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The Ten WomanCode Keys to Healthy Sexual Self-Expression

- *Living in sync with your hormones*
- *Maintaining health of your reproductive and sexual organs*
- *Managing stress to balance adrenal health and improve libido*
- *Discovering your healthy balance of masculine/feminine energetics*
- *Opening to receiving pleasure and nurturing from others*
- *Giving pleasure and nurturing to others, in a balanced way*
- *Developing healing beliefs about being a woman*
- *Moving beyond limiting beliefs about your desired sexual partner*
- *Actively pursuing your preferences and creating desires*
- *Developing and nurturing your sense of play and adventure in life*

What Is Your Masculine/Feminine Balance?

Morning Routine

- ❑ **Masculine.** *You mentally review your goals for the day and plan out how you're going to accomplish them all. You try to stick to your schedule like clockwork, yelling at the kids to keep them on time, tossing sandwiches into bags, and running out the door. By the time you're dropping the kids off at school and/or sitting down at your desk, you're not even sure how you got there. The morning is a blur.*
- ❑ **Feminine.** *You wake up and take stock of how you're feeling today. You take time to do something to nurture yourself—taking a few deep breaths, doing a short meditation, or enjoying a warm shower. You make sure you connect emotionally to the people in your household—hugging the kids, kissing your partner, or chatting with your roommate. As you go about your morning routine, you check in with yourself about how you're feeling and get an intuitive sense of what you need to do to work at your best today.*

In the Thick of Your Day

- ❑ **Masculine.** *You focus on your to-do list and take the next steps right away to keep up your momentum. You push yourself and others to finish every task.*
- ❑ **Feminine.** *You reflect on the big picture, intuit what task is needed next, and trust that everything will come together. You prioritize based on what tasks will have the most value and impact for you today.*

Social Engagements

- ❑ **Masculine.** *When you're with others, you don't share what's going on; you internalize your problems until you figure out a solution. You don't want or need others' opinions because you rely on your own judgment about what's best for you.*
- ❑ **Feminine.** *You feel comfortable sharing freely about how you're feeling, and you're open to hearing supportive input from others.*

Meals

- ❑ **Masculine.** *You eat what's in front of you, forget to eat because you're too focused on other tasks, or rigidly adhere to a diet plan even if it makes you feel hungry and depleted.*
- ❑ **Feminine.** *You plan your day ahead of time, making sure you have the food you need at hand when you'll need it. You anticipate what your body needs to prevent blood sugar crashes given your schedule for the day. You observe the signs your body gives you about your hunger levels and blood sugar and respond with appropriate food choices.*

Exercise

- ❑ **Masculine.** *You select your workout based on your fitness goals for the month. You push through no matter what.*
- ❑ **Feminine.** *You choose your workout based on how you're feeling right now. You do it to the best of your ability and do only what your body is capable of at the moment.*

Time with Your Romantic Partner

- Masculine.** *You want to talk about what you accomplished today and then crash in front of the TV.*
- Feminine.** *You want to talk about how you're feeling and how the people in your household are doing. You make time to connect, whether cooking and sitting down to dinner together, going for a shared walk, or spending time nestled close to your partner in bed before going to sleep.*

Winding Down for the Day

- Masculine.** *You organize the house, do the last bit of laundry, make your next day's to-do list, and take care of anything else you can to make sure you have a focused start tomorrow.*
- Feminine.** *You look for opportunities to connect with your children, your partner, and yourself. You choose soothing activities toward the end of the day, such as reading or taking a bath.*

TOTALS: Masculine _____ Feminine _____

The Principles of Feminine Energy

1. The Principle of Living in Harmony with My Biochemistry and Self-Care

I am a woman. I work with my cycle, trust the flow of change, and use each cyclical phase to create health and success. I hear my inner wisdom and practice a high level of guilt-free self-care every day.

- **Engage the principle.** Follow the first four steps of the protocol every single day.

2. The Principle of 360-Degree Emotional Expression

I celebrate my moods and emotions, including fear, anger, and sadness. I feel each feeling, learn its message, express it, and release it.

- **Engage the principle.** When someone asks you how you're doing, eliminate the response "Fine" from your vocabulary. Give a real answer that accurately describes how you're feeling in that moment.

3. The Principle of Pleasure

Sensual pleasure is a key ingredient in my daily health plan. I create situations that delight my senses and welcome moments of serendipitous pleasure, spontaneity, and fun each day.

- **Engage the principle.** Create opportunities to experience all of your senses throughout the day, in order to expand your initial arousal phase outside the bedroom. Pause and notice something outside that's visually beautiful to you. Listen to music you enjoy. Take in the aroma of your food before

you eat. Hug at least one person each day. The more you intentionally work toward engaging your senses, the more you'll naturally seek opportunities to do so each day. Why? Because it feels so good!

4. The Principle of Leadership

I speak up, follow my heart, and adore my uniqueness.

- **Engage the principle.** Every day for thirty days write down at least one thing that made you feel excited, passionate, turned on, or invested in life. At the end of the month read through your list and identify whether there's a trend uniting your passions. Then look for some way—no matter how big or small—to honor the passion. It could be through volunteering, beginning a project, connecting with new people, starting a blog, creating a business, or whatever else might strike your fancy.

5. The Principle of Conscious, Collaborative Relationships

My relationships exist to support me. When old ways of relating stop working, I create new dynamics and connections. I nurture other people when doing so energizes me, not out of guilt or to obtain love or approval. I set appropriate boundaries so I can enjoy giving nurture without exhausting myself.

- **Engage the principle.** When leaving social encounters, check in with yourself and notice how you feel. Are you energized? Supported? Or do you feel hurt and depleted? If it's the latter, you need to set boundaries with the other person. The next time you speak to him or her, say, "It bothers me when you do X. Please don't do it again." Seek out opportunities to

spend time with those who keep you feeling supported and happy. Collaboration should feel natural and effortless when you're together.

6. The Principle of Receiving

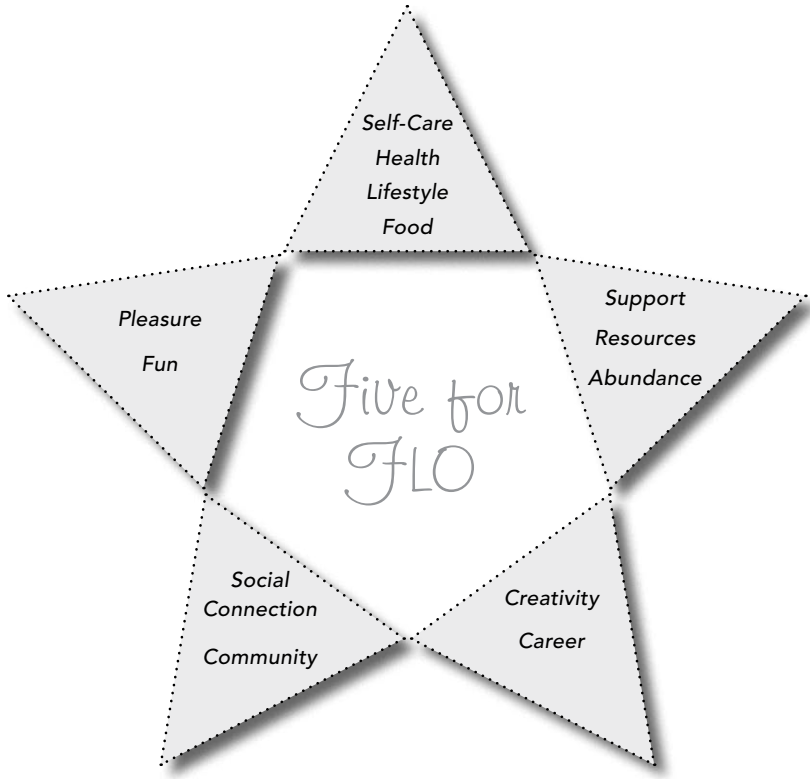
I am designed to receive. I expect, attract, seduce, welcome, and make room for love and success in my life. I believe in being supported and inviting abundance.

- **Engage the principle.** Give someone the opportunity to support you each day. Ask your kids to set the dinner table. Ask your partner to fold the laundry. Allow someone at work to assist you in a task. And enjoy it!

7. The Principle of Being My Own Authority

I make choices based on my body, my needs, my desires, and my inner wisdom. I believe that my body and intuition show me my true purpose, my deepest desires, and my path to wellness. I value this wisdom and access it daily.

- **Engage the principle.** For one week take an information vacation. Avoid those things that typically leave you feeling "less than," such as social media, tabloids, or reality TV, so that you can hear yourself and your own opinions more clearly. When you reencounter these sources after your break, you'll have a better vantage point and be able to avoid the "hypersuck" FLO Blocker that they can create. Try meditating and journaling for five minutes each day.



SUCCESS STORY: Daphne Blake, 44

CONDITION: Low Libido

I started working with FLO Living in 2005. At the time I was twenty pounds overweight, I was going through a divorce, and my entire world had turned upside down. During the last eighteen months of my marriage, my husband and I rarely had sex. Finally, in my late thirties, I found the courage to leave the relationship. Part of my journey with WomanCode was to reconnect with my feminine energy as a tool to help me attract more fun, pleasure, and excitement into my life, as well as better-quality relationships. I practiced the art of setting boundaries with men whom I dated, as well as with my coworkers and family members. I went back to school to earn an MFA.

Through my work with WomanCode, I realized that my lack of libido with my ex-husband was pointing to larger underlying problems. I had some stress and health issues (such as HPV); these I dealt with quite easily using food and supplements. But the deeper issue was that I was divorced from my feminine energy. I had no idea how to be in balance with my masculine and feminine energy so that I wasn't just giving my partner what he needed, but was capable of receiving what I needed as well. Using the Principles of Feminine Energy, I rebalanced several aspects of my life—especially my career and my relationships with family and friends.

When I finally met the man of my dreams several years later, our connection was effortless, rich, and bursting with chemistry. In a FLO Living workshop I took in 2005, we had an assignment where we wrote down the qualities of our ideal man. I tried to be as honest and as specific as possible and included things like "He speaks with integrity," "He has a nice voice," and "He likes to cook." I had forgotten about that list but recently found it in a drawer. I realized, reading it so much later, that seven years to the day after I made that list, I'd married the exact man I had described. It gives me goose bumps just thinking about it. But I know that it was only through my work with WomanCode that I was able to invite this wonderful man into my life, because I had done the work on myself first.

SUCCESS STORY: *K.C. Baker, 28*

CONDITION: Painful Periods, PMS, Acne

When I turned twenty-five, my health suddenly started going down the tubes. I was chronically stressed out. I lived all the time in an ever-fluctuating world of emotional turbulence. My skin was very broken out in acne. And my periods were terrible.

Eventually, a dear friend suggested I contact Alisa to see if she could help. I realized that being successful in my life was dependent upon my health, so I made the investment to do the program.

Something amazing happened during that time. Alisa helped me transform my relationship to my body. I began to really talk to my body. Food became a source of nourishment and joy instead of angst. My skin's health improved. And I began to really see where I was letting boundaries get crossed all the time in my life in various relationships. Alisa guided me in developing a very healthy and beautiful relationship with my emotions, and I am now excellent at speaking my truth in the moment when a boundary has been crossed.

Alisa taught me how to more fully nurture myself, and that impacts every area of my life. My life is richer, healthier, and more beautiful because of it, and I feel profound gratitude. I now run my own business training other women to use their voice and speak in public. I have met the love of my life and I know that the WomanCode protocol will set us up to have a healthy pregnancy when that time comes. My hope is that every woman has access to the incredibly valuable wisdom and guidance of FLO Living.

ALISA'S MEDICINE CABINET

For Blood Sugar Stability

- Cinnamon
- Chromium picolinate
- Tea with rooibos, cinnamon, anise, and/or peppermint (drink after a meal)

For Adrenal Health

- To support mental focus—ginkgo biloba, rhodiola
- To increase energy—ashwagandha, vitamin B12, vitamin B5
- To reduce stress—holy basil (use in tea)
- To get off caffeine but feel like you're drinking black tea/coffee—kukicha, also known as twig tea (made from the stem, later roasted, from which green tea leaves have been plucked)

For Improved Elimination

- Large intestine—organic ground flaxseed, oat bran, acacia (fibers); *Saccharomyces boulardii* and *Lactobacillus rhamnosus* (probiotics). Store the flaxseed in the refrigerator or freezer in a resealable bag, squeezing air out each time to prevent oxidation, which can decrease the fiber and omega-3 content. Rotate the above-named fibers, using one source of fiber daily for two weeks at a time.
- Liver—B-100 complex (containing all the B vitamins at 100 percent of the recommended daily allowance or greater), inositol, artichoke leaf (supports the thyroid too), burdock tea,

Get Clean tea by Republic of Tea (containing, among other things, milk thistle, burdock, and dandelion)

For Cycle Support

- Vitex capsules
- Magnesium-calcium blend (in ionic powdered form)
- Tea with dong quai for the first half of the cycle (Yogi Tea's Women's Energy)
- Tea containing raspberry leaf, nettle, and parsley leaf (to help with bloating and with flushing built-up fluids) for the second half of the cycle

For Immune-Strengthening and Anti-Inflammatory Effects

- L-glutamine, n-acetyl-l-glucosamine, quercetin
- Green "Superfood" powder, any type containing organic veggies, berries, wheatgrass, spirulina
- Chlorella tablets—they bond with heavy metals in the body and pull them out through your bowels
- Turmeric supplement with active curcumin
- Omega-3 purified fish-oil capsules
- Vitamin C-ester tablets with citrus-based bioflavonoids
- Zinc tablets
- Black elderberry extract—great for when you're sick with a cold or flu
- Apple cider vinegar

WOMANCODE-APPROVED PRODUCTS

Body Complaint	Product Remedies	Why I Love Them
Skin breakouts	John Masters's Oily Skin Serum	This serum contains aloe and bacteria-eating probiotics to stop breakouts and soothe inflamed skin.
	Earth Science's A/B Hydroxy Repair	It's gentle enough to use every other night to turn over skin cells and prevent clogged pores from forming.
Bloating	Rainbow Light's EnzyMend Digestive Aid	It contains all-natural plant-based enzymes and therapeutic herbs to aid digestion and soothe intestines, thereby preventing bloating.
	Herb Pharm Fennel tincture	Try this potent tincture, or just the vegetable itself, which is a natural digestive aid and bloat-reducer.

Body Complaint	Product Remedies	Why I Love Them
Urinary tract infection	Source Naturals' D-Mannose	Derived from a nutrient found in fruit, this supplement is a more effective alternative to cranberry juice that won't overload your blood sugar levels. Prevents bacteria from adhering to lining of bladder.
Yeast infection	Yeast Arrest's Vitanica Suppositories	The best natural remedy I've found for stubborn yeast infections.
Fatigue/foggy-headedness	Jarrow Formulas' Adrenal Optimizer New Chapter's Rhodiola	Contains vitamins and herbs that nourish and boost your adrenal gland function. Dating back to the ancient Greeks, this herb is a powerful stress reliever, immune booster, and energy/mental-focus enhancer.
	Eden's Organic Kukicha Twig Tea	Roasted, robust flavor and gentle, moderate caffeine levels make this tea a great alternative to coffee that will keep you alert without burning you out.
Constipation	ReNew Life's Fibers ^{SMART}	Taken daily, this combo of flax, probiotics, and intestine-lubricating herbs is a great way to keep things moving. Regular bowel movements are key in hormonal balance!
Low blood sugar	Pure Bar Organic	These bars are easily transportable and packed with only simple, whole foods. Always keep an emergency stash in your purse! Bonus: they're gluten-free and come in yummy flavors.

MEDICINAL FOODS FOR HORMONAL SYMPTOMS

As you eat healthy, natural foods that support hormone balance and as you learn to honor and respect the needs of your cycle, you may still continue to experience certain symptoms. These symptoms are messages from your body letting you know that your organ system needs tuning. When this occurs, refer to the dietary adjustments below, which are particularly helpful and healing for each of the following symptoms:

Acne/Pimples/Blackheads

- *Increase water*
- *Increase leafy greens*
- *Reduce processed foods*
- *Reduce sugar*
- *Reduce animal protein*

Anovulation

- *Increase warm water*
- *Increase root vegetables*
- *Increase beans/tofu*
- *Increase sea vegetables*
- *Reduce sugar*
- *Reduce dairy*

Bleeding: Heavy

- *Increase water with lemon*
- *Increase leafy greens*
- *Reduce animal protein*
- *Reduce spicy food*

Bleeding: Light/Stagnant

- *Increase warm water*
- *Increase root vegetables*
- *Increase beans*
- *Increase sea vegetables*
- *Increase healthy oils*
- *Reduce animal protein*

Bloating

- *Increase water*
- *Increase fennel*
- *Increase leafy greens*
- *Reduce salt*
- *Reduce processed foods*

Breast Pain or Tenderness

- *Increase fennel*
- *Increase leafy greens*
- *Increase water*
- *Reduce dairy*
- *Reduce caffeine*

Constipation

- *Increase water*
- *Increase fruit*
- *Increase sweet potatoes*
- *Increase leafy greens*
- *Reduce processed foods*

Fatigue

- *Increase water*
- *Increase sea vegetables*
- *Increase healthy protein*
- *Reduce sugar*
- *Reduce caffeine*

Irritability

- *Increase leafy greens*
- *Increase whole grains*
- *Increase chocolate*
- *Reduce animal protein*
- *Reduce dairy*
- *Reduce caffeine*

Low Libido

- *Increase sea vegetables*
- *Increase beans*
- *Increase root vegetables*
- *Increase water*
- *Increase spicy foods*
- *Increase chocolate*
- *Reduce alcohol*

Mood Swings and Sugar Lows

- *Increase sweet veggies*
- *Increase whole grains*
- *Increase green drinks*
- *Increase water*
- *Increase healthy protein*
- *Reduce sugar*
- *Reduce caffeine*

Pelvic Pain/Cramping

- *Increase water*
- *Reduce protein*
- *Reduce caffeine*
- *Reduce alcohol*

Urinary Tract Infection

- *Increase water*
- *Increase cranberry tea*
- *Increase greens*
- *Increase beans/tofu*
- *Increase sea vegetables*
- *Reduce animal protein*

Yeast Infection

- *Increase garlic and onion*
- *Increase millet*
- *Increase spicy foods*
- *Reduce cold and raw foods*
- *Reduce soy products*
- *Reduce foods with yeast*