

THE MOOD BOOSTER GUIDE



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Hi!

Thank you for your interest in the mood booster guide! I have put together some great information to help increase your mood so that you can be a happier and healthier you!

In this guide, each section has specific steps that you can take to help put this mood boosting information into practice.

I hope that you find the information in this book not only useful, but also easy to implement into your daily lifestyle!

In Health and Happiness,

Sabrina Sarabella

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1. Nutrition

One of the best things to do to improve your mood is to eat! Yes, eat, but you want to make sure you are eating mood boosting foods!

Unbalanced Blood Sugar- Up to one third of the body's glucose is used by the brain. When your body has unbalanced blood sugar from lack of proper nutrition you can feel irritable, nervous, shaky and light-headed. Balancing your blood sugar by eating meals of the proper ratio of carbohydrates, fats, and proteins throughout the day will help to improve your mood. If you suffer from hypoglycemia (low blood sugar) it is important to eat a breakfast high in protein and fiber, avoid sweets and juices and eat ever 2-3 hours. If you tend to run more hyperglycemic (high blood sugar) you will want to avoid sweets and starches, increase physical activity, decrease portion size and large amounts of starches to avoid fatigue after meals, and eat a diet high in fiber and protein.

Limit sugar from your diet. Eating too much sugar can give boost of energy at first but will lead to a energy slump. Sugar can also induce a hangover like feeling of headaches, stomach aches, digestion issues, stomach distress, brain fog and irritability.

Eat Foods high in Omega 3s. - Omega 3s can increase the production of serotonin and dopamine, the feel good hormones, and can keep your brain healthy. Foods high in omega 3 include: sardines, mackerel, herring, salmon and walnuts.

Eat healthy fats- Hormones like Serotonin and GABA (used to help keep brain healthy and working properly) require essential fatty acids to be produced at healthy levels in the brain. Avocados and Coconut oil are good examples of eating health fats.

Foods Rich in Folate- -People with lower levels of folate have been shown to be more likely to suffer from depression. Include broccoli, spinach, chickpeas, cabbage, and wheat germ into your diet which are rich in folate.

Foods Rich in Selenium. A correlation between poor levels of selenium and poor mood have been shown in some people. Include foods rich in selenium into your day that includes; beans and legumes, lean meat (lean pork and beef, skinless chicken and turkey), low-fat dairy products, nuts and seeds (particularly brazil nuts), seafood (oysters, clams, sardines, crab, saltwater fish, and freshwater fish), whole grains (whole-grain pasta, brown rice, oatmeal, etc.).

Foods high in Tryptophan. Serotonin is made in the body and brain from an amino acid named tryptophan. People who have low serotonin levels have decreased moods. Add protein rich foods such as meat, fish, beans and eggs to your day that contain tryptophan.

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Cocoa- Cocoa and chocolate have the reputation of making people feel euphoric and happy. There is a wide array of chemicals in cocoa that cause euphoria, including phenylethylamine (PEA), serotonin, tyramine and anandamide. One of the most well-known is PEA which helps the body release its own opium-like compounds, called endorphins, and also boosts levels of the neurotransmitter dopamine. Endorphins and dopamine gives one a sense of well-being and can act as an anti-depressant. [Get my favorite Cocoa HERE:](#)

****It is important to note that foods high in these specific nutrients are foods that are healthy and should be included in our diets****

Action Steps

☐ I will add (list the foods you will add in your daily diet):

☐ I will remove (list the foods you will remove in your daily diet):

☐ My Daily diet looks like this:

☐ I will change it to look more like this to boost my mood:

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II. Mood Boosting Supplements

You can increase your mood by supplementing with these:

Ashwagadha- Ashwagandha is used for arthritis, anxiety, trouble sleeping (insomnia), menstrual cramps. Ashwagandha is also used as an “adaptogen” to help the body cope with daily stress, and as a general tonic. Some people also use ashwagandha for improving thinking ability, decreasing pain and swelling (inflammation), and preventing the effects of aging. It is also used for fertility problems in men and women and also to increase sexual desire.

Valerian: an herbal remedy created from dried roots, often taken as a sleep aid and sometimes used for anxiety.

Lavender: aromatherapy, essential oils, and teas use lavender to enhance relaxation and possibly help relieve anxiety and depression.

Omega-3 fatty acids: found in cold-water fish and certain vegetable oils, and available as a supplement, omega-3 fatty acids are sometimes used to help depression and other psychological problems. The recommended dose of 2,000 to 4,000 milligrams or more when taken for mood problems.

B vitamins: essential for cell metabolism and central nervous system maintenance. I recommend a good B-complex or multivitamin to ensure plenty of B vitamins, which can help stabilize nerve cell membranes.

Vitamin D: studies reported benefits from vitamin D in treating seasonal affective disorder, a form of depression that occurs during the winter months.

St. John's Wort-Around for centuries, St. John's wort is commonly used today for sleep disorders, anxiety, and mild to moderate depression.

*St. John's wort does have the potential for serious interactions with a wide variety of prescription drugs, including birth control pills, antidepressants, HIV medications, and blood thinners. It can also interact with other herbs or supplements.

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Action Step

☐ I will add these supplements into my daily routine:

☐
☐
☐
☐
☐
☐

One thing that I am extremely adamant about is that you buy high quality pharmaceutical grade vitamins and supplements. Vitamins and supplements that you find in any store are not held to the same standards as when you get them from a health care practitioner or a supplement company that only sells to health care practitioners.

As careful as you are about putting the proper foods into your body you should be as careful about putting high quality supplements and vitamins into your body. To be sure you are getting the best quality, look for companies that only sell to health care practitioners.

Buy your high quality supplements here <https://www.healthwavehq.com/welcome/ssarabella>

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III. Add More Positivity into Your Life

Having a positive attitude can help improve your fitness and help you to reach your goals. By incorporating some of these habits into your day you will be on your way to a happier and healthier life.

Think about your past successes. Replay in your head positive experiences you have had with your diet and exercise regime and keep playing them over again in your head.

Say a mantra. Every morning wake up and say your own personal daily mantra out loud.

Speak only in positive thoughts. You probably wouldn't speak to your best friend the way you sometimes speak to yourself. Only speak positive thoughts about yourself and your future goals and really believe them.

Practice gratitude. People that focus on what they are grateful for instead of what they do not have are happier. At the beginning and end of each day write down a few things you are grateful for and be happy for them.

Build healthy relationships and spend time with those people. People that have good friends and have people they enjoy spending time with are happier.

Don't make assumptions. An assumption is just a story you make up in your head. Let go of assumptions and you will find out that you will be a happier person.

Embrace failure. Instead of feeling upset about a failure think of it as a gift. If you don't ever fail you will never learn from your mistakes and eventually succeed. Think of failure as a happy experience.

Spend more time smiling. It's that simple. Just smile. You can't smile without feeling happy!

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Action Steps

- ☐ What experiences in my life do I remember being the most positive?
- ☐ How did those experiences make me feel?
- ☐ In what ways can you incorporate more positive experiences in your life (daily, weekly, monthly)?
- ☐ I will say a daily mantra.
(list your top 5)
 - ☐ My daily mantra is:
 - ☐ My daily mantra is:
 - ☐ My daily mantra is:
 - ☐ My daily mantra is:
 - ☐ My daily mantra is:
- ☐ I will commit to saying positive thoughts daily.
- ☐ When I hear myself saying anything negative I will change what I say to the positive.
- ☐ I will spend more time smiling today!

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IV. Practice Self Love

Loving yourself is one of the most important things we can do to be happier and increase our mood. We spend so much energy looking for love and wanting to be loved but we don't spend enough time working on loving ourselves. Self love is not selfish, we need to learn how to love ourselves first.

Give Gratitude. Gratitude is the number one game changer in feeling and giving love. Start your day by listing a few things you are grateful about yourself and your life. When you come across a negative situation in life or you may be feeling down on yourself look at the gratitude in the situation. You can always put a positive spin on almost anything you are going through.

Would you talk to your best friends like that? If we ever talked to our friends the way some of us talk to ourselves I don't think we would have many friends. Stop the negative self talk and start to love yourself for who you uniquely are.

Be true to who you are. Stop trying to be someone else, there is only one you and you are amazing. Love yourself enough to be true to yourself and don't be afraid to shine!

Take time for yourself. What do you love to do? Read, get a massage, whatever it is, do more of it! You are important and you should do what you love and what makes you happy

Trust yourself. You know more than you think you do. You know what you need, you know who you are so stop second guessing it all the time. Take time to sit with yourself and really tap into your intuition that we all have. Trust that you know what is right for you and believe in yourself.

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Action Steps

- ☐ What action steps am I going to take to increase self love?
- ☐ What self love practices can I do daily to increase my mood and happiness level?
- ☐ How can I take time for myself?
- ☐ What are my favorites self care activities? (take a bath, read a book, etc.)

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V. Practice Healthy Sleep Habits

Sleep is important to your mood level. It is hard to be happy or in a good mood when you are tired and cranky. Sleep has the ability to reset metabolism impacting hunger, stress, and muscle building/fat burning hormones. Institute healthy sleep habits to increase your mood and happiness level.

Seven to eight hours of sleep is minimum required for hormonal balance. During sleep your body goes through a complicated process of repair, regeneration, and revitalize of the tissues of the body that takes a good amount of time.

Going to bed by ten is ideal. The natural rhythm of the sleep cycle is related to light. Light is what stimulates your hormonal stress network to allow you to wake and have energy in the morning. If you go to bed later at night then you don't have enough time to sleep in the dark to reset your fat loss hormones.

Turn the lights down. To minimize the effect light has on you after the sun goes down try to avoid bright lights at night. Use dimmers or candles instead of bright lights letting the body think it's moonlight and not sunlight. By reducing your exposure to bright lights after the sun sets you will reduce your sugar cravings, improve sleep, and help lower your cortisol levels.

Avoid eating before bedtime. Adequate sleep quality and quantity allows for the perfect situation for lasting weight loss, lower calories and hormonal balance. One of the most effective strategies for fat loss is to avoid food for 10-12 hours at night so that you usually means your last meal will be at 7-8pm. Avoiding food after the sun goes down will help to reset your fat loss hormones.

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Action Steps

☐ I sleep _____ hours a night

☐ I will go to sleep by: (what time)

☐ I practice healthy sleep habits daily by doing _____

☐ I have set my bed room to be a sleep sanctuary by:

- ☐ Removing all electronics from my room
- ☐ My room is dark and there is no outside light
- ☐ I have a white noise machine in my room (If you need one to sleep)
- ☐ I have not eaten at least two hours before sleeping
- ☐ I have established a night time routine

☐ My nighttime routine is:

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VI. Practice Gratitude

When you choose to practice gratitude you will be happier and have improved mood. It is hard to be unhappy when you are focusing on all the good you have in life.

Say Thank You: When someone does something for you that you truly appreciate, acknowledge it with a “Thank you”. Try writing it on a note or calling the person on the phone.

Flip Situations to a Positive: When life hands you a difficult situation try really hard not to dwell on the negative aspects but focus on the positive. As hard as it may be at the time, complaining about the hassles and hardships will keep you in a whirlwind of negativity. Be thankful for what the situation has taught you and how you can grow from it.

Be Thankful for What You Have: Try not to compare, judge, or compete with others around you. Be thankful for all that you have and for your unique characteristics that make you who you are.

Treasure Every Moment: During the holidays, weekends, and any downtime spent with family, appreciate every moment. Take pictures, laugh, stay up late, break the bedtime rules, shut off the phone and electronics and enjoy.

Be Thankful for the Small Things: Take notice of all of the little joys in life like and how they make you feel. Be thankful for a hot cup of coffee, a glass of wine, a chat with an old friend, a jog outside, a yoga class, etc.

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Action Steps

- ☐ When I wake up in the morning I will say 5 things I am grateful for.
- ☐ I will say thank you for everything I receive today.
- ☐ I will take one negative thing going on in my life and find the positive in it.
- ☐ Before I go to bed at night I will say the best thing that has happened in my day.

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VII. Stress Management

Stress can not only cause havoc on your life but also your body. Stress can cause you to be unhappy, worried and in a bad mood. Here are some simple ways to reduce stress.

Take a walk. Leisure walking is a great way to reduce cortisol levels and a great relaxation technique.

Meditate. Take a few minutes today to spend some time in meditation. Sitting still for a few minutes and focusing on your breathe will help to center yourself and make you feel calmer.

Get a massage or do self massage. Massage allows the brain to calm down and focus on feeling good.

Take a time out. Sometimes adults need times out too. Take a few minutes in your stressful day to stop what you are doing, take a few deep breathes, clear your mind and when you feel like you are relaxed go back to your day.

Listen to relaxing music. Just by listening to music can help you to reduce stress levels and relax.

Sleep. Lack of sleep will increase stress on the body and increase cortisol. Be sure to get at least 8 hours of quality sleep a night.

Eat frequent small meals. Eating small frequent meals throughout the day to help stabilize blood sugar. When you wait too long to eat your blood sugar drops and raises cortisol to make glucose. This puts extra stress on the body. In addition, when you are hungry you tend to not be happy and in a good mood.

Short intense workouts. Exercise releases feel good chemicals called endorphins that help to increase your mood. Keeping workouts short and intense will ensure that you release fat burning hormones also.

Have an orgasm. When you have an orgasm, oxytocin which lowers cortisol is released and floods your system. Having an orgasm with someone else or yourself can help to reduce stress.

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Action Steps

☐ The biggest stressor in my life right now is?

☐ How does this stressor affect my mood?

☐ What activities will I include in my day to help control stress?

- ☐ I will sleep 8 hours a day.
- ☐ I will workout daily.
- ☐ I will take time to meditate daily.
- ☐ I will eat small frequent meals.
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

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VIII. Increasing Energy

Starting your day with increased energy will help to improve your mood all day long. Here are some tips to start your day with more energy.

Get to bed earlier. Set a regular bedtime with a night time ritual. Wash your face, read a book in bed, dim the lights and shut the TV off at least 30 mins before bedtime. Try and go to bed by 10pm every night.

Don't hit the snooze. Move the alarm clock across the room and get up when the alarm goes off. Hitting snooze and going back to bed just interrupts sleep and makes you more tired.

Get a morning ritual. Get out of bed, drink a large glass of water with lemon, do some morning stretching and meditation. Try not to get out of bed and rush around, take some time in the morning to get yourself ready for your day.

Visualize your day. Take a few minutes in the morning to visualize your day and the outcomes of situations that may occur during your day. Think about closing that big deal or visualize yourself eating clean and exercising.

Workout. Start your day with a morning workout or just a walk to get your body moving and boost your metabolism.

Action Steps

- ☐ My bedtime ritual is:
- ☐ My morning ritual is:
- ☐ My morning workout will be:
- ☐ I will visualize my day every morning.

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IX. Practice Meditation

What is Meditation?

Meditation helps us to slow our breath, quiet our mind, and take time to find peace. Meditation is beneficial for your mind, body and emotions therefore it is now being used for treatment of mental health disorders, addiction cessation, ways to deal with everyday stress and helps to improve sleep.

Physical Benefits:

Meditation provides the body to rest so that the body can repair and rejuvenate itself.

Clearing your mind before you go to sleep will let you have a better nights sleep.

Using meditation to focus on a goal can yield peak performance.

Practicing meditation can help to center yourself and make healthier life choices.

Mental/Emotional Benefits:

Meditation can lower Cortisol levels which lead to less anxiety and depression.

Meditation enables the body to balance its own neuro-chemical systems that can help to boost your immune system and help prevent illness.

Clearing your mind of clutter leads to improved decision making and helps us to be more creative.

It can help us to detach emotions associated with and action. Meditation is used to help people stop smoking or quit any other unhealthy habits.

Action Steps

☐ I will practice meditation _____ times a week for _____ minutes a day.

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X. Exercise

You will be smarter. Intense exercise increases blood flow to the body and the brain. Sending oxygenated blood to the brain via exercise will help to increase brain function throughout the day.

Boots your metabolism. Getting in an intense workout first thing in the morning will help to raise your heart rate and rev your metabolism. Doing intense workouts like weight training helps to burn more fat throughout the day.

Makes you have a happier day. Exercise releases feel good hormones called endorphins. Endorphins help to make you feel happier!

You will have more energy. Exercise first thing in the morning will help to boot your energy throughout the day.

Help Perform Daily Activities. Lifting weights will help you become stronger in activities performed daily such as carrying grocery bags, kids, heavy purses, cleaning the house, etc.

Enhance the Mind & Body Connection: Strength training can help reduce stress, depression, and can help you sleep better.

Action Steps

☐ I will commit to doing exercise _____ days a week.

☐ I plan to workout _____ (time of day).

☐ I will do _____ (type of activity).

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XI. Hormones

When your hormones are not balanced it can leave your feeling moody, depressed and exhausted.

ESTROGEN

Hormone levels in women play a key role in many biological processes. Sex hormones like **estrogen** and **progesterone** control breast growth, ovulation, menstruation and pregnancy. The foods a woman eats can affect her body's overall health, and consuming certain foods can affect the hormone levels in her body. You need a constant balance of estrogen and progesterone to sensitize each hormone.

Estrogen in high amounts can cause many problems for women such as slowing down the thyroid. Also, estrogen dominance can be the cause of fibrocystic breasts, ovarian cysts, uterine fibroids, endometriosis, hot flashes and breast cancer.

It is important that we keep our hormones in balance. Below are some suggestions to help keep our bodies healthy and functioning at optimal health.

Avoid additional sources of estrogen by doing the following:

- ☒ Eat organic and avoid estrogenic pesticides and growth hormones.
- ☒ Use natural cleaning products. Chemical cleaners contain toxins and estrogen mimicking compounds.
- ☒ Use natural personal care products (shampoos, conditioners, face/body wash etc.) Avoid for DBP, DEP, DEHP, BzBP, and DMP in the ingredients; all are chemical estrogens.
- ☒ Avoid plastic containers for food and water. Use glass for storing food and a stainless steel water bottle. Plastic contains contain BPAs and mimic estrogens.
- ☒ Use paper or cloth bags when shopping.
- ☒ Never microwave or heat plastic. BPAs are most easily transferred from plastic to foods in high temperatures.
- ☒ Some parabens mimic estrogen and have found in breast cancer tissue. They are present in small amounts of most cosmetics and personal items, for example shampoo and body wash.

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ELIMINATE OR DECREASE THE CONSUMPTION OF:

Sugar- Candy and sweets containing concentrated sugars affect the levels of hormones in women. Sugar is ingested into the bloodstream which will increase the release of insulin from the pancreas. When women eat candy and sweets on a regular basis they have high levels of insulin in their bloodstream which can lead to insulin resistance, weight gain and even diabetes.

Soy- Soy products such as tofu, soy milk, tempeh can affect hormones in a woman's body. Soy products contain chemicals called isoflavones which have been said to mimic estrogen. Soy products can affect perceived hormone levels by mimicking estrogens in the body, so tissues within the body perceive a higher level of estrogen in the blood than is actually present. If you are eating soy, you want to only eat moderate levels in your diet and stick to fermented soy products. Also, most non-organic soy contains GMOs (genetically modified organisms) which have been said to cause cancers and other illnesses. If you choose to consume soy, make sure it is organic to ensure that it does not contain GMO.

Dairy- Milk products come from a lactating cow who is producing large amounts of hormones. Along with the hormones it produces on its own, many cows are injected with an abundance of additional hormones. When you consume dairy products from an animal, you also consume the hormones they have in circulation in their body leading to increased amounts of estrogen and growth hormones in your body. Reduce the amount of dairy in your diet by changing to almond, coconut, or hemp milks. Also, if you include dairy in your diet switch over to organic milk to lower the toxic load of hormones in dairy products.

Alcohol- Alcohol increases estrogen levels in both men and women and can also decrease testosterone. The one exception is wine. Wine is rich in resveratrol or trans-resveratrol which has been shown to inhibit aromatase (the enzyme that turns testosterone into estrogen) therefore lowering estrogen levels. Sardinian and Spanish wines are rich in antioxidants that help remove estrogens, Pinot and Merlot are also good choices but should be consumed in moderation.

Non grass fed/non organic meats- Non organic/non grass-fed meat also contain excessive amounts of hormones. Eating large amounts of these meats can increase your hormone levels and cause hormone imbalances and illness. Look for grass-fed/organic meats when shopping.

INCREASE THE CONSUMPTION OF:

Fresh Fruits and Vegetables- Including fresh fruits and vegetables in your diet will help you to stay healthy. Vegetables will also help you to detoxify estrogens in your body and provide adequate fiber. Fruits and vegetables also increase antioxidants which will help to abolish free radicals produced by excess estrogen.

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Omega 3 Rich Foods- Salmon, Sardines, Walnuts, and Grass-Fed/Organic Eggs are all foods high in omega 3s. Omega 3s have many benefits to the body including the ability to help detoxify excess estrogens. Studies have also shown that increased omega 3 intake in women can reduce breast cancer risks.

Grass Fed/Organic Meats- Eating adequate amounts of lean proteins and vegetables will help to keep body fat percentages down. By lowering body fat and increasing your muscle mass, you decrease cancer risk and increase estrogen elimination. Grass-fed/organic meats do not contain excess hormones and have proper ratios of omega 3 to omega 6 fats.

Cruciferous vegetables- Cauliflower, broccoli, kale, brussels sprouts and bok choy contain a compound called DIM that is very effective in promoting estrogen detoxification.

Green Tea- Green tea also has estrogen metabolizing/detoxifying principles and is high in antioxidants.

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Action Steps

- ☐ If I feel my hormones are unbalanced I will make an appointment to get my hormones tested.

- ☐ I will take a look at my diet and reduce the foods that have an affect on my estrogen levels.

- ☐ I will reduce BPAs
 - ☐ I will eat from glass or ceramic containers
 - ☐ I will reduce the use of plastics
 - ☐ I will use natural products like deodorants and lotions
- ☐ I will eat organic meats only.
- ☐ I will reduce refined carbohydrates.
- ☐ I will reduce alcohol consumption.

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THYROID

Thyroid problems are one of the most common problems women face, yet they are the most under diagnosed. The standard testing doctors do for your thyroid is just measuring your TSH (Thyroid Stimulating Hormone). This only gives us one small piece of the puzzle. We are still missing so much information about the thyroid that we need to make changes to help our body perform optimally.

The thyroid gland is in charge of secreting hormones and regulates almost every cell within our bodies. It regulates how we burn calories, maintain our metabolism and control other hormones like estrogen and cortisol.

When our thyroid is not functioning properly you feel lethargic, have brain fog, your digestion is off, and your weight is not manageable. We may feel exhausted and burnt out and an under functioning thyroid is a major reason why we may feel this way.

The major problem with thyroid testing is that most, not all, doctors only test for TSH and are under-informed about what is really going on with the thyroid. Many doctors dismiss feeling burnt out and exhausted and do not treat it as a real problem.

Many women are told that being tired all the time, feeling burnt out, and experiencing hair loss is a normal part of aging. Or worse they are told there is nothing wrong or that it is all in your head. We need to take control of our own health and figure out if there is a real thyroid problem and how we can treat it so that we can live a vibrant thriving life.

When getting your blood work done you want to ask to get a full panel thyroid test. The following is included in a full panel thyroid test:

- TSH
- Total T4
- Free T4
- Total T3
- T3 Uptake
- Free T3
- Reverse T3
- Thyroid Binding Globulin -Thyroid Antibodies

Knowing your numbers and finding a medical professional that can help you manage your thyroid is key to helping to improve your thyroid health.

Here are some suggestions to help improve thyroid health:

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- Control blood sugar swings by consistently eating high quality protein throughout the day balanced with the proper amount of carbohydrates and fat.
- Blood sugar swings not only affect the thyroid gland but also indirectly affect the adrenal gland function which is highly connected to thyroid physiology.-Alkalize your body by eating more fruits and vegetables.

INCREASE THE CONSUMPTION OF:

Fruits and Vegetables: Cooked kale, mustard greens, turnip greens or collard greens

Whole Grains: oats, quinoa, and wild/brown rice

Alkalizing Complex Carbs: Sweet potatoes, yams, lentils

High quality protein: organic/grass-fed meats; beef, buffalo, lamb, chicken Fish with low mercury; salmon, tilapia,

Eggs-organic and free range

Dairy products that are organic (minimal amounts)

Nuts and seeds; almonds, pecans, and walnuts Legumes

Foods Rich in Iodine: sea vegetables, kelp, seaweed, shellfish, fresh fish, haddock, cod, eggs, fish oils, onions, iodized salt, artichokes and pineapple

Coconut Oil

Selenium Rich Foods: wheat germ, beef liver and kidney, seafood, shellfish, eggs, mushrooms,

garlic, kelp, onions, sesame

Essential Fatty Acids: salmon, flaxseed, walnuts, pumpkin, chia and sunflower seeds

DECREASE THE CONSUMPTION OF:

Gluten: Gluten has been shown to negatively affect the thyroid. Therefore, going gluten free is important if you have or suspect you have a thyroid condition. Gluten free grains include the following; corn, rice, taro, arrowroot, wild rice, buckwheat, quinoa, and amaranth.

Soy

Dairy

Coffee

Halogens in water- Always choose to drink filtered water.

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Action Steps

- ☐ I will do a full panel test on my thyroid.
- ☐ I will have a trusted health care practitioner review and interpret my results.
- ☐ I will eat grass fed organic animal foods.
- ☐ I will reduce and manage my stress.
- ☐ I will reduce/remove processed sugars from my diet

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CORTISOL:

The hormone that controls your cravings, sleep and wake patterns, physical activity and helps you cope with stress. As with any of the other hormones, there is a delicate balance of where you want your cortisol levels, never too high and never too low. When hormones are out of range, whether it be too high or too low, it can be damaging to your body.

High Cortisol:

If you are constantly stressed and believe you have high cortisol, one of the best ways to address it is to try and lower cortisol levels by doing activities like yoga, meditation, or leisure walking.

Low Cortisol:

If you have low cortisol, which usually occurs after you have long periods of high cortisol, the protocol consists of limiting caffeine and alcohol, balancing your diet, and taking quality supplements like fish oil, Vitamin B, and L-tyrosine.

Learning to manage stress and how the body perceives stress, eating enough of the proper foods, doing the right amount of exercise and practicing calming techniques will all help to control cortisol levels in your body.

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Action Steps

☐ I feel tired yet wired.

☐ I have difficulty calming down before bedtime, or get a second wind before it's time to go to bed and have either difficulty falling asleep or staying asleep.

☐ I have sugar cravings.

☐ I have memory lapses or feeling of being distracted.

If you answered yes to any of the questions above you may have a cortisol issue.

☐ I will take a look at my lifestyle and look at the reasons I may have high/low cortisol.

☐ I will incorporate these cortisol reducing techniques: (ex. sleep 8 hours a night, control blood sugar, leisure walk, meditation, etc.)



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About the Author:

Hi! I'm Sabrina Sarabella, M.S. and I want to help you live a happier and healthier life. As a nutritionist and personal trainer I have worked with thousands of women. Over the years I have coached them through many different health issues and helped them to feel their very best.

If you are interested in living a happier and healthier life and being on the fast track to feeling great every day email me directly at info@SabrinaSarabella.com

Sabrina Sarabella, M.S. is a clinical nutritionist and personal trainer. She is the author of [The 5 Day Detox](#), [4 Week Jump Start](#), [Fit to Be Wed Program](#) and [numerous cookbooks](#) and [workout programs](#). You can find them all at her website www.SabrinaSarabella.com

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