

Nicole's

STRESS-LESS TOOL KIT



HEY THERE!

I'm Nicole Jardim, a Young Women's Hormonal Health Coach and creator of the Fix Your Period series of programs. After more than five years in the business of hormones, I've learned a thing or two about women's health and hormonal equilibrium!

The most common question I get asked is:

WHY IS IT SO HARD TO GET MY BODY INTO BALANCE?

And the bottom line is this—stress and its manifestations are the biggest crisis facing women in the 21st century. We are more susceptible to the effects of stress than men because our hormonal function is more complicated. In addition to that, I just don't think our bodies were originally designed to function optimally in our modern, fast-paced world and this is why we need a Stress-Less Tool Kit.

I want to show you how to manage all the psychological stress you come up against in your daily life with my easy 3-step process contained in this tool kit. It is the perfect recipe for (stress) resilience so you can begin to create hormonal equilibrium. And it's what I wish I had found in my early 20's when my hormones were a hot mess.

I had to discover on my own that my symptoms weren't the problem, they were just messages from my body saying that she was fed up with my bad behavior— long hours in the film industry, the birth control pill, lots of sugar, unhealthy relationships and no stress relief practices.

It was only when I began listening to what my body was saying to me that I could begin to address the root cause of my problems.

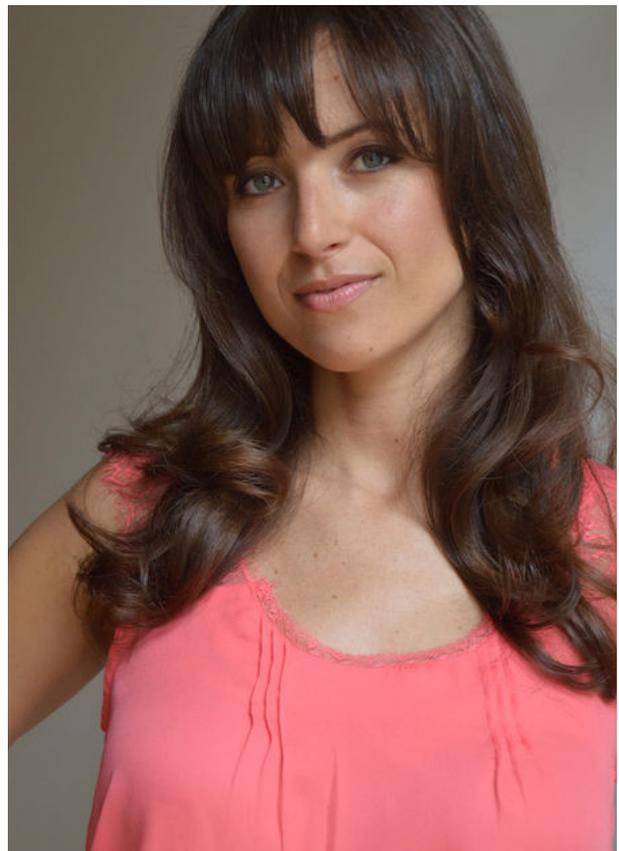
Period problems are not “normal” or fun, and most definitely not your genetic destiny. Your symptoms are a loud and clear signal that your endocrine system is out of whack and it’s up to you to reset the way you do things girlfriend.

That’s where this tool kit comes in. Start to implement these basic steps and you’ll begin to notice a shift in a very short period of time. Once you begin to work through the steps, I’d love to hear from you. Come on over to my **Know Your Flow** Facebook group and leave a question or comment.

TO YOUR BEST HEALTH,

Nicole

nicolejardim.com





step
1

FOOD GUIDELINES

SUPPORT YOURSELF NUTRITIONALLY. Eat regular meals, especially breakfast, which include high-quality protein, fiber and good fats. Supporting your body's natural rhythms by properly timing meals to prevent dramatic dips in blood sugar has lots of benefits: it minimizes cortisol output and frees up your adrenals to perform their secondary functions (like producing sex hormones), and also gives you more sustained energy throughout the day. Properly timed, adequate nutrition will make you much more resilient to your daily stressors.

1. LOW GLYCEMIC LOVE

Cortisol raises insulin and insulin raises cortisol. The best way to address high cortisol is to incorporate low-glycemic foods. Note: On a scale of 1–100, any food below 55 is acceptable. Example: a bowl of cornflakes has a glycemic index of 93 while an apple is 39.

2. SUGAR BABY

I know it's irresistible to many of us but it increases insulin which increases cortisol. Start to slowly phase out refined sugar products and use more natural sweeteners like liquid stevia or honey.



3. AVOID ALCOHOL, CAFFEINE & TOBACCO

They are all highly toxic to the adrenal glands. Wean yourself off of caffeine. Caffeine just artificially stimulates your adrenals and stresses them out even more. Try **Yerba Mate** or **Dandy Blend** as substitutes.

4. OMEGA-3'S PLEASE

Omega 3's have been proven to lower cortisol. Incorporate 4oz of wild-caught salmon 2-3 times a week, and add in walnuts, chia seeds, sardines and avocados to your meals every day.



step
2

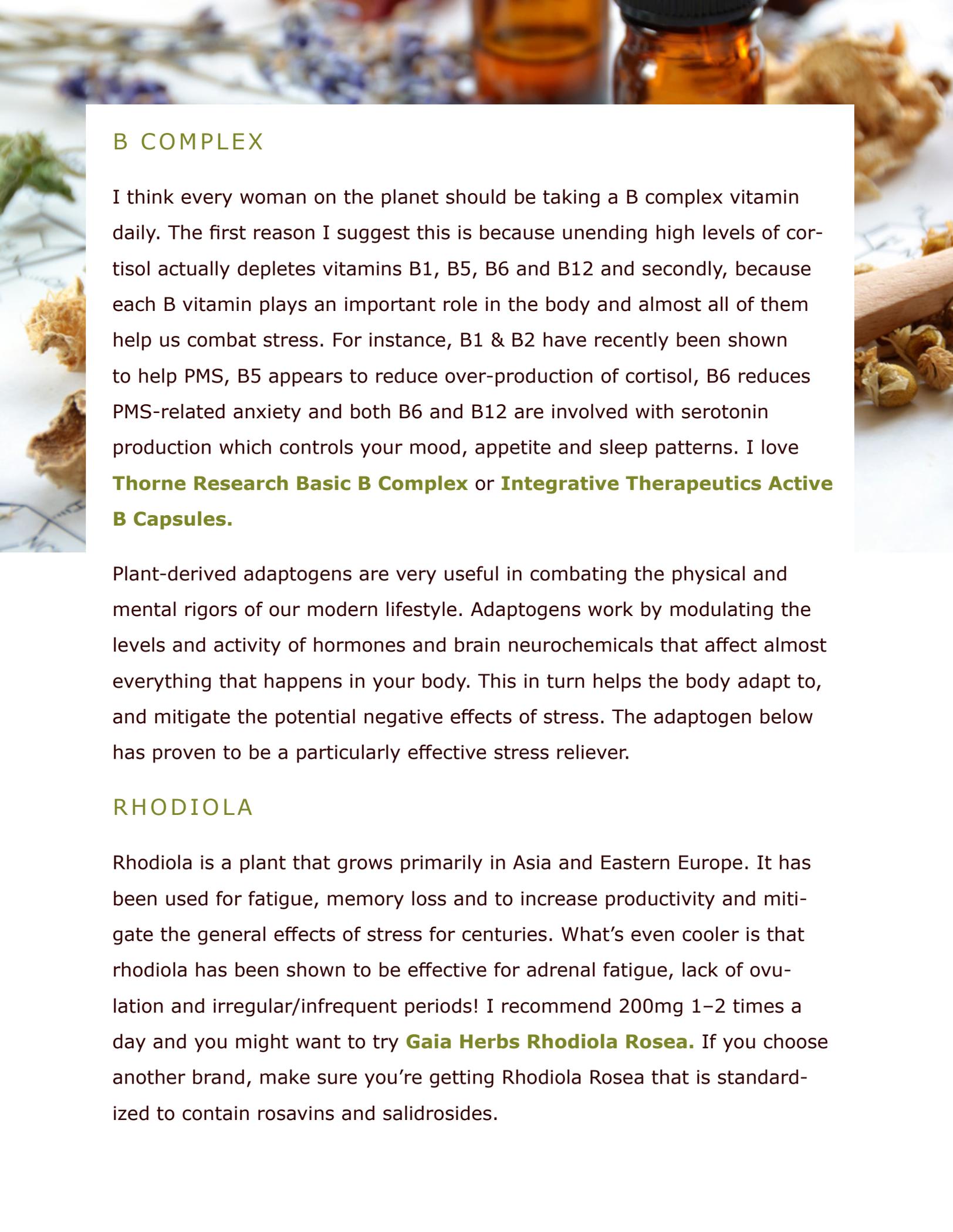
SUPPLEMENTS & HERBAL REMEDIES

The challenge for many women today is that the acute stage of stress never actually turns off, so we're constantly flooded with cortisol. This leaves us feeling overwhelmed, anxious, tired but unable to fall asleep or stay asleep, groggy in the mornings, and needing lots of sugar or caffeine to just get through the day.

These supplements and herbal remedies can have a dramatic effect on how your body responds to external stress.

PHOSPHATIDYLSERINE

Yeah, how the heck do you even pronounce that one right? Good thing you don't have to be a good speller to reap the benefits of this phospholipid. There is now quite a bit of evidence showing that phosphatidylserine significantly dampens the effect of external stress on the HPA axis (hypothalamic pituitary adrenal axis—which determines how you handle stress), and helps you manage stress-related disorders. I recommend about 400–800mg a day of PS but start at 400mg and work your way up if you don't see improvement in 2 weeks. Try **Now Foods Phosphatidylserine** or **Integrative Therapeutics Phosphatidylserine**, especially during times of acute stress because it has an almost immediate effect.



B COMPLEX

I think every woman on the planet should be taking a B complex vitamin daily. The first reason I suggest this is because unending high levels of cortisol actually depletes vitamins B1, B5, B6 and B12 and secondly, because each B vitamin plays an important role in the body and almost all of them help us combat stress. For instance, B1 & B2 have recently been shown to help PMS, B5 appears to reduce over-production of cortisol, B6 reduces PMS-related anxiety and both B6 and B12 are involved with serotonin production which controls your mood, appetite and sleep patterns. I love **Thorne Research Basic B Complex** or **Integrative Therapeutics Active B Capsules**.

Plant-derived adaptogens are very useful in combating the physical and mental rigors of our modern lifestyle. Adaptogens work by modulating the levels and activity of hormones and brain neurochemicals that affect almost everything that happens in your body. This in turn helps the body adapt to, and mitigate the potential negative effects of stress. The adaptogen below has proven to be a particularly effective stress reliever.

RHODIOLA

Rhodiola is a plant that grows primarily in Asia and Eastern Europe. It has been used for fatigue, memory loss and to increase productivity and mitigate the general effects of stress for centuries. What's even cooler is that rhodiola has been shown to be effective for adrenal fatigue, lack of ovulation and irregular/infrequent periods! I recommend 200mg 1-2 times a day and you might want to try **Gaia Herbs Rhodiola Rosea**. If you choose another brand, make sure you're getting Rhodiola Rosea that is standardized to contain rosavins and salidroside.



step
3

SELF-CARE PRACTICES (MOST IMPORTANT!)

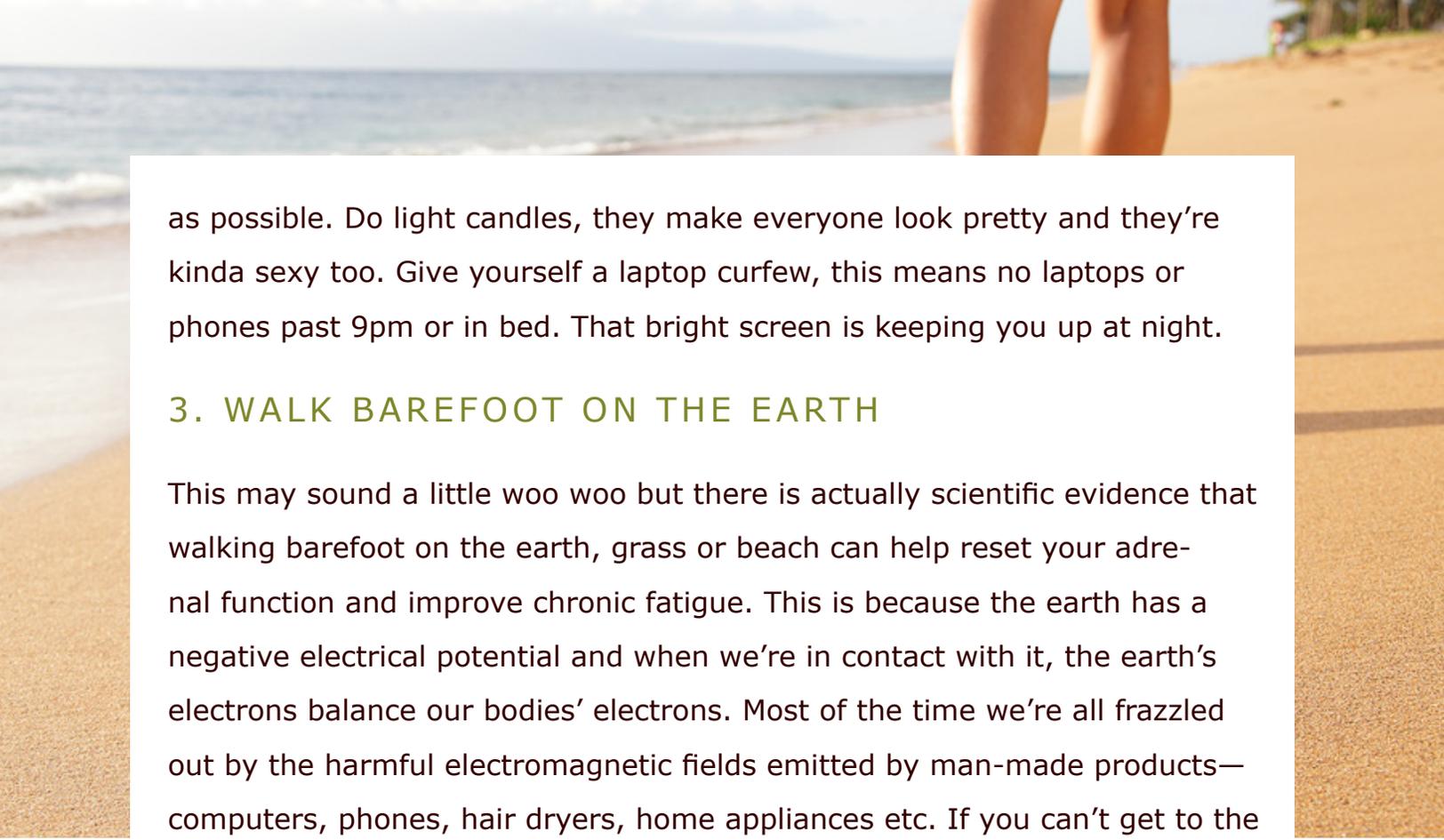
I've found that the women who need self-care the most just aren't getting it. What can we do about that? There are a number of practices you can integrate into your life to restore healthy adrenal function and ultimately the function of your sex hormones. Instead of working harder, you need to be working smarter. My suggestions below are the perfect place to start.

1. PRACTICE SAYING "PROBABLY NOT" OR "NO"

Women are programmed to overcommit, overprovide and people please, often at the expense of our own health and our stress response and adrenal function. This week when someone asks you to do something that you know will stress you and your adrenals, practice saying "Probably not...(pause), but let me think about it." No guilt allowed! You can take it further by creating a "yes and no list" for yourself. What are your absolute yes's and no's for this week?

2. LAPTOP CURFEW

Reduce your light at night. Too much light at night actually stimulates your adrenals to produce more cortisol to keep you awake and energized. This prevents you from being able to wind down properly and actually get proper sleep. Here's what to do: After 9pm turn off as many lights in your house



as possible. Do light candles, they make everyone look pretty and they're kinda sexy too. Give yourself a laptop curfew, this means no laptops or phones past 9pm or in bed. That bright screen is keeping you up at night.

3. WALK BAREFOOT ON THE EARTH

This may sound a little woo woo but there is actually scientific evidence that walking barefoot on the earth, grass or beach can help reset your adrenal function and improve chronic fatigue. This is because the earth has a negative electrical potential and when we're in contact with it, the earth's electrons balance our bodies' electrons. Most of the time we're all frazzled out by the harmful electromagnetic fields emitted by man-made products—computers, phones, hair dryers, home appliances etc. If you can't get to the beach, then check out this cool **Earthing Kit**.

All of these small action steps will add up to big results over time—feeling less overwhelm and more “whelm”, less anxiety, more happiness and ultimately more hormonally balanced.

ABOUT NICOLE JARDIM

I'm a Certified Women's Health Coach with a speciality in hormonal and reproductive health. I began my training at the **Institute of Integrative Nutrition** to become a health coach in 2010. After that I completed a 3-month apprenticeship at a women's holistic health center in New York City. In 2012, I did a 1-year training program with Dr. Sara Gottfried, MD (author of *The Hormone Cure*), and became certified in her Hormone Cure Protocol. Of course that wasn't enough for me, so I then completed a 6-month training program with **The Integrative Pelvic Health Institute**.

And because I'm a sucker for punishment, I've just completed an additional certification in a 1-year women's health and nutrition coach program with the Integrative Pelvic Health Institute. Because I really, truly love this work (and clearly don't enjoy having any spare time). Find me at nicolejardim.com.