



HORMONE HEALTH COURSE GUIDE

WARRIOR FITNESS

COACH:
STEPHANIE LAWLER

2022

MEET Stephanie

ABOUT ME:

Welcome! I am so honored and excited to be working with you along your nutrition and/or fitness journey. As a special needs mom, I understand how difficult it is to make yourself a priority, but what I have learned over the last 13 years is that to give your best, you have to be your best. And that includes learning how to take care of your mind, body, and spirit. That is what I am here to help you with!

My background is education. I taught for 20 years (high school and college English) before taking a BIG leap at age 40 to pursue my passion: health and wellness.

Nutrition and fitness have always been a huge part of my life, and leaving formal education was a way for me to blend my passion for teaching and serving others through health and wellness.

I am a NASM certified personal trainer with specializations in fitness nutrition and youth sports. I am the mom of Hannah (17) and Neely (14), wife to Lane, and dog mom to Rock, Finn, and Milo (English Bulldogs). We live outside of Atlanta, GA and enjoy traveling and spending time on the lake!



IN THIS GUIDE

CONTENTS:

In this guide, you will find information on:

- Getting Started and Expectations
- Course Overview
- Warrior Fitness App
- Weekly Resources
- Nutrition 101 and Macro Information

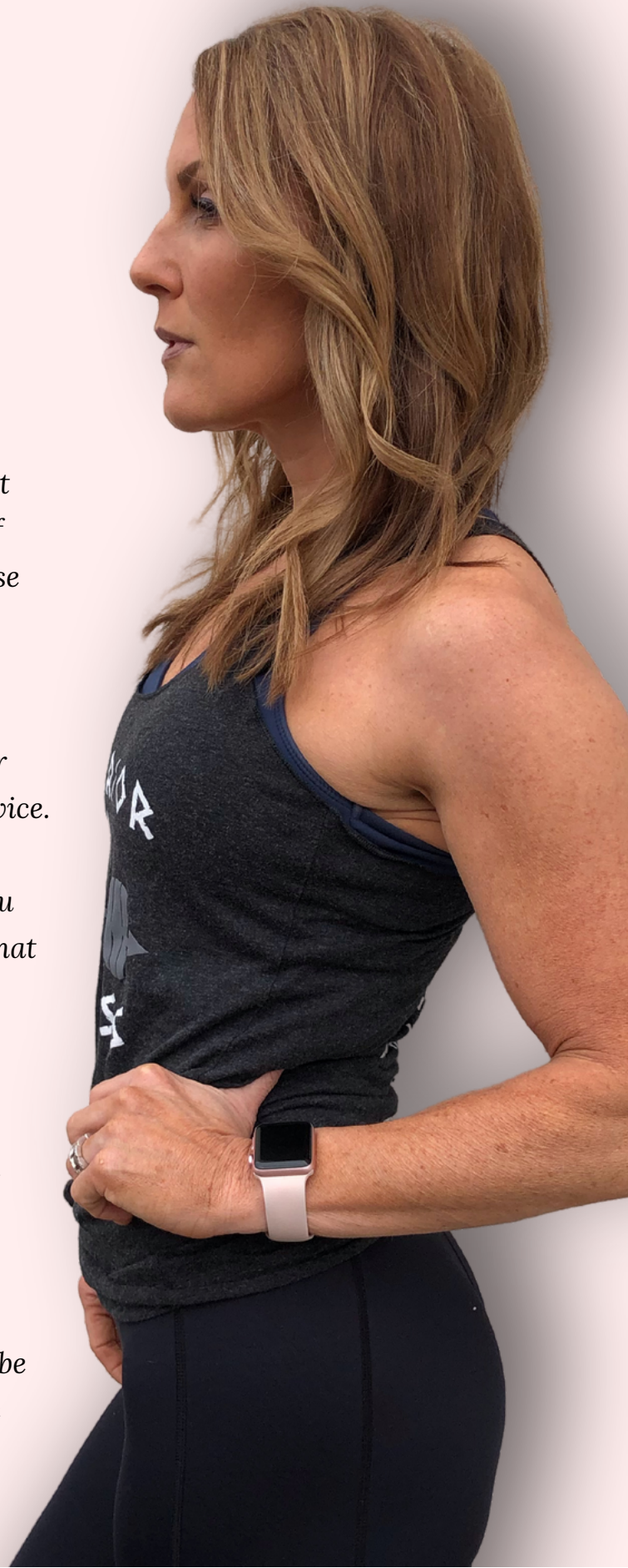
DISCLAIMER:

Please note that Warrior Fitness coaches are not certified nutritionists or registered dietitians. If you have any medical issues or conditions, please consult with a physician before beginning any nutrition or exercise plan.

You are NOT being prescribed a medical plan or meal plan. You are NOT being given medical advice. Within the scope of certifications, you are being given suggested macros and a workout plan. You assume all liability for illness, injury, or death that could occur during the contracted period.

This hormone health guide is for educational purposes only and is not for redistribution, nor should any part of it be copied or taken for your own use or sale.

By payment and acceptance of this guide, you understand that no refunds, full or partial, will be issued. Should illness or injury occur during the contracted period, please notify the coach, and adjustments can be made to the program.



TO START




BEFORE WE BEGIN:

Read this entire guide. Remember that this is just a "start-up" guide. All hormone health concepts will be covered through the daily in-app education and weekly coaching calls.

- Complete the intake form if you haven't yet done so warriorfit1.com/hormone-intake

INTAKE >

- Order all supplements/tools for success: istphorm.com/inspired
- Set up a MyFitnessPal account. I suggest upgrading to premium, so you can customize macros to what I set for you. You can also choose to track in the WF app.
- Create a free Zoom account: 

We will have **weekly coaching calls** and special guests each **Sunday at 7pm EST**.

Our **orientation call** will be **Sunday 10/9 at 7pm**.

The link for this and all Sunday calls is: <https://uso2web.zoom.us/j/88946887301>

CALLS >

- Request access to our FB Community, Team Warrior Fitness, if you aren't already in the group. I educate there daily and host a Live each Tuesday night at 8pm EST to dive deeper into our weekly focus topic FB group link: [Facebook.com/groups/warriorfit1/](https://www.facebook.com/groups/warriorfit1/)

FACEBOOK >

- Consider having some current bloodwork done through your doctor or a place like LabCorp, Quest, AnyLabTest (order/pay on own) for CBC, CMP, full thyroid, full female hormone panel

EXPECTATIONS

EXPECTATIONS:

- Log your food a day in advance or the morning off. Track everything you eat/drink in our app. Mark each day as complete. Hit 90% or better nutrition compliance each week.
- Mark your workouts and cardio. Hit 90% or better exercise compliance each week.
- Complete your weekly check-in which means replying back to the check-in auto-message that drops each Tuesday morning in app AND answering all the questions in that message by Wed. 10am EST.
- Feeling like it and having time aren't requirements. Doing the work is.
- Check in 3x a week with your accountability group via the app
- Attend the weekly group Zoom calls on Sundays 7pm EST (camera on please).
- Trust the process. Be coachable. Ask for help when you don't know or can't figure it out. Be a good teammate. Commit. Do not give up. Own it all!
- All communication to Stephanie will be via the app. Please do not call, email, or text. Messages will be answered between 9am and 8pm EST. This response time will be limited on weekends and only app messages (personal or professional) will be replied to (not text, call, etc). Please be respectful of my life and personal time as well as my other professional obligations.



WARRIOR APP

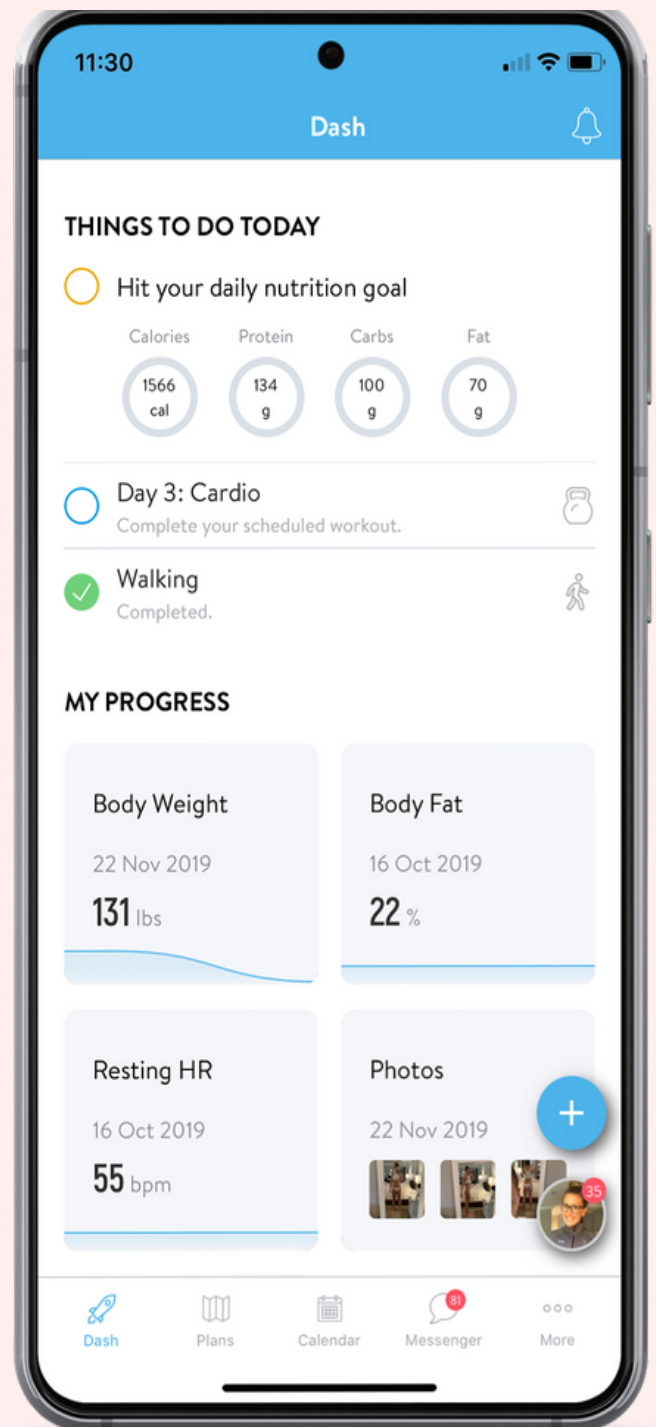
THE APP:

For this course, we will be using my app, hosted by Trainerize. A week prior to start, you will be sent an email to the email address you used to register for this group that will prompt you to download this free app.

The app is where you will find/do everything, You will upload your start and end progress pictures, weight and body stats, and where you will find your workouts and cardio. Your workouts will be visible at the start of the challenge via the Calendar tab. You will be able to see the entire week's workouts if you need to move them around to fit your schedule. Your custom macros can be found under Goals. This is where your daily education and hormone habits will appear as well.

Each Tuesday, you will get an auto-message from me to remind you to update your picture and stats. You will get a second message from me to reply to with some questions. This serves as our weekly check-in. Please reply back to this message and have pics/stats done by Wednesday 10am EST, so I can complete check-ins by Thursday.

We will go through all app information on the orientation Zoom call, so hold all questions until then.



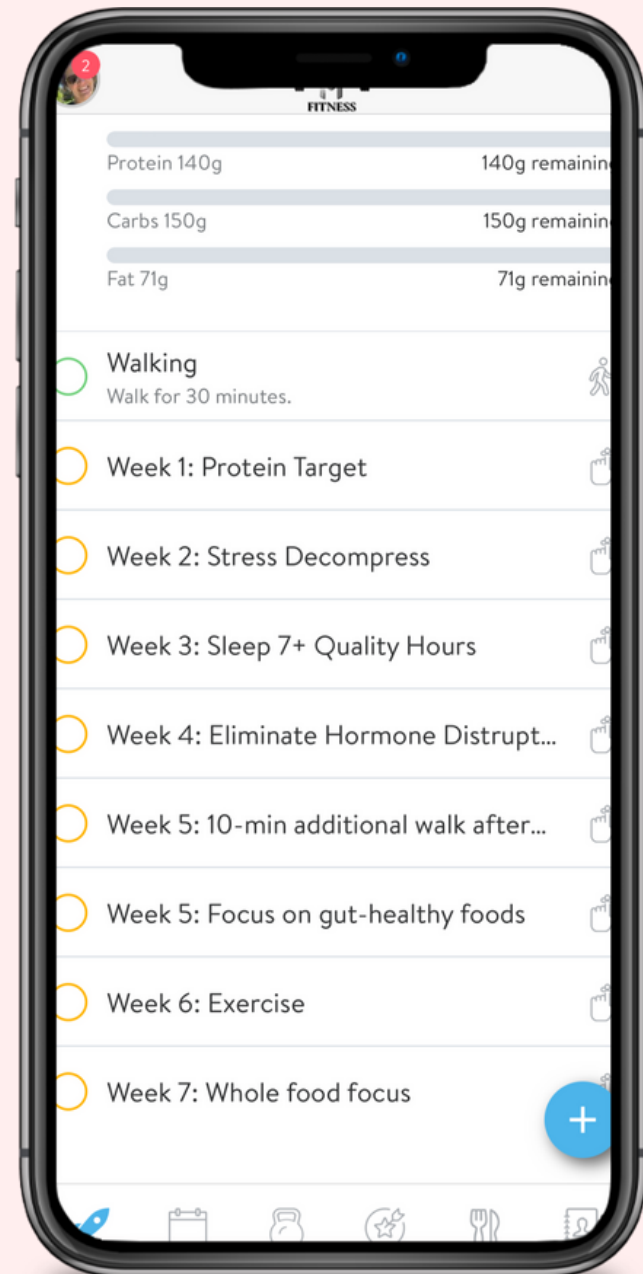
COURSE OVERVIEW

HORMONE HEALTH:

This 8-week course will focus on improving hormone health for women of all ages and stages of life. Through educating on factors that influence hormone health and expression, we will learn how to naturally optimize our hormones and improve overall health. Each week, we will focus on one subset of hormone health and integrate a daily habit related to that subset. There will be daily education through the app either through a video, linked article, or resource with a weekly Zoom call (Sundays at 7pm EST) for a deeper-dive into the week's topic from Stephanie and other field-experts.

WEEKLY TOPICS:

- Week 1:** Protein and hormone expression
- Week 2:** Stress and the impact on hormones
- Week 3:** Sleep and the impact on hormones
- Week 4:** Endocrine disruptors
- Week 5:** Gut health and the connection to hormone health and production
- Week 6:** Exercise and the impact on hormones
- Week 7:** Nutritional choices for hormone health
- Week 8:** The impact of alcohol and sugar on hormones



MAJOR HORMONES

ESTROGEN:

The female sex hormone, and one that teenage girls know all too well, is responsible for setting off puberty. Produced primarily in your ovaries, estrogen regulates your menstrual cycle, maintains pregnancy and keeps bones strong

PROGESTERONE:

This is a crucial player in your menstrual cycle. After ovulation these levels rise to prepare your uterus for the implantation of the embryo. If pregnancy doesn't occur, the levels drop again, causing you to get your period

DHEA:

This hormone from the adrenal gland and ovaries initiates production of male and female sex hormones, welcoming fun things like pubic hair, acne and body odor

TESTOSTERONE:

This growth hormone contributes to your sex drive, bone density, and muscle strength. It is found in lesser amounts in women but is higher in those with PCOS and is inversely impacted by estrogen levels

ALDOSTERONE:

Made by the adrenal glands, this hormone regulates blood pressure by increasing salt and water reabsorption in the kidney

THYROID HORMONES:

Two of the primary players that are released by your thyroid are: triiodothyronine (T₃) and thyroxine (T₄). These hormones dictate your weight, determine your energy levels, internal temperature, skin, hair, nail growth, and more

INSULIN:

After you eat, cells in your pancreas release insulin that shuttles glucose from your bloodstream into your body's tissues to use for energy later. People with type 1 diabetes can't make insulin; people with type 2 diabetes can't make enough or make too much and the body does not respond correctly

CORTISOL:

This hormone is released during times of stress, increasing heart rate, blood pressure, blood glucose, respiration and muscle tension in response. It also temporarily shuts down the body's systems that aren't needed in the face of crisis, such as digestion and reproduction.

SEROTONIN:

Made primarily in the gut, this hormone that boosts and stabilizes mood

MAJOR HORMONES

FSH:

In women, it helps control the estradiol hormone synthesis, menstrual cycling and the production of eggs by the ovaries. In men, it helps control the production of sperm

LH:

This stands for luteinizing hormone and controls the production of estrogen or testosterone from the ovaries or testes and is often measured during an infertility workup to evaluate ovulation in women or testicular function in men

LEPTIN:

It controls appetite by signaling your brain to stop eating. It also helps your brain regulate how much energy your body burns throughout the day

GHRELIN:

This hunger hormone made by the stomach. It stimulates appetite and prepares the body for food. Researchers believe blocking ghrelin levels may be the key to weight loss

MELATONIN:

Produced in the gut and pineal gland, this hormone is responsible for sleep and wake cycles

ADRENALINE:

The flight or fight hormone allows you to battle a danger head-on or escape to safety. Persistently high levels of adrenaline from chronic stress, however, increases your risk for anxiety, depression, heart disease and weight gain



H O R M O N E S

MAJOR HORMONES

SIGNS & SYMPTOMS:

- Acne/skin issues
- Thinning hair
- Low energy
- Low libido
- Constipation/digestive issues
- Bloating
- Weight gain (esp. around midsection)
- Painful/irregular periods
- Poor sleep
- Anxiety/depression
- Brain fog
- Food cravings
- Mood swings
- Feeling cold
- Tingly hands/feet
- Headaches
- Blood sugar issues
- Breast tenderness



RECOMMENDED TESTS FOR HORMONES:

(These can be ordered through your ob/gyn, general practitioner, or self-ordered through Quest, LabCorp, AnyLabTest, etc)

- CBC
- CMP
- DUTCH test (has to be ordered through a practitioner like Coach Dr. Michelle)
- Full thyroid panel including T3, T4, Reverse T3, Free T4, etc.
- Female hormone panel including estrogen, progesterone, DHEA, testosterone, cortisol, etc

WEEKLY RESOURCES

WEEK 1: PROTEIN -

- Level-1 whey protein: https://1stphorm.com/products/level-1/?a_aid=inspired
- Post-workout stack: https://1stphorm.com/products/post-workout-stack/?a_aid=inspired
- Protein sticks: https://1stphorm.com/products/protein-sticks?a_aid=inspired
- Cake cups: https://1stphorm.com/products/cake-cups?a_aid=inspired
- Level-1: https://1stphorm.com/products/level-1-bar?a_aid=inspired
- Vegan Power Pro Bars: https://1stphorm.com/products/vegan-power-pro-bar?a_aid=inspired

WEEK 2: STRESS -

- Harmony: https://1stphorm.com/products/harmony/?a_aid=inspired
- Adrenal Restore: https://1stphorm.com/products/adrenal-restore/?a_aid=inspired
- Young Living Essential Oils: <https://www.youngliving.com/us/en/referral/23938520>
- Diffuser: <https://amzn.to/3Q2as7n>
- Binaural beats: (search on YouTube)
- Calm app: (search on Google Play or the App store)
- Mindfulness for Stress Management by Dr. Robert Schachter- <https://amzn.to/3wsnVOP>
- Be Calm by Jill Weber- <https://amzn.to/3AIEx7q>

WEEK 3: SLEEP -

- Sleep Smarter by Shawn Stevenson- <https://amzn.to/3PH1jkk>
- Weighted blanket- <https://amzn.to/3An40Ar>
- Lavender essential oil spray- <https://amzn.to/3AIyVKe>
- Pillow- <https://amzn.to/3chhbfN>
- Alarm clock- <https://amzn.to/3RcOs2R>
- Epsom salts- <https://amzn.to/3KmiZRM>
- Magnesium- https://1stphorm.com/products/magnesium?a_aid=inspired
- Blue block glasses- <https://amzn.to/3AhwxJb>
- White noise machine- <https://amzn.to/3PNXN7F>
- Core-21- https://1stphorm.com/products/c-21/?a_aid=inspired
- Night-T-https://1stphorm.com/products/night-t/?a_aid=inspired
- L-Theanine- <https://amzn.to/3RaPILB>
- Melatonin- <https://amzn.to/3dIMWyu>
- Why We Sleep by Matthew Walker- <https://amzn.to/3cgTEvh>

WEEKLY RESOURCES

WEEK 4: ENDOCRINE DISRUPTORS -

- Think Dirty app- (it's free!)
- ewg.org- check your area's water quality
- Mason jars- <https://amzn.to/3AhGZQV>
- Glass storage containers- <https://amzn.to/3KkqHvh>
- Native deodorant- <https://amzn.to/3QOfyoV>
- Native bodywash- nativeecos.com
- Primally Pure non-tox skincare- primallypure.com
- Beauty Counter non-toxic skincare and makeup- beautycounter.com
- Mineral sunscreen by AN Skin & Beauty- <https://anskinbeauty.com/collections/spf>
- Branch Basics non-tox cleaning supplies- branchbasics.com
- Dr. Bronner's soap- <https://amzn.to/3R79PtV>
- Hello toothpaste- <https://amzn.to/3QQj6qG>
- Stainless steel cookware- <https://amzn.to/3PNVBwU>
- Cast iron cookware- <https://amzn.to/3AleZvN>
- Organic tampons- thisisl.com
- Everyone lotion- <https://amzn.to/3Alvmnw>
- Shea Moisture Coconut Oil: <https://amzn.to/3Rd1S6j>
- Puracy dishwasher pods- <https://amzn.to/3AJN7CF>
- Ecos dish soap- <https://amzn.to/3KyhIGZ>
- Thieves concentrated cleaning liquid- <https://amzn.to/3CuQdf5>
- Dryer balls- <https://amzn.to/3wuzZ1M>
- BioKleen dryer sheets- <https://amzn.to/3wsWSmm>
- Toxic Bodies by Nancy Langston- <https://amzn.to/3AivatZ>
- Low Tox Life by Alexx Stuart- <https://amzn.to/3ce26f2>
- Berkey Water filters/bottles- usaberkeyfilters.com

WEEK 5: GUT HEALTH -

- Castor oil- <https://amzn.to/3Kos1gr>
- Castor oil pad- <https://amzn.to/3KivoqQ>
- Opti-Greens- https://1stphorm.com/products/opti-greens-50?a_aid=inspired
- Glutamine- https://1stphorm.com/products/glutamine?a_aid=inspired
- Magnesium- https://1stphorm.com/products/magnesium?a_aid=inspired
- Multi-Fiber- https://1stphorm.com/products/multi-fiber?a_aid=inspired
- Collagen- https://1stphorm.com/products/collagen-with-dermaval?a_aid=inspired

WEEKLY RESOURCES

WEEK 5: GUT HEALTH - CONTINUED...

- The Mind-Gut Connection by Emeran Mayer- <https://amzn.to/3wrxqoI>
- The Good Gut by Justin Sonnenburg- <https://amzn.to/3wryovq>
- GI Advantage- https://1stphorm.com/products/gi-advantage?a_aid=inspired
- Aloe vera juice- <https://amzn.to/3CAAG2f>
- Fiber Fueled by Will Bulsiewicz- <https://amzn.to/3dVBAYd>

WEEK 6: EXERCISE -

- Moveo booty bands and mats- moveofitco.com
- Post-workout stack: https://1stphorm.com/products/postworkout-stack?a_aid=inspired
- Infrared sauna (recovery)- <https://amzn.to/3TgX81x>
- Warrior Fitness resistance bands- warriorfit1.com/shop
- Door hook for resistance bands- <https://amzn.to/3Ajt4d7>
- Foam roller- <https://amzn.to/3CBCzXX>

WEEK 7: FOOD CHOICES -

- White Oak Pastures- whiteoakpastures.com
- Primal Kitchen- primalkitchen.com
- Manuka honey- <https://amzn.to/3wwkSoy>
- Eat Smarter by Shawn Stevenson- <https://amzn.to/3ANIsjt>
- It Starts With Food by Dallas Hartwig- <https://amzn.to/3pIMowK>
- Food scale- <https://amzn.to/3CuWGao>
- Grain-free chips/tortillas- sietefoods.com

WEEK 8: SUGARS & ALCOHOL -

- The Case Against Sugar by Gary Taubes- <https://amzn.to/3dWxlM2>
- Why We Get Sick by Benjamin Bikman- <https://amzn.to/3pKUUdb>
- Hooked by Michael Moss- <https://amzn.to/3ciJLgS>
- The Sugar Brain Fix by Dr. Mike Dow- <https://amzn.to/3dYIo7v>
- The Science of Drinking by Amitava Dasgupta- <https://amzn.to/3pIvrkD>
- Drink? by David Nutt- <https://amzn.to/3KA46uR>

NUTRITION 101

PROTEIN:

Protein is often referred to as the “building blocks” of our bodies as they are used to make organs, muscles, and tendons. They are also used to make chemicals within the body. As a macro, proteins are the most digestible and take the most time in the body to breakdown as usable energy.

Calories from protein are important in fat loss because protein stimulates metabolic function, increases the body’s thermogenic response, and are nearly impossible to be re-metabolized as fat, unlike unexpended carbs or fats.

Protein is also important for our body in terms of building lean muscle (the more lean muscle we have, the lower our overall body fat percentage is), boosting immunity, and improving insulin-sensitivity.

What are good protein sources? Whole foods are best. Think white meats like chicken and turkey, and white or oily fish. Other good protein sources include whey protein, egg/whites, some dairy (yogurt, cottage cheese), lean ground beef, bison, deer, elk, and pork that are grilled, baked, or broiled.

Typical recommendations for protein intake is ONE gram per goal weight. You have to eat for the body you want, not the body you have.



NUTRITION 101

CARBS:

Carbs are our body's fuel source. Carbs are metabolized and converted to muscle glycogen. Glycogen feeds our muscles for energy and endurance. The amount of carbs you need daily is dependent on many factors, but your fat-loss goals and activity level are the two biggest factors. Health history and health issues are also considerations.

“Carbs are bad,” and “Carbs make you fat,” is antiquated thinking. Carbs don't make you fat. Unused carbs make you fat. Carbs from sugary and processed foods make you fat. If you are eating more carbs, you are storing more glycogen in your muscles for fuel. If you aren't burning that fuel off through activity and a fast-metabolism, your body very quickly converts that unused glycogen into fat.

Look for lower-glycemic index carbs. This means this type will have less impact on spiking your blood sugar and releasing even more insulin into the body.

Fruits and veggies are carbs. Fruits contain sugar, so they will be faster digesting and spike your blood sugar. Lower glycemic index carbs are things like rice, potatoes, quinoa, and oats to name a few.

The only time you want to spike your blood sugar is in the post-workout setting. This is where Ignition is utilized.



NUTRITION 101

FATS:

Fats are the last macro-nutrient. Although most people think eating fat makes them fat, this is not exactly true. Fats are important for the body in many ways. First, fats help your body absorb many micro-nutrients (vitamin A, E, K, D).

Fat also protects the organs and keeps the body properly insulated and able to regulate temperature. Fats give cells structure and are important in the production of some hormones. Essential fatty acids play a key role in brain development and function, blood clotting, and lowering overall inflammation and as an energy source.

Trans-fats should be avoided. These types of fats are generally found in processed foods, fried foods, and vegetable oils. These are high in omega-9, which is inflammatory.

Unsaturated and good sources of saturated fats do not contribute to increased cholesterol or heart disease. Sources of unsaturated fats are fish, nuts, avocado and olive oil. These are high in omega-6, which REDUCES inflammation.



MACRO TRACKING

TO BEGIN:

You will be given daily and per meal (5-6 meals a day) macros to meet your goals. It is essential that you follow these macros and hit them within +/-5g each day for each macro category. To do so, you will have to set up and track your intake in My Fitness Pal or similar program. Here is a link to my YouTube video on how to set up your MFP account: <https://youtu.be/wBOR8sReS9o> . You can also track in-app now, and that is preferred.

I would NOT pair exercise to your account as it will show that you have “earned back” additional calories from exercise. This becomes messy and confusing in terms of what your true daily calorie/macro goals should be. Once you set up your initial account and plug your food in the program will retain your most common foods, and you can simply choose from that list day to day or even copy a complete day’s worth of eating.

I would suggest you plug your food in at the START of the day instead of as you eat. This will allow you to make changes to food or quantity before you eat, so you aren’t left with something crazy like 100g of protein by the end of the day. Again, if you follow the given plan, you will not run into those problems. You are free to make substitutions to your plan as long as you stay to your macros.

When you are entering foods into MFP (My Fitness Pal), double check brands and labels. Keep in mind, when I design your plan, I opt for mostly generic versions of foods, so your particular brand may vary slightly on macros. That is okay. You will probably NEVER be 100% spot on with your numbers each day, but you need to aim to come as close as possible. Under-eating and leaving amounts of each macro on the table at the end of the day is just as detrimental to your goals as over-eating.

Also, please make sure you are logging all liquids that you drink within a day– even diet drinks and splashes of creamer in your coffee! You also need to be mindful of the cooking methods you are using. Log all oils, and be careful of seasonings and marinades as lots of them have TONS of hidden sodium. Opt for sodium or low-sodium versions. Log all supplements, gum, and even zero-calorie food/drinks!

SHOPPING LIST

WHAT TO BUY:

The easiest way to approach your shopping is to create your weekly meal plan after you plug it into MFP, so you know exactly how MUCH of each food you will need plus extras if you are cooking for family meals as well. You will mostly be shopping the perimeter of the store. The inner aisles are mainly processed foods that we don't need. Think about what protein, carb, and fats you need. Those are your 3 main macro/food groups. Fats come primarily from your protein sources and in how you prep your foods (oils, oil sprays, butter). Here is a list of my favorites, broken down by macros category:

Protein:

- Lean ground turkey Boneless, skinless chicken breast
- Lean ground beef (grass-fed)
- Liquid egg whites
- Flank steak
- London broil
- Shrimp
- White fish
- Level-1 protein powder
- Low fat cottage cheese
- High protein yogurt (Siggi's)

Carbs:

- Sweet potatoes
- White potatoes
- Jasmine rice
- Basmati rice
- Whole grain bread
- Plain quick oats
- Zucchini spirals
- Cauliflower rice
- All green veggies
- Fruit (berries are lower sugar)
- Couscous
- Quinoa
- Protein pasta

Fats:

- Nuts
- Nut butters
- Ghee
- Grass fed-butter
- Coconut, olive, avocado oil/spray
- Avocado
- Cheese
- Half/half (for coffee)

SAMPLE MEAL PLAN

1800 CALORIE DAY PLAN:

*NOTE: These amounts will NOT necessarily match YOUR macros. This is just an example of meals and how they are spread out across a day.

Meal 1: (to be eaten within the first hour of waking):

1-2 cups of coffee
2 tbsp half/half (fat)
1 scoop Level-1 (protein)

Meal 2: (3 hours later)

1 cup of liquid egg whites with one full egg (protein and fat)
½ cup blueberries OR piece of Ezekiel or Dave's Killer Bread (carb)
*Micro-Factor, Full Mega, Opti-Greens (2 scoops)

Meal 3: (3 hours later)

4 oz of baked or grilled chicken breast (protein)
4 oz of rice (carb)
1/2 cup of green veggies (carb)
grass fed butter for veggies (fat)

Meal 4: (3 hours later)

1 cup of low fat cottage cheese (protein and fat)
1 low salt rice cake (carb)
1 tbsp of peanut butter (carb and fat)
*Full Mega, Opti-Greens (2 scoops)

Meal 5: (3 hours later)

4 oz of 95% lean ground beef, turkey, or skinless chicken breast (protein)
4 oz of rice or sweet potato (carb)
1 cup of green veggies (carb)
1 tbsp olive oil to saute veggies or butter for potato (fat)

***Meal 6: (Consumed right after workout, then an hour after this,
continue with next meal)**

1 scoop of Phormula-1 (protein)
½ scoop of Ignition (carb) mixed with 4-6oz water only

