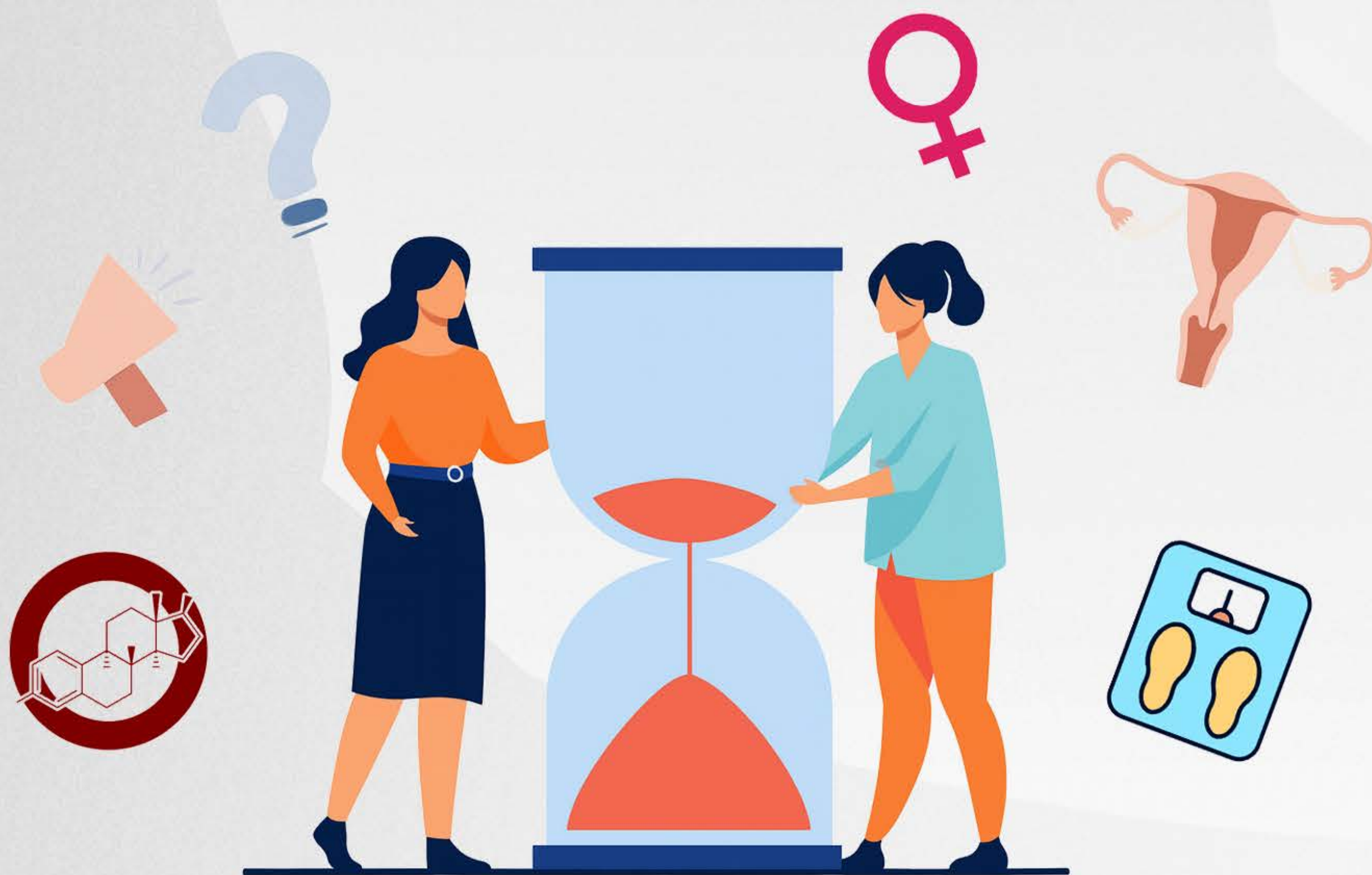


fitmom[👑]

the Hormone Factor

Finally... a No-BS Women's Guide to
Balancing Your Hormones,
Revving Up Your **Metabolism**,
& Getting Back Your Sanity.



Becca Chilczenkowski, FDN-P, AADP-BC

www.fitmom.co



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Have your hormones gone crazy?

Feeling like you don't even know who you are anymore?

The mood swings are uncontrollable.

The stress fuse is short.

You don't recognize your body in the mirror.

You're not sleeping and you're utterly exhausted.

It seems like all foods make you bloated now.

Dieting and exercise doesn't seem to move the scale an ounce.

And sex? Don't even think about it.

What. In. The. Heck. Happened??

Well, it was likely a number of things, but you're here to fix all of that and that is exactly what we (mostly you) are going to do!

Yes - even my peri-menopause/post-menopause ladies, we can get things going again, because this is much deeper than just our estrogen and progesterone.

In this guide you're going to get an understanding of which hormones are your issue, what is driving it, and how to fix it.

We'll provide you with a meal plan, lifestyle recommendations and supplement tips to get those hormones back on board.



So Rude Of Me...

Let Me Quickly Introduce Myself...



I'm Becca Chilczenkowski, a Board-Certified Functional Practitioner (FDN-P) from Chicago, IL.

My hormones have been at the root of many of my symptoms and problems in the past. I grew up with horrible PMS, heavy periods, and without knowing any better, went on the birth control pill at the ripe age of 16 to 'manage my periods'.

Fast forward to my early 20's when I was working out heavily, under-eating, and competing in CrossFit, I lost my cycle all together for about 2.5 years.

At the time, I thought it was great! I didn't have to deal with a period, but when my husband and I wanted to have kids, that wasn't such a good thing. So with our first child, we ended up in the doctor's office for infertility and down the treacherous road of IVF.

Although a difficult process with lots of emotional and physical ups and downs, we were blessed with my son.

After having my son, I tried to get right back into my old life of working out and with the stress of being a new-time mom, lack of sleep, not eating enough for my needs, and running a business - my body gave me a big middle finger 🖐️

I was constipated, I was having really heavy periods, I was exhausted and not sleeping well, and my mood was....well I wasn't pleasant to be around.

Then I gained 15 pounds in about 3 weeks - out of nowhere it felt like!

I had enough.

I went to multiple doctors looking for help, and all that was really recommended was birth control, eating less, and working out more. (Well, that is what got me in this predicament in the first place!).

So after finding help with functional testing and lifestyle adjustments, along with my own furthering education, certifications, mentoring, and experiences - I restored my body, my metabolism, but more importantly my vitality!

In the past decade as a professional female health and hormone practitioner, I've helped countless women regain their confidence, energy, vitality, and joy for life.

That is what I want for you too!

But first, we have to get to the root of what is causing you to feel out of whack!

If we don't address the stressors and resolve them, we will constantly be in a vicious cycle of feeling like we aren't in control of our bodies. Because when we are always stressed, that is what is in control - not us.



The Quick And Dirty Breakdown

As pre-menopausal women, our sex hormones (estrogen and progesterone) fluctuate monthly - or they should if they are working optimally.

As peri-menopausal women, our ovaries start to go off-line, estrogen goes on this crazy roller-coaster causing you breast tenderness, heavy periods, more frequent or missed periods, bloating, weight gain, mood swings, and progesterone stops hanging around to balance out the crazy estrogen. To an extent though, our adrenals play back up to create some small levels of sex hormones.

And post-menopause, our ovaries basically are off-line, which is why we often recommend BHRT (bio-identical hormone replacement therapy), but thats another conversation for another day.

This is why managing our stress is so important!

That way the adrenals have the reserve to get that job done.

But aside from our cycle, or menopause, there are tons of other things that can influence what your hormones are doing like your diet, your lifestyle, your sleep habits, your exposure to toxic substances, and your mental/emotional stress.

Yup...that negative self talk?

We're going to stop that crazy talk right here girl.

You deserve amazing things and we're about to go get them.

Ready?

Let's dive in.

What Type Of Hormone Imbalance Are You?

Hormone issues can show up with a LOT of different symptoms.

They're kind of a pain in the butt if we're being honest.

So let's see what sounds most like you....

0-3 Checks = Likely not an issue area

4-8 Checks = Hormone imbalance exists

8+ Checks = Severe hormone imbalance

High Estrogen ↑

- ☐ Periods are 7 days or longer
- ☐ Periods are heavy
- ☐ Clots during periods
- ☐ Bloating, puffiness, fluid retention
- ☐ Mood swings
- ☐ Breast tenderness
- ☐ Cysts
- ☐ Acne around cycle
- ☐ Weight gain (pear shaped)
- ☐ Weight loss resistance
- ☐ Hair Loss
- ☐ Headaches around your cycle
- ☐ Uterine Fibroids
- ☐ Gallbladder issues (potentially you've had it removed)

Low Estrogen ↓

- ☐ Irregular periods
- ☐ Night Sweats
- ☐ Periods are very light
- ☐ Low Libido
- ☐ Vaginal dryness
- ☐ Painful sex
- ☐ Incontinence
- ☐ Lots of waking at night
- ☐ Joint pain
- ☐ Anxiety/Depression
- ☐ Brain fog
- ☐ UTI's are frequent
- ☐ Breasts are less full/saggy

High Testosterone ↑

- ☐ Irregular periods
- ☐ Hair loss on head, but hair growth on face
- ☐ Irritability and rage mood swings
- ☐ PCOS diagnosis
- ☐ Strong body odor
- ☐ Missing periods for several months
- ☐ Acne/Cystic Acne
- ☐ Oily skin and hair
- ☐ Fertility issues

Low Progesterone ↓

- ☐ Irregular or shorter periods
- ☐ Difficulty sleeping - especially leading into your cycle
- ☐ Lacking ovulation (i.e. no body temperature changes during cycle)
- ☐ Fertility issues or miscarriages
- ☐ Migraines and headaches
- ☐ Spotting around your period (before or after)
- ☐ Anxiety and depression
- ☐ Sad/Low mood prior to your period
- ☐ PMS 7-10 days prior to your cycle

*add up all the checks from all 4 categories

0-3 Checks = Likely not an issue area

4-8 Checks = Hormone imbalance exists

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These are the more common hormone imbalances I see within our practice with clients, but want to hear something crazy??

Your hormone problems are not a hormone problem.

They are something deeper.

So instead of just giving support to the hormones (which won't typically help much - other than HRT, that can be amazing if put in the right environment at the right time), we're going to give support to your whole SYSTEM.

We're going to support the adrenals.

We're going to support the thyroid.

We're going to support the gut.

And you're going to make some BIG changes in the next few weeks that can right this ship.

Are you ready to dive in??

Let's go!

What Is Really In Control?

So if our sex hormones aren't the problem, then what is?

Well, to avoid getting super science-y working to explain it, we're going to focus on the main things that impact our hormones that we can actually do something about:

1

Cortisol Levels

2

Insulin/Blood Sugar



3

Thyroid Function

And those things are impacted by our lifestyle, our diet, our immune system and the support we give our body through supplementation.

So within this 21-day 'cleanse', we are going to work to shock the system back into balance with some big changes, so I hope you're ready!

If you aren't ready for radical change, this may not be the spot for you.

But if you want to change your life and finally feel like yourself again, then say no more.

THE 21-DAY CLEANSE

Like anything, the more you put into this, the more you're going to get out of it.

I'm going to be asking a lot of you, because I want a lot FOR you.

And if we can turn things around in 21 days, wouldn't it be worth it?!

So let's take it step by step to cover the main changes we need to be making.

1. SLEEP



Must be IN BED for **at least 7 hours** per night.

If you struggle with actually sleeping, don't worry, we'll get to that in supplements, but we need to be giving our body the chance at least to get the rest it needs to heal.

Your time in bed is ideally between 9pm to 7am (more time prior to Midnight actually counts nearly double compared to after midnight for the body in terms of restfulness!)

2. MEDITATION / BREATHWORK



You will be doing **5 minutes** of guided meditation or deep breathing per day.

I recommend starting your day with this and bonus if you end your day with it too! Some great resources include Spotify, Headspace, or Insight Timer for guided meditation. I also love doing it with my feet up on the wall to further improve blood flow and nervous system regulation.

3. EXERCISE



This is going to vary.

If you are sedentary currently - Your goal is to get in a 30-40 minute walk every day, bonus if it's out in nature!

If you are an avid exerciser, I'm actually going to ask you to tone it down.

No HIIT, High Heart Rate, Running, or crazy Peloton classes in these 3 weeks. You can do resistance training 2-3x/week, but keep exertion level at a 5/10 vs. a 8-9/10.

Also, goal is 30 minute walk per day as well for you!

4. WATER



You will be doing 100-120 oz. of water per day (build to this if you are nowhere close), and at least 1 serving of electrolytes per day (LMNT is our favorite - see the supplement schedule for a link and a deal!).

Bonus if you want to really push water the first 2 days to help flush out those toxins and inflammation! You will likely be peeing a lot, and that is ok!

5. FOOD



Your food plan is below, and the foods list is at the very bottom so you can populate your meals, but here is the thing...you need to eat!

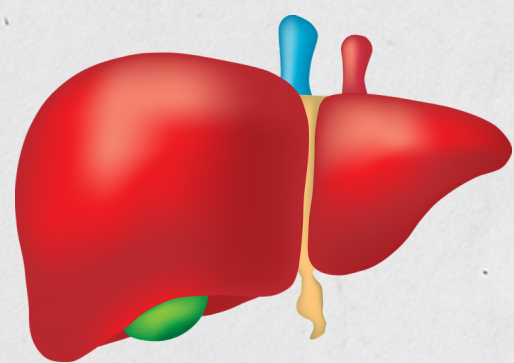
If you are hungry, eat extra vegetables, potatoes, and fruit!

If you aren't hungry at all, use juice to get calories, get as much in as you can and hunger should come back online (lack of hunger isn't a good sign - it's often a sign of high stress).

Supplement Guide

For optimal results with the process, you will be utilizing one supplement from each category throughout the 21 day process. You can absolutely do the process without supplements, we just find it to be most effective when utilizing the support. Use the questionnaires in the adrenal and thyroid portion to best determine the support suited for you and your situation.

Liver Support



You can use either one of these products as they are very similar, but it is extremely important to give our liver help to push out excess hormones, detox the body at a higher rate, and speed up the metabolism.

When pH is low, you cannot eliminate toxins out of the kidneys properly, so they start backing up to the liver. These products are both medical foods that help to alkalize and improve the body's pH and ability to release toxins. Fruits and veggies also raise the alkalinity of the body, so you cannot just take supplements! We need the food part too.



ULTRACLEAR

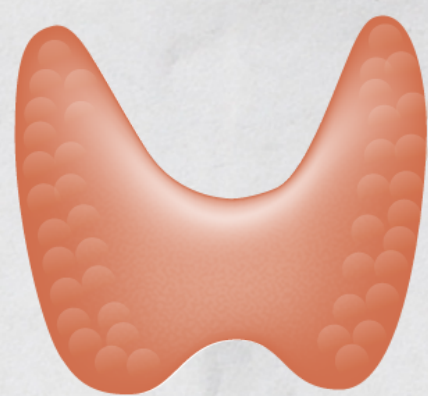
<https://us.fullscript.com/plans/fitmom-hormone-factor-guide>



MEDIPURE

Use code FITMOM for 10% off

Thyroid Support



During this process we are increasing calories for most people and working to get the thyroid back online! This questionnaire can let you know if you are dealing with moderate thyroid issues, or more severe thyroid issues that may require additional help.

My favorite product for this is Thyroid Synergy, you can take 1-2 with breakfast, but if you are showing high thyroid need, you have the option to utilize GTA II for more glandular support.

If you check more than 8 of the below markers, it is likely you have a more severe imbalance and could benefit from a stronger thyroid support (GTA II).

- ☐ Irregular or Missing Periods
- ☐ Fatigue, exhaustion, extremely tired
- ☐ Difficulty concentrating
- ☐ Brain Fog, memory issues
- ☐ Dry skin, scaling
- ☐ Losing hair on head, body, or outer third of eyebrows
- ☐ Brittle, splitting nails
- ☐ Joint pain, muscle aches
- ☐ Slow heart rate
- ☐ Anxiety or depression
- ☐ Hair is dry, tangles easily
- ☐ Constipation is chronic
- ☐ Feeling cold all the time - cold hands and feet
- ☐ Difficulty with pregnancy, infertility
- ☐ Postpartum depression
- ☐ Low milk supply while breastfeeding

Score 7 or less, I recommend **Thyroid Synergy** (1-2 with breakfast)

Score 8 or more, get some **GTA Forte II** (1-2 in the AM on an empty stomach).

Adrenal Support



The HPA Axis is our main control center of the body and can put a halt or cause haywire to our hormone production and balance.

There are generally two categories I find my clients within - high cortisol or low cortisol. Depending on the questionnaire below, you will be utilizing adrenal support to either calm down the cortisol product, or help support it in the case that it has become depleted - leaving us feeling exhausted!

Whichever questionnaire you rack up the most checks with, you will utilize that adrenal support.

High Cortisol ↑

- ☐ Life feels like you are constantly in a state of stress
- ☐ You are overwhelmed
- ☐ You are feeling burned out
- ☐ You are easily distracted
- ☐ Memory issues
- ☐ You are always on edge and angered easily
- ☐ Trouble falling or staying asleep
- ☐ Headaches are common, especially in the morning
- ☐ Tired and wired, especially at bedtime
- ☐ Weight gain, or weight loss issues
- ☐ Irritable, anxious, or have mental breakdowns
- ☐ Frequent colds
- ☐ Low or no sex drive

If this sounds more like you, you will utilize **Cortisol Manager** x 1-2 tablets before bed.

Low Cortisol ↓

- ☐ Wake up feeling tired, despite sleeping enough
- ☐ Cannot get through your day without coffee.
- ☐ Energy crashes are common in the afternoon.
- ☐ Need stimulation in some shape in the afternoon (i.e. coffee, etc.)
- ☐ Periods leave you depleted.
- ☐ Feel the need to nap most days
- ☐ Dizzy when standing too quickly
- ☐ Any amount of stress feels like too much.
- ☐ Muscle weakness
- ☐ Chronic aches/joint pain
- ☐ Low blood sugar issues (get shaky or hungry if you don't eat)
- ☐ You have no drive to do anything anymore

If you had more checks on this list, you will utilize **Adrenal Manager** x 1-2 tabs at breakfast and potentially 1 at lunch.

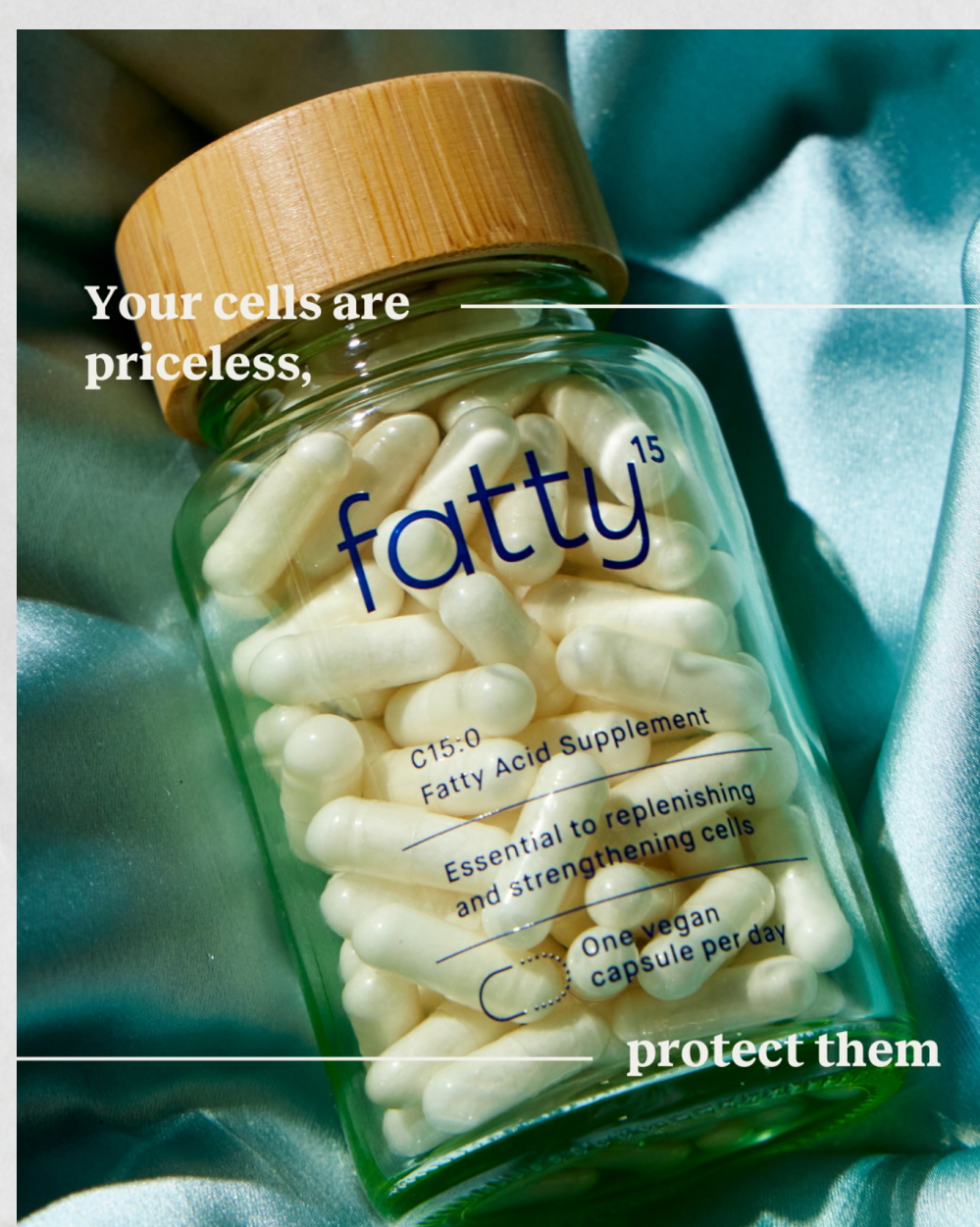
For access to all of these supports, you can get them discounted here:

<https://us.fullscript.com/plans/fitmom-hormone-factor-guide>

Additional Support

If you would like to add in some additional support for inflammation purposes, we love utilizing Fatty15 which helps repair the cell layer, as well as improve our fat-burning pathway capacity.

We usually recommend 2 per day for 1 week, then go down to 1 per day.



You can get it here:
<https://fatty15.com/FITMOM>

(Code FITMOM)

Meal Plan

Morning and Evening Tea -

1 bag of Peppermint Tea + 1 bag of Dandelion Root Tea (a bit of stevia to the tea for flavor)

Breakfast - Detox Smoothie

2 scoops of UltraClear or 1 scoop of Medipure

1 tbsp ground flaxseed

1 tsp chia seeds

½ cucumber

1 cup frozen mixed berries

4-6 oz. organic not from concentrate apple or cranberry juice

1 handful of mixed greens

Snack -

1-2 handfuls of baby carrots + 2 tbsp plain hummus

*(or 1 serving of starchy vegetable + 2 servings fats)

1 cup sugar snap peas (or other fibrous vegetable)

1 Vita Coco coconut water (11 oz)

Lunch -

4 oz. of protein

1-2 cups of fibrous vegetables

1 serving of starchy vegetable (or you can add this serving to dinner)

1 serving of healthy fat

Snack -

Plain Rice Cake or Apple + 1-2 tbsp organic nut butter (or 1 serving fruit + 2 servings fat)

Dinner -

4 oz. of protein

2-3 cups of fibrous vegetables

1 serving of starchy vegetables

2 servings of healthy fat

Optional Bedtime Snack -

1 cup of mixed berries or other fruit

1-2 tbsp organic nuts or nut butter

Approved Foods List

Protein (1 serving = 3-4 oz. cooked)

Lean Ground Turkey (93/7) - Organic

Any Fish or Salmon (ideally wild caught, organic)

Tofu - Organic

Fibrous Vegetables Serving size: 1/2 cup, or 1 cup for raw greens.

Fresh juices made from these are allowed.

Artichokes

Asparagus

Bamboo shoots

Bean sprouts

Bell or other peppers

Broccoli

Broccoflower

Brussels sprouts

Cabbage (all types)

Cauliflower

Celery Chives

Cucumber Eggplant

Garlic

Green beans

Greens:

- Bok choy, escarole, Swiss chard, kale, collards, spinach, dandelion, mustard greens

Leeks, kohlrabi

Lettuce/mixed greens:

- romaine, red and green leaf, spinach, arugula, radicchio, watercress, chicory, endive

Mushrooms, okra, onion, radishes

Salsa (sugar free)

Scallions

Sea vegetables (kelp, etc.)

Snow peas, snap peas, sprouts

Squash - zucchini, yellow, summer, spaghetti

Tomatoes or mixed vegetable juice (low sodium)

Water chestnuts, 5 whole

Approved Foods List

Starchy Vegetables - Serving Size = ½ cup cooked

Beets

Winter squash (acorn, butternut)

Carrots, 1/2 cup cooked or 2 medium raw or 12 baby carrots

Sweet potatoes or yams, 1/2 medium

Yukon gold, new or red potato, 1/2 medium

Oils/Fats - Serving size: 1 tsp. or as indicated.

Oils should be cold pressed. 1 serving - approximately 40 calories

Plant Oils -

Avocado (fruit), 1/8 of avocado

Coconut milk (canned), light, 3 tbsp.

Coconut milk (canned), regular, 1 1/2 tbsp.

Flaxseed oil (refrigerate)

Olives, 8-10 medium

Cooking Oils

Olive oil, extra virgin preferred

Sesame oil Olive oil

Organic Canola oil

Coconut oil, 1 tsp

Ghee (clarified butter) 1 tsp.

Grapeseed oil, 1 tsp.

FRUIT - 1 serving = 4 oz. juice or 80 calories of fruit (must be organic & not concentrate)

Apple, 1 medium

Apricots, 3 medium

Berries - blackberries & blueberries, 1 cup; raspberries & strawberries, 1 ½ cup

Cantaloupe, 12 medium cubes

Cherries, 15

Grapefruit, 1 whole

Grapes, 15

Honeydew melon, 1/4 small

Kiwi, 2 medium

Nectarines, 2 small

Orange, 1 large

Peaches, 2 small

Pear, 1 small

Plums, 2 small

Persimmon or pomegranate, 1/2

Tangerines, 2 small

Watermelon, 2 cups

Would You Like To Accelerate Your Results?



You are now in possession of a great tool that can help you start regulating your own hormones. This ultimate guide is a great start, however, let's face it, if you're looking to get your hormones under control so you can feel good day in and day out, it'll take more than a couple of these habits and remedies to make that happen.

That's why I want to invite you to book a FREE Consultation Call with our Success Specialist, where we can discuss your personal case. You can explore our options for further testing, working with myself or our team, and see how we devise a personalized approach, specific meal plans tailored to you, supplements only your body needs, and help you bring back homeostasis and happiness - then teach you how to stay there for good.

On this call, we'll review your specific hormone issues including your health goals, your health concerns, and what is top of mind, health-wise, for you at this time. If it's a good fit, we'll run proper testing to get to your true root issue of your symptoms AND guide you every step of the way towards your goals.

So, what are you waiting for? Are you ready to accelerate your results?!

Book now before it's too late and you miss out!

Simply click on this link, fill out our quiz, and book a time: <https://fitmom.co/quiz>

