



LIVINGOOD DAILY

HAPPY HORMONES



ADRENAL DYSFUNCTION

To access some of the advanced protocols like the Metabolism Reset and the 10-Minute Workouts, [join the Lifestyle here!](#)

Your Adrenals are essential for everyday life. They produce hormones such as Cortisol, Epinephrine, Aldosterone, and many others. These hormones aid in distributing fat and protein, regulating sugar, promoting cardiovascular function, and reacting to stressors.



Symptoms

- Worry
- Difficulty Falling + Staying Asleep
- Decreased Stamina
- Diminished Motivation
- Fibromyalgia
- Ringling in the Ears/Tinnitus
- Allergies
- Headaches
- Dizzy Spells
- Sugar Cravings
- Stress
- Anxiousness
- Irritability
- Nervousness
- Decreased Mental Sharpness
- Fatigue



Food

- Leafy Greens
- Citrus (Vitamin C)
- Sea Salt
- Chamomile Tea



Focus

- [Livingood Daily Challenge Plan](#)
- [Paced Breathing](#)
- Electrolytes + Energyze
- [Sleep Training](#)
- Methylated B Vitamins
- Magnesium
- Vitamin D

ESTROGEN DEFICIENT

To access some of the advanced protocols like the Metabolism Reset and the 10-Minute Workouts, [join the Lifestyle here!](#)

WOMEN ONLY

Estrogen is the female hormone responsible for:

- Sexual Development
- Growth of Uterine Lining
- Breast Changes During Puberty
- Bone/Cholesterol Metabolism
- Insulin Sensitivity



Symptoms

Incontinence
Hot Flashes
Night Sweats
Vaginal Dryness
Mood Swings
Headaches or Migraines



Food

Leafy Greens
Non-GMO Soy
Flax Seeds
Sesame Seeds



Focus

[Livingood Daily Challenge Plan](#)
[10-Minute Workouts](#)
[Pelvic Floor Exercises](#)
[Estrogen Boosting Smoothie](#)
Methylated B Vitamins
Vitamin D
Black Cohosh
Chaste Berry
DHEA

ESTROGEN DOMINANCE

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Estrogen is found in both the male and female body. In women, estrogen helps initiate sexual development. Along with another female sex hormone known as progesterone, it also regulates a woman's menstrual cycle. In men, estrogen also plays an important role in sexual function.



SYMPTOMS

Women

Irregular Periods
Uterine Fibroids
Tender Breasts
Fibrocystic Breasts
Difficulty Concentrating
Fluid Retention
Increased Forgetfulness
Foggy Thinking
Tearful
Depressed
Mood Swings

Men

Decreased Urine Flow
Increased Urinary Urge
Prostate Problems



Food

Carrots
Broccoli Sprouts
Clean Protein
Chia Seeds
Omega 3s
Cruciferous Veggies
Fiber
Fermented Foods
Hormone Free Meats
and Dairy
Reduce Alcohol
Water
Organic Coffee



Focus - Women

Advanced Challenge Plan
• Decrease Excess Fat
Make Detox Simple Guide
No Birth Control
[10-Minute Workouts](#)
Liver Detox
Pre + Pro + Post Biotics
Calcium-D-glucarate,
DIM, and Maca

Focus - Men

Advanced Challenge Plan
• Decrease Excess Fat
Make Detox Simple Guide
[10-Minute Workouts](#)
[Pelvic Floor Exercises](#)
Cranberry - UT Support
ACV
DIM
Saw Palmetto
Stinging Nettle and Maca
Men's Hormone Support
Liver Detox

ESTROGEN DOMINANCE

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LOW PROGESTERONE

Relative estrogen dominance is when progesterone levels are so low, that estrogen dominates even if estrogen levels are normal.



Symptoms

Known Progesterone Issues

- Dutch Test or Dry Urine Test



Food

Chia Seeds
Quinoa
Vegetables
Foods High in Zinc & Magnesium
Citrus Fruits



Focus

[Livingood Daily Challenge Plan](#)
[10-Minute Workouts](#)

Zinc and Magnesium
Fiber
Vitamin B6
L-Arginine
Vitamin C

LOW ANDROGENS

To access some of the advanced protocols like the Metabolism Reset and the 10-Minute Workouts, [join the Lifestyle here!](#)

MEN AND WOMEN

Androgens are chemically-related sex hormones. They're most often made in the male testes, female ovaries, and adrenal glands. Low androgen levels most commonly occur during the transition to menopause for women. For men, it is not uncommon for testosterone to decline as they age. This decline typically starts in their late 40's.



SYMPTOMS

Women Only

IBS
Hot Flashes

Men Only

Difficulty Concentrating
Increased Forgetfulness
Brain Fog
Depression
Mood Swings
Night Sweats
Infertility
Scalp Hair Loss
High Cholesterol
Elevated Triglycerides

Both

Aches and Pains
Weight Gain in Hips/Waist
Decreased Libido
Decreased Muscle Mass
Decreased Flexibility
Burned Out Feeling
Sore Muscles
Increased Joint Pain
Bone Loss
Thinning Skin
Rapid Aging



Food

Eggs
Pumpkin Seeds
Almonds
Leafy Greens
Fish
Beans
Pomegranate



Focus - Women

[Livingood Daily Challenge](#)
[10-Minute Workouts](#)
Intimacy
[Stress Reduction](#)
[8-10 Hours of Sleep](#)
[Paced Breathing](#)
Adaptogenic Herbs
Vitamin D - 4,000Ius+ Daily
Tribulus and Fenugreek
DHEA
Horny Goat Weed

Focus - Men

Advanced Challenge Plan
• Rotational Fasting
[10-Minute Workouts](#)
Intimacy
[Stress Reduction](#)
[8-10 Hours of Sleep](#)
[Paced Breathing](#)
Adaptogenic Herbs
Tribulus and Fenugreek
Forskolin and Ashwagandha
Zinc and B12
Horny Goat Weed and Tribulus
Vitamin D - 4,000Ius+ Daily

HIGH ANDROGENS

To access some of the advanced protocols like the Metabolism Reset and the 10-Minute Workouts, [join the Lifestyle here!](#)

WOMEN ONLY

The main androgens are Testosterone and Androstenedione. Although these hormones are traditionally considered 'male hormones', they are found in the female body. Just in different amounts! When these hormones are off in the female body, it can cause unwanted symptoms.



Symptoms

- Infertility
- Acne
- Scalp Hair Loss
- Weight Gain in Hips/Waist
- High Cholesterol
- Elevated Triglycerides
- Increased Facial/Body Hair



Food

- Low AGE Diet
- Low Carb
- Advanced Challenge Plan
- Advanced Metabolism Reset Plan



Focus

- Challenge Plan for 1-3 Months
- Advanced Challenge Plan
 - Rotational Fasting
- Stress Reduction
- [8-10 Hours of Sleep](#)
- [Paced Breathing](#)
- Adaptogenic Herbs
- Apple Cider Vinegar Daily
- Vitamin D - 4,000ius+ Daily
- Collagen
- Tribulus & Maca

THYROID DYSFUNCTION

To access some of the advanced protocols like the Metabolism Reset and the 10-Minute Workouts, [join the Lifestyle here!](#)

PROPER THYROID TESTING

There are many factors to understanding a true thyroid issue. Most doctors typically diagnose thyroid problems by testing your TSH level and sometimes your free T4 level, and those tests alone have come into question.

The diagnosis of “subclinical” hypothyroidism depends on having a thyroid-stimulating hormone (TSH) level higher than 5 mIU/L and lower than 10 mIU/L. But new guidelines from the American College of Endocrinologists suggest that **anything higher than 3 mIU/L is abnormal.**

Key tests to understand a true thyroid issue

- 1 TSH ideally 1-2 mIU/L**
- 2 Free T4 1-1.4 ng/dl**
- 3 Free T3 300-400 pg/dl**
- 4 Thyroid Peroxidase (TPO) & Antithyroglobulin Antibodies under 20 IU/dL**

All numbers should then be ran through a thyroid checker by a health professional. Over 16+ different thyroid issues commonly exist. Over half are not direct thyroid issues. They are primarily driven by other hormone problems or autoimmune conditions. An autoimmune thyroid reaction is common even if TSH is “normal”.

Other Tests To Consider

- 1 Iodine Patch Test**
A simple at home test to see if you are deficient in iodine.
- 2 Iodine Loading Test**
A urine collection test to see if you are deficient in iodine.
- 3 Vitamin D3 levels**
The correct test is 25(OH)D, also called 25 hydroxyvitamin D (Ideally 50+ ng/dl)
- 4 Thyroid Underarm Test**
This at home test uses a temperature reading to identify a sluggish thyroid.
****SEE TEST BELOW**

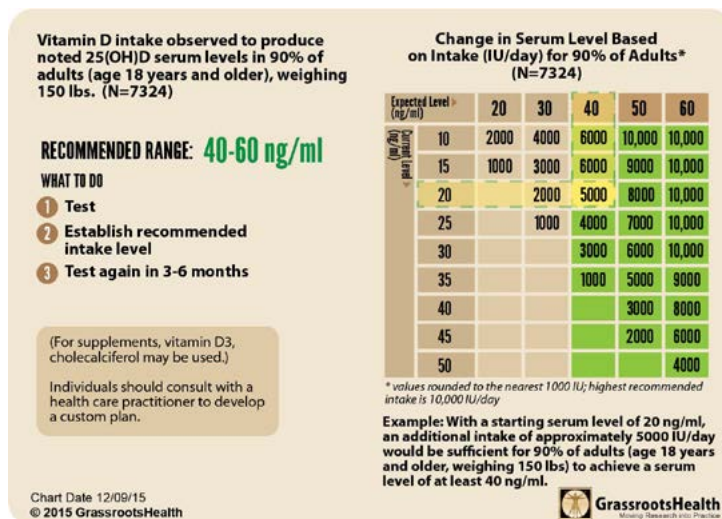
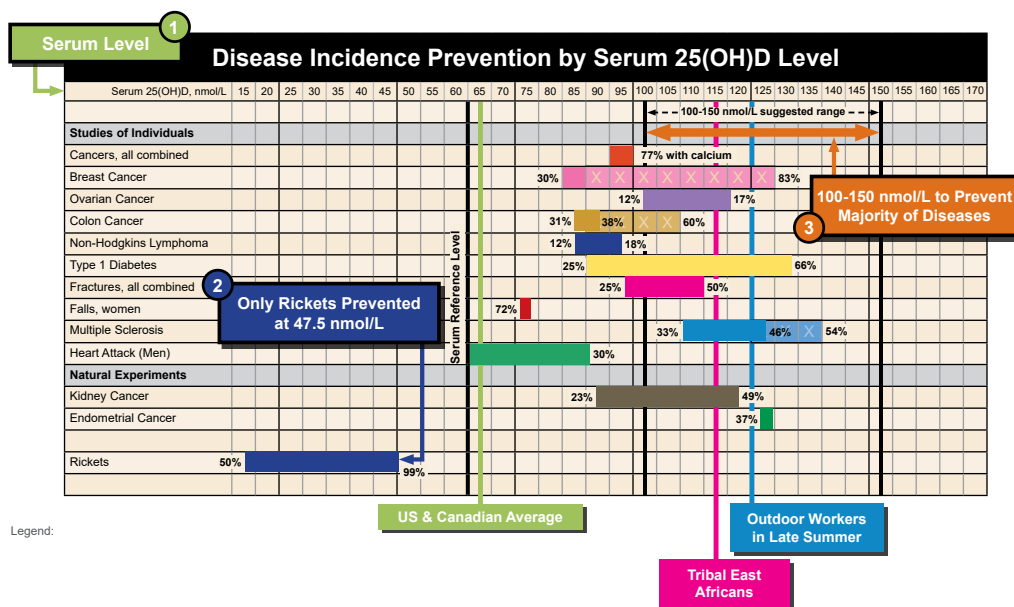
Vitamin D3

Vitamin D3 is a super-nutrient and is considered a hormone now because of how powerful it is in your body. It is tied to every hormone that's made, as well as fat production, and your immune system. Vitamin D has actually been shown to decrease mortality rates. When you get your levels high enough, risk of ovarian cancer, breast cancer, Type 1 diabetes, MS, and prostate cancer all decrease. Most doctors suggest a level above 25 nmol/L which is enough to prevent rickets, but to achieve it's true benefit, **levels above 50 nmol/L are ideal.**

Many people are getting prescriptions filled for Vitamin D2, a chemically synthetic version of Vitamin D. Prescription Vitamin D2 has actually been shown to increase mortality rates, and has also been shown to increase hypercalcemia (which increases your risk for heart attack). **Stay clear of D2** if you have a heart problem or don't want a heart problem, and instead use Vitamin D3 with Vitamin K2.

Vitamin D Dosage

Taking 2,000ius plus the amount to get you to the desired blood level above 50ng/ml is recommended WITH 200mcg of Vitamin K on a daily basis. See the chart to know how much additional Vitamin D3 to add to your regimen.



Thyroid Underarm Test

A Simple at Home Way To Check Your Thyroid Health

This test will help you get an idea about your current thyroid function in relation to your hormones. Below are the instructions on how to complete this test.

How to Perform the Test:

1. Place a digital thermometer at your bedside the night before performing the test.
2. The next morning, before getting out of bed, take your temperature under both arms.
3. Do this for a total of three mornings.
4. Record your results in the results section.

Interpret Your Results:

Body temperatures below 97.2 degrees are indicators of a sluggish thyroid and hormone disturbances. Most patients who have hypothyroidism will have readings below 97.2.

Largely inconsistent body temperature readings are an indicator of an unstable thyroid as a result of adrenal fatigue/stress.

Body temperatures that are between 97.2 and 98.6 degrees with consistency across all 6 readings are considered stable.

Notes:

THYROID UNDERARM TEST RESULTS

RECORD YOUR RESULTS BELOW.

DAY 1 RESULTS

RIGHT:

LEFT:

DAY 2 RESULTS

RIGHT:

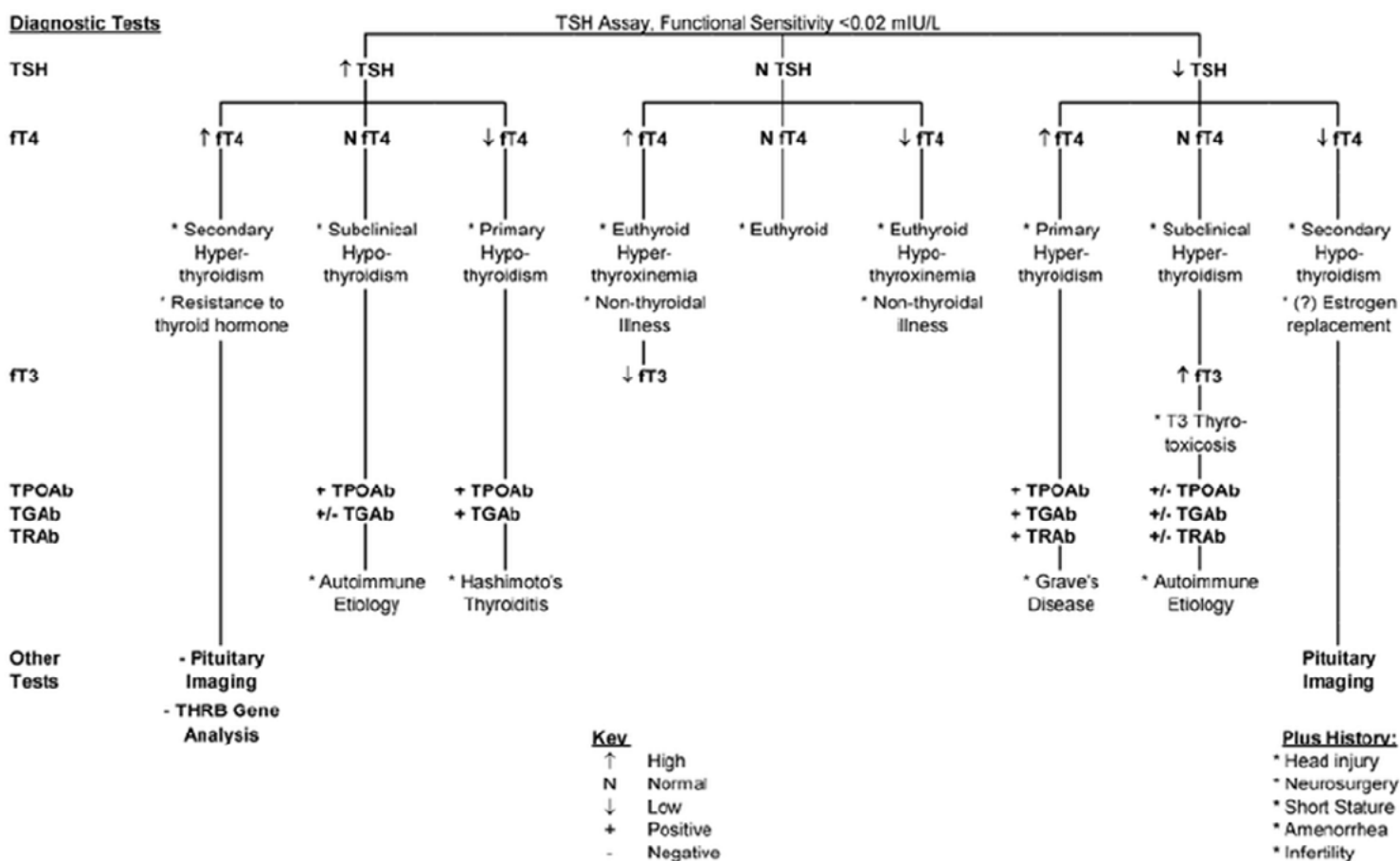
LEFT:

DAY 3 RESULTS

RIGHT:

LEFT:

Diagnostic Tests



HYPOTHYROIDISM

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Hypothyroidism occurs when the thyroid doesn't produce enough thyroid hormones, due to either an overactive or under-active response in Thyroid Stimulating Hormone (TSH). This often causes symptoms like weight gain and fatigue.



Symptoms

- Fatigue
- Poor Concentration
- Difficulty Losing Weight
- Feeling Tired/Run Down
- Bloating



Focus

- Understand Testing
- [Challenge Plan](#)
- [Lower Stress](#)
- Methylated B Vitamins
- Gut Reset



Food

Foods to Add:

- Seafood
- Kelp
- Whole Eggs
- Brazil Nuts

Foods to Avoid:

- Kale
- Soy
- Edamame
- Processed Foods

HYPERTHYROIDISM

To access some of the advanced protocols like the Metabolism Reset and the 10-Minute Workouts, [join the Lifestyle here!](#)

Hyperthyroidism occurs when your thyroid gland is overproducing thyroid hormones. When your thyroid makes too much T3, T4, or both, it speeds up your body's systems, causing distress.



Symptoms

- Fast Heartbeat
- Heart Palpitations
- Increased Hunger
- Weight Loss Without Trying
- Irregular Heartbeat



Food

Foods to Add:

- Egg Whites
- Kale
- Celtic/Sea Salt
- Honey
- Broccoli

Foods to Avoid:

- Fish
- Crabs
- Algae
- Egg Yolks
- Iodized Salt



Focus

- Understand Testing
- [Challenge Plan](#)
- Lower Stress
- Kelp - Normal Iodine Dose
- Selenium (Brazil Nuts)
- Vitamin D
- Gut Reset

PARATHYROID HORMONE ISSUES

To access some of the advanced protocols like the Metabolism Reset and the 10-Minute Workouts, [join the Lifestyle here!](#)

Parathyroid Hormone Issues occur when the parathyroid glands—which regulate the body’s blood level of calcium and phosphorus—make too much or too little parathyroid hormone. If your body has too much or too little parathyroid hormone, it can cause symptoms related to abnormal blood calcium levels.



Symptoms

- Increased PTH and/or Blood Calcium or Phosphorus
- Weak bones that break easily (Osteoporosis)
- Kidney Stones
- Excessive Urination
- Stomach (Abdominal) Pain
- Tiring easily or Weakness
- Depression or Forgetfulness
- Bone and Joint Pain
- Frequent Complaints Of Illness With No Clear Cause



Food

- Almonds
- Leafy Greens
- Cashews
- Egg Yolks



Focus

- [Challenge Plan](#)
- Hydration (Kidneys)
- Chaste Berry

THYMUS GLAND DYSFUNCTION

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The thymus gland is an important part of your immune system. It helps train the white blood cells that protect your immune system and helps develop T-lymphocytes ("T" is for thymus). Thymus gland dysfunction causes a disruption leading to different autoimmune disorders, tumors, and/or cancers.



Symptoms

- Fatigue
- Susceptible to Infections & Catching Colds
- Persistent Cough
- Chronic Illness
- Slow Wound Healing
- Neck Swelling



Focus

[Challenge Plan](#)

[Lower Stress](#)

- Antioxidants - Vitamin C and E
- Zinc
- Vitamin B6
- Vitamin D and A



Food

- Coconut Oil
- Pumpkin Seeds
- Garbanzo Beans
- Broccoli
- Citrus Fruit
- Acerola Cherry

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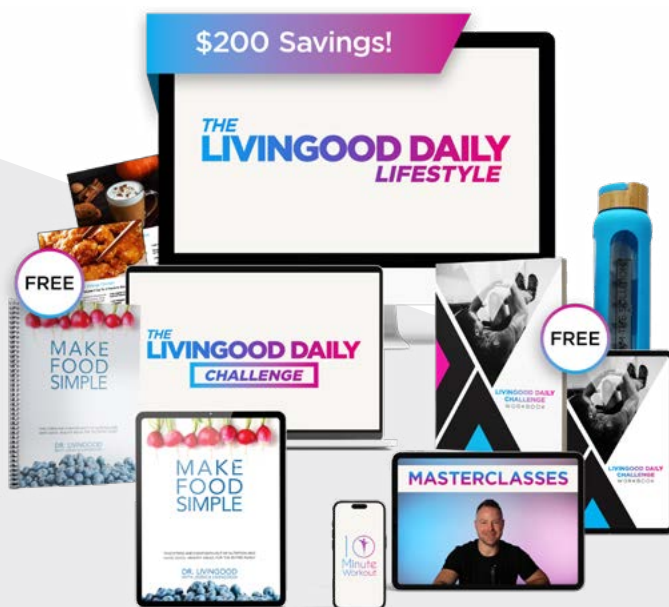


THE LIVINGGOOD DAILY LIFESTYLE

Get full access to over 120 10-Minute Workouts and all Masterclasses when you join the Lifestyle!

Tired of your weight being high? Confused by all the nutrition and diet fads out there? Sick of drugs and how they make you feel? Scared of chronic diseases you face or will face in the future? If you answered yes to any of these, then the Livingood Daily Lifestyle is for you!

In the Lifestyle, we reveal to you the five healing secrets—the five fixes—that have enabled 200,000+ people to live a drug-free lifestyle, lose the weight, and gain energy. Your health is your responsibility, and you do not get health until you build it.



**JOIN THE LIVINGOOD DAILY
LIFESTYLE TODAY!**

NOT SURE IF THE LIFESTYLE IS RIGHT FOR YOU?

We offer a **TWO-WEEK TRIAL** so [try it out today!](#)

**Included in
the Livingood
Daily Lifestyle
paid plan are:**

- ✓ Monthly Challenges
- ✓ Live Coaching
- ✓ 5+ Meal Plans
- ✓ 10+ Healthy Recipe Guides
- ✓ 120 10-Minute Workouts
- ✓ 27+ Trainings on health conditions



After 8 months of this Lifestyle, I have to say I just became a WINNER. I'm down 56 pounds, off all meds, no joint pain since February...I had to stand and wait before I could start walking and now I feel like I'm 20 again. This is the best feeling ever!! I AM THE SOLUTION!!

—Pamela H.,
Livingood Daily Customer



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