A photograph of two women standing on a sandy beach, holding hands and looking out at the ocean. The woman on the left is wearing a blue and white patterned dress, and the woman on the right is wearing a white sleeveless top and a red and black patterned skirt. The ocean is a deep blue, and the sky is a light, hazy blue. The overall mood is peaceful and hopeful.

Dr. Mariza's Hormone Protocol & Action Plan

Create a Personalized Healing Plan and Start Solving Your Unique Hormone Problems with These Targeted Solutions

DR. MARIZA
Snyder

SUPPORTING YOUR HEALTH DURING PERIMENOPAUSE AND MENOPAUSE IS NOT A ONE-SIZE-FITS-ALL PRESCRIPTION.

YOUR body, YOUR hormones, and YOUR unique needs need to be taken into account.

If you haven't already, head to www.drmariza.com/quiz and take the quiz to see which areas you should focus on to...

- Relieve annoying symptoms like hot flashes and headaches
- Reclaim your energy so you can get through your day without feeling like you need a nap (or chocolate, or another cup of coffee)
- Be able to fall asleep quickly, sleep soundly all night long, and wake up refreshed in the morning
- Amp up your sex drive and reduce vaginal dryness so you can bring the spark back into the bedroom
- Boost your metabolism so you can lose weight (and keep it off) for good
- And more!

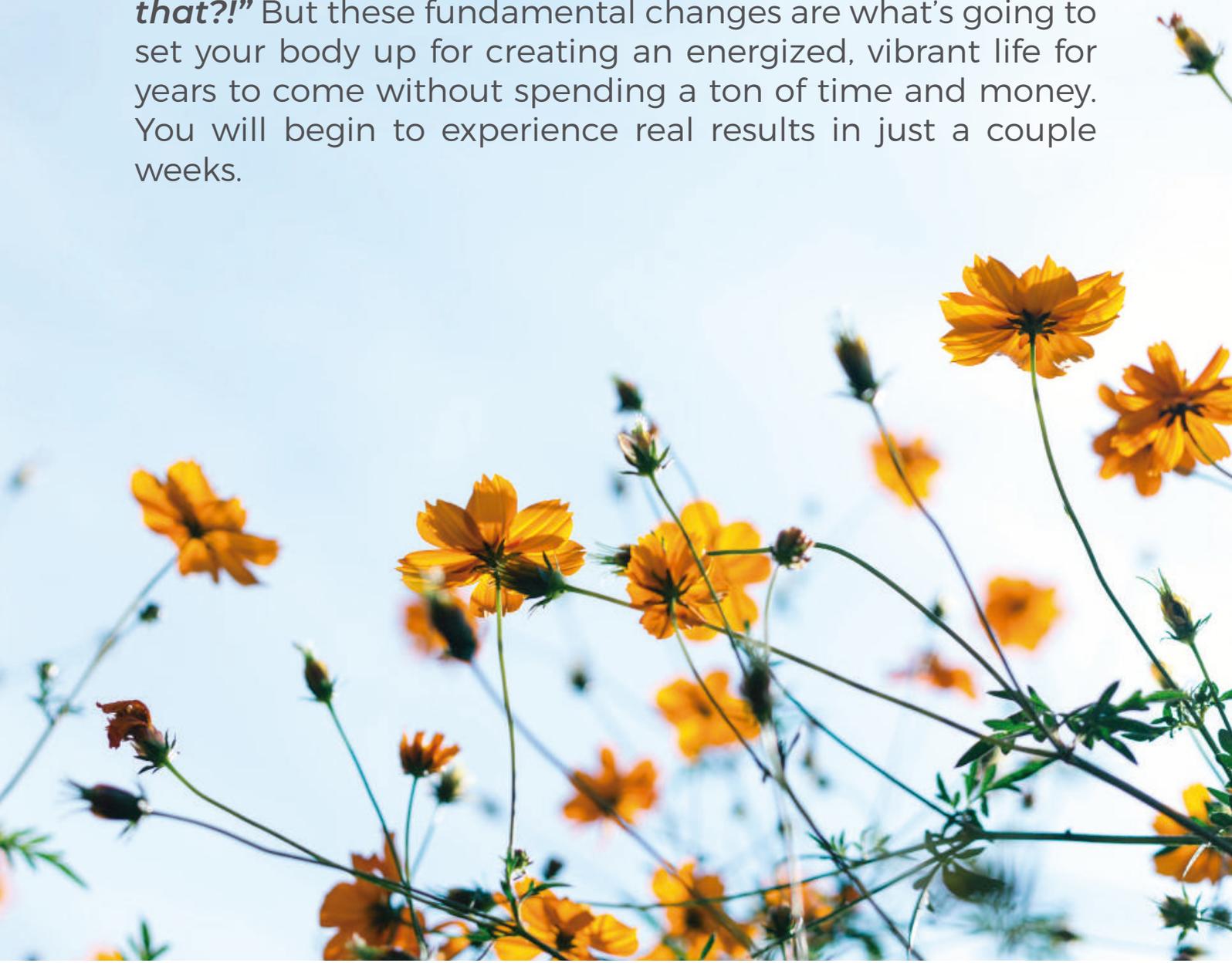
As I have treated women in perimenopause and beyond, I've found that making a few simple, key changes can be pivotal in achieving massive transformations.

By focusing on YOUR problem areas, you can hone in on the things that you can do that will make the biggest difference in how you feel. Personalizing your unique wellness plan is the only way you will create a life full of richness in health and energy that will last you through menopause and beyond!

Below, I'm going to outline some specific (and simple) recommendations for supporting your **gut, liver, blood sugar stability, thyroid, adrenals, stress, mood, and emotional health.**

After you take the quiz and identify the areas of focus that will best meet your needs, making these switches is an important step towards reclaiming this period as the BEST of your life!

These changes aren't earth-shattering. You may look at the list and go, ***"Really? That's it? Shouldn't it be harder than that?!"*** But these fundamental changes are what's going to set your body up for creating an energized, vibrant life for years to come without spending a ton of time and money. You will begin to experience real results in just a couple weeks.



HOW TO USE THIS GUIDE

Once you've taken the quiz and uncovered which areas are going to be most crucial for achieving your goals, you can use this guide as a blueprint for creating a personalized wellness plan. Each category has a combination of nutrition, self-care, lifestyle, supplement, and essential oil recommendations that you can use to powerfully promote the health of the systems that are going to be most beneficial for you.

Each category has things that you "Remove" and "Add on." I think it is SO important that we **NOT** view our health choices as negative things we are constantly withholding ourselves from. A healthy life can be full of wonderful, life-giving rituals and choices that will leave you feeling better than ever before!

I have also included specific supplement recommendations for each category so you can harness the power of targeted nutrients, herbs, and vitamins to experience lasting results where you need them most.

My plans are not strict, or restrictive. Feel free to pull from each category as you find what makes your body thrive. ***Experiment and have some fun getting comfortable in your own body and discovering the things that make you feel like the superstar you are!***

Note: *The recommendations in this guide are incomplete in that there is SO much more to say. Each section has a corresponding chapter in [The Essential Oils Menopause Solution](#) that goes into greater detail and lays out specific nutrition, supplement, essential oil, and self-care protocols that present a fuller picture of what you can do to support your health naturally.*

Use this guide as a summary or outline to remind you of what you can do each and every day to take ownership of your hormones!

Recommendations for Supporting Your Gut

Why This Matters for You

Your gut is a primary gateway to supporting your overall health. Its roles include absorbing essential nutrients, making and regulating hormones and neurotransmitters that affect every system of your body, affecting estrogen levels, shaping your mood, and supporting your immune system. Here are some critical things to remove and add on to support this essential system:

Remove	Add On
<ul style="list-style-type: none">● Inflammatory foods (like gluten, dairy, sugar, carbohydrates, hydrogenated or vegetable oils)● Processed foods, especially those containing artificial sweeteners and preservatives● Stress● Caffeine● Alcohol● Medications (over-the-counter medications like NSAIDs and acetaminophen, antibiotics, birth control pills, and steroids)● Genetically modified food● Personal care and household products that are full of harsh chemicals	<ul style="list-style-type: none">● Mindful eating practices*● Massages and rituals to promote healthy digestion*● Probiotics and probiotic-rich foods like coconut kefir, fermented vegetables, kombucha, and miso● An organic plant-based diet with lots of green vegetables*● Grass-fed animal protein● Bone broth● Essentially Whole® Pure Daily Fiber● Gut-promoting supplements and digestive enzymes*● Digestion-supporting essential oils such as Peppermint, Ginger, Fennel, Clove, and Cardamom*● Castor oil packs

Gut Restore Supplement Protocol

- **Essentially Whole® Gut Restore** -- 3 capsules at breakfast. 4 capsules with Dinner for 60 days.
- **Essentially Whole® Pure Daily Fiber** -- 1 or 2 scoops in a smoothie or beverage every morning
- **Comprehensive digestive enzymes** (I recommend Designs for Health® Digestzymes™ or Pure Encapsulations® Digestive Enzymes Ultra) -- 1 capsule twice per day with food
- **Grass-fed Collagen** (I recommend Bulletproof® Collagen Protein or Vital Proteins® Collagen Peptides) -- two tablespoons twice daily (great in green smoothies)

**Specific recipes, inspirations, protocols, and more can be found in [The Essential Oils Menopause Solution](#).*

What You Can Do to Start Today

Switch out your typical breakfast with a nutrient-dense green smoothie, boosted with quality protein powder, fiber, and collagen. This is the easiest and quickest way to give your gut some powerful support!



Recommendations for Supporting Your Liver

Why This Matters for You

When it comes to supporting your hormone health, it all begins in the liver. Your liver plays a critical role in eliminating harmful excess estrogen from your body that can wreak havoc on your delicate hormone balance, leading to estrogen dominance, painful symptoms, and even cancer. Here are some ways to get started giving your liver the attention it deserves:

Remove	Add On
<ul style="list-style-type: none">● Refined carbs and processed sugar● Alcohol● Stress● Caffeine● Smoking● Late night snacking● Personal care and household products that are full of harsh chemicals● Medications (over-the-counter medications like NSAIDS and acetaminophen, antibiotics, birth control pills, and steroids) 	<ul style="list-style-type: none">● Essentially Whole® Pure Daily Fiber● Protein, fat, and lots of vegetables at each meal*● Hydration with added antioxidants from lemon● Broccoli or other cruciferous vegetables● Castor oil packs● Liver-support supplements*● Liver-supporting essential oils including Lemon, Helichrysum, Rosemary, Turmeric, and Frankincense*● Dry brushing for lymphatic drainage● Epsom salt baths with magnesium sulfate

Liver Restore Supplement Protocol

- **Essentially Whole® 14-Day Detox Kit** (includes detox drink packets and liver detox supplements) for a complete 14-Day liver detox to support phase 1 and 2 detoxification.
- **Essentially Whole® Vitamin C Boost** -- 1 scoop twice a day
- **Essentially Whole® Liver Support** -- 1 capsule twice a day

**Specific recipes, inspirations, protocols, and more can be found in [The Essential Oils Menopause Solution](#).*

What You Can Do to Start Today

Try out this DELICIOUS and liver-loving smoothie recipe for breakfast! It'll keep you full and satisfied for hours, while supporting your liver with powerful superfoods.

Blueberry Matcha Smoothie

Serves: 2

Ingredients

- 2 cups mixed greens
- 2 cups water
- ½ lime, squeezed
- 1 small avocado, pitted, peeled and chopped
- 1 cup frozen blueberries
- 1 teaspoon matcha green tea
- 1-2 scoops **Essentially Whole® Vanilla Protein Powder (or Pea Protein)**
- 2 teaspoons **Essentially Whole® Pure Daily Fiber** (or 1 tablespoon freshly ground flaxseed)
- 3-4 ice cubes (optional)



Directions: Add the mixed greens and water to a high-powered blender. Start blending on low and, as greens start to break down, increase to medium speed until completely broken down and smooth, approximately 45-60 seconds. Add lime juice, avocado, blueberries, matcha, vanilla protein powder, fiber, and ice. Blend well on medium to high speed until desired consistency is achieved, about 1 minute. Enjoy immediately.

Recommendations for Supporting Blood Glucose Levels and Stabilizing Insulin

Why This Matters for You

Blood sugar spikes and dips are one of the biggest causes of struggles with losing weight and belly fat, especially once you reach your 40s and beyond. Unstable blood sugar levels are a form of stress on your body that leads to a cascade of other hormone issues. Here are some simple ways to help you get your body in balance to lose weight, have better focus and mood, and so much more:

Remove	Add On
<ul style="list-style-type: none">• Sugar-filled, high-carb foods and beverages• Artificial sweeteners• Stress• Alcohol• Processed foods• Foods you are sensitive to• Caffeine• Constant snacking 	<ul style="list-style-type: none">• Leafy greens (green smoothies are my favorite way to get these in!)• Protein and fat at every meal*• Essentially Whole® Pure Daily Fiber• Probiotics and probiotic-rich foods like coconut kefir, fermented vegetables, kombucha, and miso• Essential oils for cravings, including Peppermint, Ginger, and Grapefruit*• Mindful eating practices• Intermittent fasting*• Metabolic-supportive supplements*• Hydration (with Lemon oil for an extra boost)

Sugar/Insulin Balance Supplement Protocol

- **Myoinositol or D-Chiro-Inositol** (I recommend Inositol [Powder] by Pure Encapsulations® or Myo & D-Chiro Inositol by Wholesome Story®) -- 4.2g (2 scoops) 1 or 2 times daily
- **Essentially Whole® Metabolic Restore** -- 1 capsule three times daily with food
- **Berberine** (I recommend Thorne® Research Berberine or Klaire Labs® Berberine) -- 1 capsule two times daily
- **Essentially Whole® Activated B Vitamins** -- 1 capsule daily with food
- **Essentially Whole® Vitamin D Complete** -- 1 capsule daily with food

**Specific recipes, inspirations, protocols, and more can be found in [The Essential Oils Menopause Solution](#).*

What You Can Do to Start Today

When you feel like you need a sweet snack, try drinking a glass of water with a drop of Lemon, Peppermint, or Wild Orange essential oils instead!



Recommendations for Supporting Your Thyroid

Why This Matters for You

Your thyroid is an important part of regulating the systems and hormones in your body. When it's out of whack, your whole body suffers. Every single cell in your body has receptors for thyroid hormones, so supporting your thyroid is an essential piece to feeling your best. Here's how to support your thyroid:

Remove	Add On
<ul style="list-style-type: none">• Stress• Gluten, dairy, sugar, vegetable oils, processed foods• Toxins in household and personal care products*• Long cardio workouts• Alcohol• Caffeine• Medications (over-the-counter medications like NSAIDS and acetaminophen, antibiotics, birth control pills, and steroids)	<ul style="list-style-type: none">• Thyroid-support supplements*• Thyroid-loving essential oils like Myrrh, Frankincense, Turmeric, Clove, and Lemongrass*• Liver and gut-supporting protocols*• Gentle exercise like yoga, hiking, and strength training• Probiotics and probiotic-rich foods like coconut kefir, fermented vegetables, kombucha, and miso• Deep Breathing and/or meditation to reduce stress*



Thyroid Support Supplement Protocol

- **Essentially Whole® Vitamin D Complete** -- 1 capsule daily with food
- **Essentially Whole® Thyroid Support** -- 2 capsules daily with food
- Zinc (I recommend Thorne® Research Zinc Picolinate or Klaire Labs® Zinc Plus) -- 1 capsule daily with food
- **Essentially Whole® Adrenal Love** -- 2 capsules daily with food
- Selenium (I recommend Klaire Labs® Seleno Met™ or Thorne® Research Selenomethionine) -- 1 capsule daily with food

**Specific recipes, inspirations, protocols, and more can be found in [The Essential Oils Menopause Solution](#).*

What You Can Do to Start Today

Do some gentle exercise. Take a walk, do some yoga, or lift some weights to take some stress off your body!



Recommendations for Supporting Your Adrenals and Stress Levels

Why This Matters for You

As your ovaries decline in their function during perimenopause, your adrenals become even more important as they pick up the slack producing essential hormones. Plus, they are critical for handling your body's response to stress. Stress is toxic for your body, and when you are chronically feeling stressed out and overwhelmed, your adrenals can easily become overworked, leading to more damage to your body's systems. Here are some ways to make sure your adrenals are in top shape to help you handle stress and feel your best:

Remove	Add On
<ul style="list-style-type: none">• Inflammatory foods (gluten, dairy, sugar, vegetable oils, processed foods, refined carbs)• Toxic energy and draining people or situations• Caffeine• Strenuous exercise• Digital influences (take a break from your computer or phone every day!) 	<ul style="list-style-type: none">• Self-care rituals*• Restful sleep• Probiotics• Detoxifying essential oils and practices*• Stress-interrupting essential oils like Lavender, Wild Orange, Frankincense, and Clary Sage*• Adrenal-supporting and stress-reducing supplements*• Meaningful social connections• Meditation• Gentle exercise like yoga, hiking, strength training• Hydration• Green smoothies

Adrenal/Stress Recovery Supplement Protocol

- **Essentially Whole® Adrenal Love** -- 2 capsules daily with food
- **Holy Basil** (I recommend Gaia Herbs® Holy Basil Leaf) -- 1 capsule daily, or drink it as a tea (see recipe below)
- **Essentially Whole® Magnesium Restore** -- 2 capsules before bed
- **Phosphatidylserine** (I recommend Klaire Labs® Phosphatidyl Serine or Pure Encapsulations® PS Plus) -- 1 capsule daily with food

**Specific recipes, inspirations, protocols, and more can be found in [The Essential Oils Menopause Solution](#).*

What You Can Do to Start Today

Start your morning and reset your adrenals with a calming, adrenal-loving tea. Tulsi Tea is my go-to to fight back against stress and keep you calm, instead of revving you up like caffeine does. Here's one of my favorite recipes:

Adrenal Love Tulsi Tea

Tulsi, or holy basil, is an adaptogenic herb known to support adrenal function and lower stress levels. This tea is the perfect swap for caffeinated teas.

Serves 2

Ingredients

- 2 cups filtered **water**
- 2 tablespoons of dried **organic tulsi** or 2 tulsi tea bags
- 2 teaspoons **lemon juice**



Direction: Boil filtered water and pour it over dried tulsi leaves using a tea strainer. Add lemon juice and stir. Pour tea into a cup and enjoy hot or warm.

Recommendations for Supporting Your Mood and Emotional Wellbeing

Why This Matters for You

Your mood is everything. You can do everything right, eat all the right foods, exercise, and take all the right supplements, but still be unhealthy because your mindset and emotional health are the keys to unlocking lasting energy and vitality. But even your mood and emotions are intricately connected to your hormones and physical health. Here are some simple ways to support a healthy mind as you transform your body:

Remove	Add On
<ul style="list-style-type: none">• Stress• Sleep disruptors* Refined carbs, gluten, dairy, and vegetable oils• Alcohol• Caffeine• Interactions with toxic people and situations• Over-scheduling and overcommitting 	<ul style="list-style-type: none">• Gut-supporting protocols, especially probiotics*• Self-care rituals*• Working with a professional to process past trauma• Sleep-supporting practices*• Mood-support essential oils including Bergamot, Copaiba, Ylang Ylang, Lavender and Sandalwood*• Emotional balancing herbs and supplements*• Meaningful social connections• Time outdoors in sunshine

Mood Balance Supplement Protocol:

- **Essentially Whole® Vitamin C Boost** -- 1 scoop twice daily
- **Essentially Whole® Calm & Restore** -- 1-2 capsules daily, or as needed
- **Essentially Whole® Hormone Balance** -- 2 capsules, twice daily with food
- **5-HTP** (I recommend Thorne® Research 5-Hydroxytryptophan, or Bulletproof® 5-HTP) -- 1-2 capsules daily, or 100-200mg/day

**Specific recipes, inspirations, protocols, and more can be found in [The Essential Oils Menopause Solution](#).*

What You Can Do to Start Today

Take a walk in the sunshine. Fresh air and movement can totally turn your day around! If you are feeling anxious, take some deep belly breaths and take a Calm & Restore Chewable to create instant tranquility.



Your Source for Quality Supplements

Supplements are only as good as their ingredients, and unfortunately, many supplements you find are lacking in quality so they won't deliver the results you need. That's why I created Essentially Whole® supplements as a way to serve you with high quality products that will help you heal your body from the cells up!

Essentially Whole® supplements are my own custom formulations hand-picked to deliver the energy, hormone balance, and whole-body healing you've been waiting for.

You can get all the Essentially Whole® products mentioned in this guide and more at drmariza.com/store.

I'm all for making it as EASY as possible for you to get the solutions you need. Save time and money by shopping this special Protocols Collection in the Essentially Whole Store AND save \$10 on your order using code HORMONELOVE10.

**Shop the Protocols
Collection Now!**

