



The Ultimate Guide To Go From
FATIGUED To *Fierce*



Dr. Faith Coats



Hello There



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I'm Dr. Faith Coats, a Naturopathic Medical Doctor & your faithful hormone doc. Even though I am a doctor, I'm not your doc.

Education Purposes Only

This resource is for educational purposes only. It is not intended as a substitute for the advice provided by your medical professional. If you have or suspect that you have a serious medical condition, contact your health care provider immediately. Always consult with a health care practitioner before beginning a new supplement or starting a new diet, especially if you are pregnant or nursing.

Let's Get Started



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Hormones Control It All

Exhaustion, memory problems, mood swings, painful periods, acne, low sex drive, trouble losing weight? It can all come down to out of whack hormones.

Hormones are signals your body uses to get what it needs and if they are not in balance with each other, you can experience hormonal hell.

WEIGHT GAIN & FATIGUE ARE SYMPTOMS, NOT THE ROOT CAUSE

As humans, our hormones fluctuate monthly, but they also respond to the food we eat and our lifestyle choices. Eating things like inflammatory foods and getting less sleep has a huge impact on our hormone levels. The good news is that there are simple things we can do to begin getting our hormones back on track.

It all comes down to the right balance of adrenal, thyroid, & sex hormones.

Women & men have the same hormones but they require different amounts.

Women need MORE estrogen, progesterone & LESS testosterone than men do. Testosterone is the secret to getting your sex life back. Even though we might need less, it's equally important.

Hormone imbalance is when there is too much or too little amount of a specific hormone which can cause you some serious grief. Common things you might experience are...

Hormone Symptoms

- **Weight Gain**
- **Mood Swings**
- **Anxiety**
- **Depression**
- **Painful Periods**
- **PMS**
- **Insomnia**
- **Low Sex Drive**
- **Hair Loss**
- **Feeling Cold/Hot**
- **Blood Sugar Issues**



VIDEO ONE

ELIMINATE CONFUSION AND UNLOCK YOUR BODY'S HIDDEN SIGNALS FOR EFFORTLESS ENERGY & WEIGHT LOSS.



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VIDEO TWO

HOW TO DEVELOP YOUR ENERGY & METABOLISM BOOSTING STRATEGY



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VIDEO THREE

**4 ESSENTIAL STEPS TO CONQUERING
YOUR ENERGY & METABOLISM
INDEFINITELY**



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Start Watching



HORMONES ARE TRICKY

By far the trickiest thing about hormones is that many of their roles overlap and you might have multiple issues at the same time.

No matter which hormone is out of control, I have come up with a simple **4 part** method that will quickly start to get your hormones back on track.

The 4 areas we need to focus on are finding the problem, hormone testing, nutrition, and longevity lifestyle changes.

I even included a 1-week meal plan and a bonus section on hormone optimization through natural supplementation. Let's dive in.

*It Ain't Your
Motivation...*

It's Your Hormones



4 ESSENTIAL STEPS TO GETTING

Back To Balanced

Step 1

Find The Problem

Your hormones control your metabolism and if you've got wonky signals, then you will be starving yourself with little progress.



So instead of wasting time and money, let's talk about the real reason you're overweight and exhausted, which is caused by **8 problematic hormones**.

Thyroid

Master Metabolizer



Converts food into energy and it controls many aspects of your metabolism

Insulin

Blood Sugar Regulator



Key to unlock doors on the outside of cells to allow blood sugar to enter and be converted to energy

Cortisol

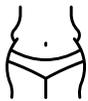
Energy & Stress Fat



Increases energy & appetite. Switches your metabolism from fat burning to fat storing

Leptin

Regulates Hunger



Produced by fat cells to tell your brain you're hungry

Hunger Hormones



Ghrelin

Regulates Hunger



Made in the stomach to tell your brain you're hungry

Fertility Hormones

Estrogen

Feminizer



Important for fertility & weight management

Progesterone

Fertility & Calming



Regulates fertility, appetite & stress management

Testosterone

Masculinizer



Controls libido, your muscle mass, energy, motivation, and weight management



Step 2

LAB TESTING

Back To Balanced

Testing your hormones and gut health should be your #1 priority. The only way to get long lasting results is fixing the underlying problem.

You should take the weight management test if:

- ✓ Are having difficulty controlling your weight
- ✓ Experience persistent stress
- ✓ Don't feel rested after sleeping
- ✓ Feel sluggish and fatigued
- ✓ Have frequent sugar cravings
- ✓ Want to understand how your hormones are related to your weight

Hormones

What Is Measured?

- Fertility (Estrogen & Progesterone)
- Thyroid (TSH, Free T3/T4, Antibodies)
- Androgens (DHEA, Testosterone, SHBG, DHT)
- Cortisol (Saliva Test: 4 Readings Is Most Accurate)
- Insulin & HbA1c
- Vitamin D



[Learn More](#)

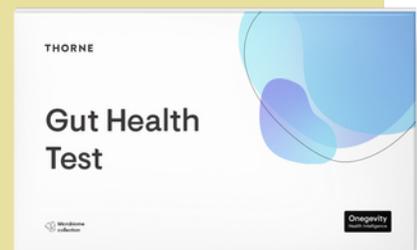
You should take the gut health test if:

- ✓ Experience regular constipation or diarrhea
- ✓ Have IBS or IBD (or a family history of it)
- ✓ Have taken multiple courses of antibiotics
- ✓ Experience fatigue, low energy, or brain fog
- ✓ Have frequent heartburn
- ✓ Have excessive gas, bloating, abdominal pain, or nausea

Gut Health

What Is Measured?

- Intestinal Permeability (Leaky Gut)
- Gut Dysbiosis & Digestion
- Inflammation
- Enteric Nervous Imbalances
- Bacterial Diversity & Micronutrients
- Parasite, Fungi & Pathogens



[Learn More](#)



Step 3

Targeted Nutrition Back To Balanced

Your hormones are made of fat and run off of vitamins and nutrients. If you want to optimize your hormones for energy and weight loss then you can follow these tips.

6

Tips For Optimized Hormones

1 Fat & Protein

This will sustain your energy and prevent blood sugar crashes which cause food cravings for sweet and salty foods.

2 Fiber Daily

>30g daily. Help move excess hormones like estrogen out of your body and keep you fuller for longer.

3 Veggies

Your hormones can only run off of the vitamins found in veggies. Eat the rainbow!

4 Plan Your Fast

Keep your fasting window to a minimum with no more than 16 hours. It's not for everyone, so talk to your doctor before starting intermittent fasting.

5 Skip Pesticides

Pesticides are known to wreck your hormones but not everyone can afford organic food. Eat the clean 15 and avoid the dirty dozen to be a savvy shopper.

6 Pass On Plastics

Pass on plastics in the supermarket and whatever you do, skip on the plastic water bottles and microwaving your food in plastics.

Nutrition



Longevity Lifestyle

Step 4

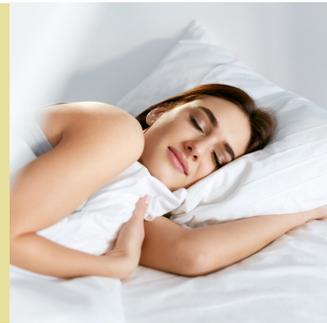
Back To Balanced

Your stressful lifestyle and habits are impacting your energy levels and waist line. Make sure to follow these tips to start to get control without losing it.

Sleep

Sleep - Most Important

- Complete Sleep Hygiene Audit - [Learn More](#)
- Sleep in a completely dark room - no electronic lights
- Aim for 8 hours/night: Be in bed before 10pm



Exercise

Exercise

- At Least 10-30 min of exercise 3-5 times a week.
- Hormone-friendly exercises are: Pilates, yoga, weightlifting, stretching, barre, & Power Walking



Stress Less

Stress Management

- Aim to destress daily - twice a day is even better
- Meditation for 15 min - Clients love insight timer
- Yoga is a 2 in-one for exercise & destressing
- Hypnotherapy - Like mediation with a goal
- Epsom Salt Baths - magnesium relaxes muscles and minds



Supplements

Bonus

Back To Balanced

Supplements can boost your results but only if you take the right kind. Follow the guide below on what kind of supplements are needed for optimized hormones.



Proud Designs For Health Partner



Weight Management



Click Link To Learn More

Energy | Sleep | Stress



Thyroid Support



PCOS Support



Fertility/Menopause



5 Day Quick Start Meal Plan

FOR HORMONE OPTIMIZING

	Breakfast	Lunch	Dinner
Mon	1 Grapefruit 2 Deviled Eggs Cucumber Slices	1 chicken sausage Sliced Apples Red Cabbage slaw	chicken salad spinach toasted pita
Tue	1 cup coconut yogurt 1 c. gf granola 1 c. blueberry	Zuchini Noodles DF Pesto Grape Tomatoes	2 scrambled eggs toast 1 peach
Wed	1 poached egg 1 Slice GF Toast 1/2 avocado	3 oz ground chicken 1 cup brown rice Salsa	grilled salmon cauliflower brown rice
Thu	1 Tbsp Chia seeds 1/2 cup coconut milk 1/2 banana & mango	1 Brown Rice Tortilla 2 eggs scrambled 1 cup sauted onion & spinach	Brown Rice Pasta 1.5 cup shrimp Marinara Sauce
Fri	2 scrambled eggs 2 oz smoked salmon 1 banana	Taco seasoned meat Romaine Leaves Salsa	Pesto cauliflower rice Her crusted tilapia roasted grape tomatoes

*Season everything to your liking. It doesn't have to be bland.

*Fresh herbs like dill, rosemary, thyme, cilantro and chives are great!

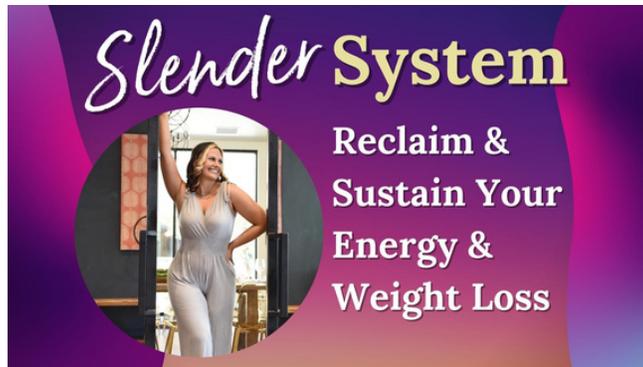
*Avoid Dairy, Gluten, and Soy.

*Gluten Free=GF Dairy Free=DF

Just Starting?

This revolutionary system will help you jumpstart your energy & boost your metabolism so you can lose unwanted inches.

THE SLENDER SYSTEM



EVERYTHING YOU NEED TO

RECHARGE YOUR ENERGY HORMONES SO YOU CAN UNLOCK YOUR LIMITLESS POTENTIAL

ONLY \$37

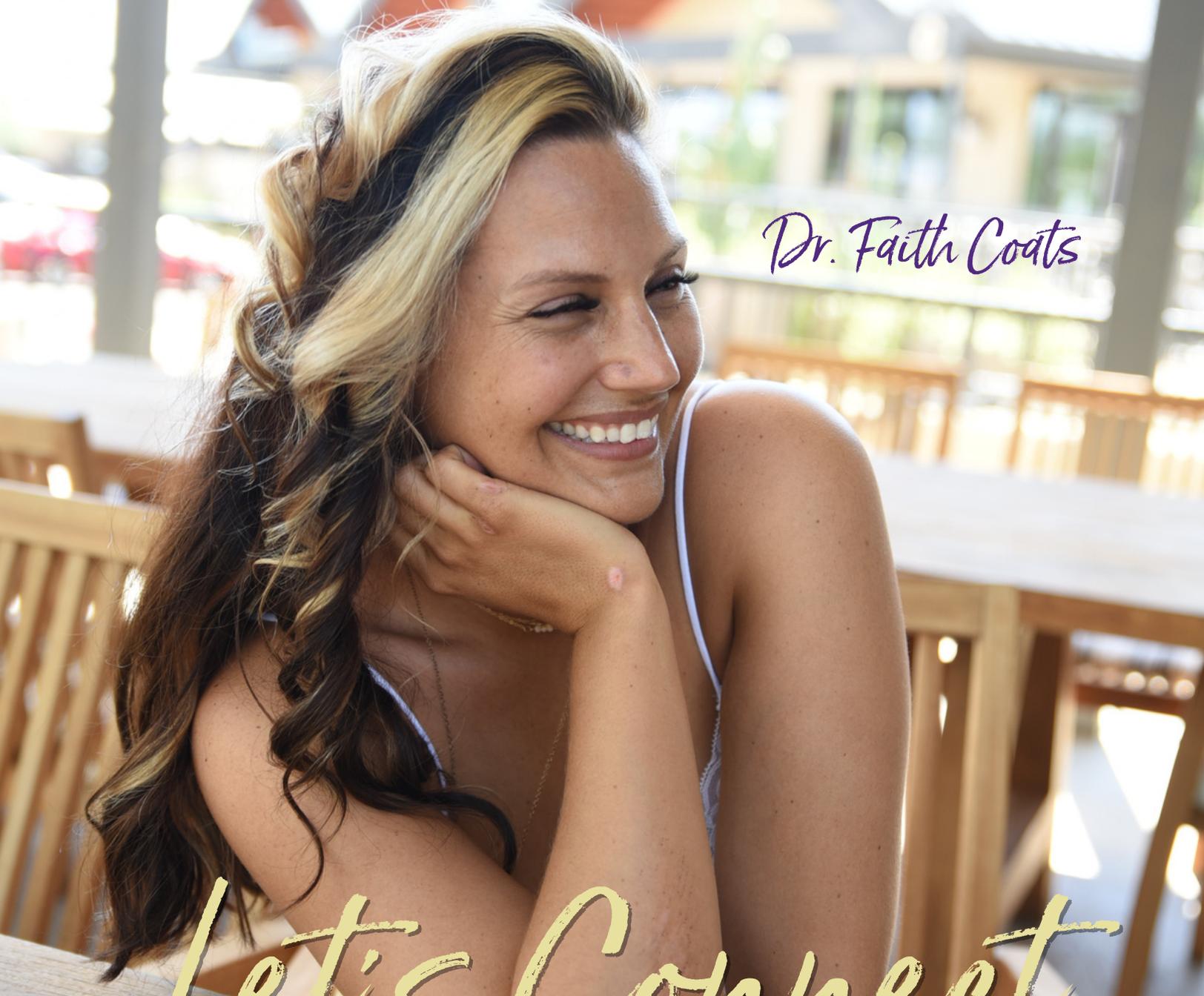
What Do You Get For \$37??



Bundle Includes:

- Weight/Energy Microcourse
- Energy Hormone Assessment
- Eating For Energy Guide
- Energized Exercise Routine
- Destress & Eat Less Mediation
- Slenderizer Organizer
- Private Membership Area
- & More bonus goodies

LEARN MORE



Dr. Faith Coats

Let's Connect

Fixing your hormones is not always easy but with the right strategies and support, you get back to living your best life with boundless energy & the body of your dreams. If you feel like you need extra support to get back to a life of confidence & balance, I would be honored to help you pursue that journey.

» [Work With Me](#)

