

BIOMARKERS

Biomarker	Possible Causes	Possible Fixes
Low Energy	Poor sleep	<ul style="list-style-type: none"> • Focus on Sleep (see Sleep causes/fixes)
	Low iron	<ul style="list-style-type: none"> • Eat more leafy green vegetables (spinach, kale, broccoli, etc.) • Increase red meat consumption • Add Iron Supplement (talk to your doctor about this)
	Not eating enough calories	<ul style="list-style-type: none"> • Slowly increase calories -start with 50 to 100 initially to see if energy improves
	Not eating enough starch	<ul style="list-style-type: none"> • Increase total daily portion – start with one day, see if energy improves the following day. Be careful increasing total daily starch every day.
	Not exercising	<ul style="list-style-type: none"> • Start a walking, yoga or other gentle exercise practice
	Over exercising	<ul style="list-style-type: none"> • Cut back on High Intensity and Long Duration Medium Intensity Exercise.
	Poor diet	<ul style="list-style-type: none"> • Eat fewer simple carbohydrates – limit simple sugars, and low nutritional treats



Biomarker	Possible Causes	Possible Fixes
Cravings	Eating too many simple carbohydrates at once	<ul style="list-style-type: none"> • Eat fewer simple carbohydrates – limit simple sugars, and low nutritional treats
	Hormones	<ul style="list-style-type: none"> • Keep a journal to see if cravings are stronger at a particular time of the month, and/or if they correlate to another food.
	Habit	<ul style="list-style-type: none"> • Notice whether the craving correlates with a particular time of day or event.
	Not eating enough	<ul style="list-style-type: none"> • Slowly increase calories -start with 50 to 100 initially to see if cravings decrease
	Not eating enough protein with starch	<ul style="list-style-type: none"> • Validate that you're eating protein with each meal. Slightly bump up protein 1 oz at a time & observe.
	Not getting proper sleep	<ul style="list-style-type: none"> • Focus on Sleep (see Sleep causes/fixes)
	Neurotransmitters	<ul style="list-style-type: none"> • Take the Braverman Assessment in the Private Client Site to determine if you're low in nutrients



Biomarker	Possible Causes	Possible Fixes
Hot flashes	Too many starches/carbohydrates	<ul style="list-style-type: none"> • Reduce Starches in diet. • Eliminate sugar and/or flour • Keep a journal to see if starch/flour/sugar intake reduce in response to dietary changes (scale of 1-10 & duration of hot flash).
	Alcohol	<ul style="list-style-type: none"> • Keep a journal to see if hot flashes correlate to alcohol consumption • Reduce alcoholic drinks • Eliminate alcohol
Anxiety	Poor sleep	<ul style="list-style-type: none"> • Focus on Sleep (see Sleep causes/fixes)
	Poor diet	<ul style="list-style-type: none"> • Eat fewer simple carbohydrates – limit simple sugars, and low nutritional treats
	Over exercising	<ul style="list-style-type: none"> • Cut back on High Intensity and Long Duration Medium Intensity Exercise.



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Increased Hunger	Body isn't fat adapted	<ul style="list-style-type: none"> • Cut out all Sugar and Flour for a period of 1 month • Start Intermittent Fasting Protocol
	Over exercising	<ul style="list-style-type: none"> • Cut back on High Intensity and Long Duration Medium Intensity Exercise.
	Not eating enough	<ul style="list-style-type: none"> • Slowly increase calories -start with 50 to 100 initially to see if hunger decrease
Moodiness/ Irritability	Over exercising	<ul style="list-style-type: none"> • Cut back on High Intensity and Long Duration Medium Intensity Exercise.
	Poor quality food	<ul style="list-style-type: none"> • Increase vegetable consumption
	Poor sleep	<ul style="list-style-type: none"> • Focus on Sleep (see Sleep causes/fixes)
	Stress/Anxiety	<ul style="list-style-type: none"> • Perform a Problem Download • Perform Thought Downloads on each problem



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Poor Sleep	Over exercising	<ul style="list-style-type: none"> • Cut back on High Intensity and Long Duration Medium Intensity Exercise.
	Eating too many starches too close to bed	<ul style="list-style-type: none"> • Eliminate Starches & Simple Sugars in last meal of the day
	Stress/ Anxiety	<ul style="list-style-type: none"> • Perform a To Do List Download before bed • Perform a Thought Download before bed • Practice Visualization Exercises on stressors/worries • Notice & Name the Feeling
	Eating too close to bed	<ul style="list-style-type: none"> • Create a buffer of at least 2 hours of no eating before bed.
	Exercising too intensely too close to bed	<ul style="list-style-type: none"> • Shift the time of day for vigorous exercise
	Caffeine too close to bed	<ul style="list-style-type: none"> • Move the time deadline earlier in the day as to when caffeine is allowed in your diet • Eliminate all caffeine
	Other	<ul style="list-style-type: none"> • Try a weighted blanket • Try a low dose of melatonin (talk to doctor)



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Night Sweats	Too many starches in last meal of day	<ul style="list-style-type: none"> • Eliminate (or reduce) starches in last meal of the day
	Alcohol	<ul style="list-style-type: none"> • Keep a journal to see if night sweats correlate to alcohol consumption • Reduce alcoholic drinks • Eliminate alcohol
	Too many starches/carbohydrates in diet overall	<ul style="list-style-type: none"> • Reduce Starches in diet. • Eliminate sugar and/or flour • Keep a journal to see if starch/flour/sugar intake reduce in response to dietary changes (scale of 1-10 & duration of hot flash).
Headaches	Stress	<ul style="list-style-type: none"> • Stretching • Perform a Rest & Relaxation Activity • Pain Visualization Exercise
	Alcohol	<ul style="list-style-type: none"> • Keep a journal to see if hot flashes correlate to alcohol consumption • Reduce alcoholic drinks • Eliminate alcohol



Biomarker	Possible Causes	Possible Fixes
Headaches	Not eating properly	<ul style="list-style-type: none"> • Eat fewer simple carbohydrates – limit simple sugars, and low nutritional treats • Increase vegetable portions in the day
	Eating too many processed carbs & simple sugars	<ul style="list-style-type: none"> • Eat fewer simple carbohydrates – limit simple sugars, and low nutritional treats
Insomnia	Too many starches in last meal of the day	<ul style="list-style-type: none"> • Eliminate (or reduce) starches in last meal of the day
	Increase starch portion in last meal of the day	<ul style="list-style-type: none"> • Not eating enough starch in last meal of the day
	Eating too much too close to bed	<ul style="list-style-type: none"> • Create a buffer of at least 2 hours of no eating before bed. • Pay attention to hunger scale in last meal of the day – don't eat above +2
	Not eating enough	<ul style="list-style-type: none"> • Slowly increase calories -start with 50 to 100 initially to see if sleep improves
	Not enough protein in the last meal of the day	<ul style="list-style-type: none"> • Validate that you're eating protein with each meal. Slightly bump up protein 1 oz at a time & observe



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Insomnia	Eating poor quality foods	<ul style="list-style-type: none"> • Eat fewer simple carbohydrates – limit simple sugars, and low nutritional treats • Increase vegetable consumption
	Stress/worries	<ul style="list-style-type: none"> • Perform a To Do List Download before bed • Perform a Thought Download before bed • Practice Visualization Exercises on stressors/worries • Notice & Name the Feeling
	Irregular sleep routine	<ul style="list-style-type: none"> • Create a Sleep Routine
	Eating spicy foods	<ul style="list-style-type: none"> • Eliminate spicy food in last meal of the day • Keep a journal to see if sleep improves
Bloating	Food Allergies/Intolerance	<ul style="list-style-type: none"> • Keep a journal to see if bloating correlates to specific foods • Try a Mini-Elimination Diet <ul style="list-style-type: none"> ○ Dairy ○ Raw, Cruciferous Vegetables
	Imbalance of good/bad bacteria	<ul style="list-style-type: none"> • Take a pro-biotic
	Carbonated Beverages	<ul style="list-style-type: none"> • Eliminate carbonated beverages



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Bloating	Menstrual Cycle	<ul style="list-style-type: none"> • Not much
	Chewing gum	<ul style="list-style-type: none"> • Eliminate carbonated beverages
	Constipation	<ul style="list-style-type: none"> • Include more fiber (vegetables, beans, legumes) • Take a pro-biotic
	Overeating	<ul style="list-style-type: none"> • Eat smaller meals

