HORMONE RESET

FOR WOMEN 25–70



The Ultimate Hormone Reset Guide for Women

RESET YOUR HORMONES. RECLAIM YOUR ENERGY.

DR. CHRIS JOHNSON

DIGITAL VISIONARY

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About the author. Dr. Chris Johnson holds a Doctor of Ministry (D.Min.) degree. He is not a medical doctor, nurse, dietitian, or licensed healthcare provider, and nothing in this guide should be taken as medical advice from a medical professional.

Medical disclaimer. This guide is for education and general wellness support only. It is not medical advice and it does not diagnose, treat, or cure any condition. The information here is not a replacement for care from your doctor or other licensed healthcare provider.

Please talk with your healthcare provider before you change your nutrition, start an exercise program, or add supplements, especially if you are pregnant, taking medication, or managing a medical condition such as thyroid disease, diabetes, or heart disease.

Every body responds differently. Results are not guaranteed. If you have severe, sudden, or worsening symptoms, contact your provider or seek urgent care.

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TABLE OF CONTENTS

01	WHY HORMONES MATTER FOR WOMEN 25–70	05
02	HORMONE REALITIES FOR WOMEN 25–70	06
03	MEET YOUR HORMONES	07
04	UNDERSTANDING HORMONAL IMBALANCE	09
05	PERIMENOPAUSE AND MENOPAUSE	11
06	THE CORTISOL AND BELLY CONNECTION	13
07	BLOOD SUGAR AND INSULIN	14
08	GUT, LIVER AND ESTROGEN	15
09	NUTRITION RESET: FOODS THAT BALANCE FEMALE HORMONES	16
10	YOUR HORMONE-FRIENDLY KITCHEN	18
11	HORMONE-BALANCING RECIPES	19
12	THE HORMONE RESET WORKOUTS	22
13	YOUR 4-WEEK STRENGTH PLAN	24
14	STRESS, SLEEP AND SELF-CARE	26
15	SLEEP AND HOT FLASH TOOLKIT	27
16	THE 7-DAY QUICK FIX RESET PLAN	28
17	THE 30-DAY HORMONE RESET ROADMAP	30
18	TRACKING PROGRESS	32
19	WORKING WITH YOUR DOCTOR	35
20	MYTHS VS. FACTS	36
21	FREQUENTLY ASKED QUESTIONS	37
22	BONUS CHAPTER: GUIDED AUDIO SESSIONS	38
23	NEXT STEPS	39
	DECLARATION	40
	ABOUT THE AUTHOR	41

Ladies, I have compiled this ebook for transformation, so you can take back how you have been feeling and start a new chapter for the new you.

BLESSINGS OVER YOU AND YOUR JOURNEY.

Dr. Chris Johnson

DIGITAL VISIONARY

01 WHY HORMONES MATTER FOR WOMEN 25–70

"Your body is sending signals."

Hi, my name is Dr. Chris Johnson, and I have been studying and researching the anatomy for over 15 years. I have discovered that hormones are the unsung conductors orchestrating your body's well-being, energy, and mood. From metabolism and weight to sleep, skin, and mental clarity, our hormones affect nearly every aspect of our health, especially as we move through every stage of life, from our 20s and 30s through menopause and beyond.

Every stage can feel like a rollercoaster. Whether you are in your 20s or 30s, in perimenopause, or well past menopause, many women notice unfamiliar changes: stubborn belly fat, hot flashes, mood swings, erratic periods, and trouble sleeping. These symptoms are not just an inevitable part of aging. They are signals, your body's way of asking for support. When hormones fall out of balance, it can undermine your best efforts at living well. Yet with the right strategies, you can create a powerful reset and reclaim your vitality.

In this guide, you will learn how to recognize hormone imbalance, the root causes, and the clear steps to restore harmony. Whether you want to lose stubborn weight, elevate your energy, or finally sleep soundly, this book will help you make sense of your body's needs. You will find nutrition resets, hormone-friendly workouts, stress relief techniques, a 7-day quick fix plan, mindset tools, and a special audio support bonus.

Remember, you are not alone on this journey. With knowledge and consistent action, balancing your hormones is possible at any age. Let's begin this transformation together. Your hormone reset starts now.

YOU ARE NOT BROKEN.
YOU ARE CHANGING.

02 HORMONE REALITIES FOR WOMEN 25–70

"Small changes. Big results."



WHY HORMONAL BALANCE IS VITAL

From ages 25 to 70, your hormones move through big life stages, including your reproductive years, perimenopause, menopause, and beyond. These hormones impact everything from fat storage and stress response to mental focus. Even subtle imbalances can lead to significant changes in the way you feel and function.



SMALL CHANGES, BIG RESULTS

The good news: you do not need drastic overhauls to influence your hormones. Gentle nutrition tweaks, mindful movement, improved rest, and stress management add up to real transformation over time.



SUPPORT MAKES A DIFFERENCE

Connecting with other women and sharing your experiences creates accountability and emotional resilience, helping you stay committed to your hormone health journey.

> *Hormones are not just messengers; they are the architects of female vitality and the silent force behind every transformation.*
>
> DR. SARA GOTTFRIED

YOUR ACTION STEPS

- [ ] Read one chapter a day this week
- [ ] Choose one small change to start with
- [ ] Tell one friend you are starting your reset

03 MEET YOUR HORMONES

"Know the messengers and the messages make sense."

Hormones are chemical messengers. They travel through your blood and tell your cells what to do: burn fuel, store fat, build muscle, wake up, wind down. You do not need a biology degree to work with them. You only need to know the main players and what they like.

ESTROGEN

Supports your mood, bones, skin, brain, and how your body handles fat and blood sugar. Across your 30s and 40s, levels do not simply fall. They swing, sometimes high and sometimes low. Those swings are behind many hot flashes, headaches, and mood dips. After menopause, estrogen stays low, which is why bone and heart health deserve extra attention.

PROGESTERONE

The calming hormone. It supports sleep and steady mood. It tends to drop earlier than estrogen as ovulation becomes less regular, which is why sleep and anxiety often change first.

TESTOSTERONE

Yes, women make it too. It supports muscle, drive, and motivation. Levels decline gradually with age, which is one more reason strength training matters.

**YOUR HORMONES TALK TO EACH OTHER.
WHEN ONE SHIFTS, THE REST ADJUST.**

CORTISOL

Your stress hormone. It is useful in short bursts because it wakes you up and gets you moving. When stress never switches off, high cortisol can push up blood sugar, disturb sleep, and make belly fat easier to store.

INSULIN

Moves sugar from your blood into your cells. When meals lean on refined carbs and sugar, insulin stays high and your body gets worse at burning stored fat.

THYROID HORMONES

Set the pace of your metabolism. Low thyroid function can bring fatigue, weight gain, cold hands, dry skin, and thinning hair. These symptoms overlap with perimenopause, so a simple blood test is worth asking your provider about.

LEPTIN AND GHRELIN

Leptin tells you when you are full. Ghrelin tells you when you are hungry. Short sleep and high stress throw both off, which is why cravings spike after a bad night.

YOUR ACTION STEPS

- [ ] Circle the hormones above that sound like you right now
- [ ] Write your top 3 symptoms in your journal
- [ ] Note when each one shows up: time of day, time of month
- [ ] Bring your notes to your next appointment

04 UNDERSTANDING HORMONAL IMBALANCE

"Symptoms and root causes."

Hormonal imbalance is a common yet often misunderstood issue for women aged 25 to 70. Symptoms vary from mild to severe: irregular periods, bloating, weight gain, fatigue, brain fog, mood swings, and trouble sleeping. These changes often happen slowly, making it difficult to pinpoint their cause. Yet understanding what is going on beneath the surface is the first step to recovery.

Common symptoms include increased abdominal fat, persistent tiredness, decreased libido, memory lapses, and migraines. Some women notice dry skin, thinning hair, or digestive issues. These changes are typically due to fluctuating levels of estrogen, progesterone, cortisol, and insulin.

Root causes range from chronic stress, which elevates cortisol and disrupts other hormones, to poor sleep, erratic eating patterns, sedentary habits, toxin exposure, and even certain medications. Recognizing patterns in your symptoms is crucial. Tracking cycles, mood, sleep, and energy helps identify imbalance early and tailor interventions for best results.

COMMON ROOT CAUSES

- Chronic stress
- Poor sleep
- Erratic eating
- Sedentary habits
- Toxin exposure
- Certain medications

PATTERNS REVEAL THE CAUSE.
TRACK BEFORE YOU GUESS.

SYMPTOMS CHECKLIST

“Hormonal imbalance, in plain sight.”



FATIGUE AND TROUBLE SLEEPING

Low progesterone and estrogen can impact sleep quality, making you feel drained even after a full night’s rest.



IRRITABILITY AND MOOD CHANGES

Fluctuating hormones are linked to sudden shifts in mood, anxiety, or depression. Pay attention to patterns in emotional changes.



BLOATING AND DIGESTIVE ISSUES

Estrogen dominance or too little progesterone can affect digestion, leading to gas, bloating, and slower metabolism.

CHECK WHAT APPLIES TO YOU

- [ ] Irregular periods
- [ ] Constant fatigue
- [ ] Decreased libido
- [ ] Thinning hair
- [ ] Bloating
- [ ] Brain fog
- [ ] Memory lapses
- [ ] Digestive issues
- [ ] Weight gain
- [ ] Mood swings
- [ ] Migraines
- [ ] Hot flashes
- [ ] Belly fat that will not budge
- [ ] Trouble sleeping
- [ ] Dry skin
- [ ] Night sweats

Self-awareness is the first step toward healing. Listen to your body. It is wiser than you think.

DR. CHRIS JOHNSON

05 PERIMENOPAUSE AND MENOPAUSE

"Change is not a malfunction."

Menopause is one day on the calendar: the day you have gone 12 months in a row without a period. The years before it are called perimenopause, and that is where many women in their 40s and early 50s are living. Perimenopause often begins in the 40s, though some women notice changes in their late 30s. It can last anywhere from a few years to about a decade. Women in their 20s and 30s can see hormone swings too, and women over 55 are usually in postmenopause.

During this stage, ovulation becomes less predictable. Estrogen rises and falls in big swings and progesterone drops. That is why your cycle may get shorter, longer, heavier, lighter, or skip a month, and why symptoms can feel random.

THE THREE STAGES

PERIMENOPAUSE
Cycles change and symptoms begin. Pregnancy is still possible.

MENOPAUSE
12 months with no period. In the United States the average age is around 51.

POSTMENOPAUSE
The years after. Many symptoms ease, while bone and heart health need more attention.

**THIS IS A TRANSITION.
YOU CAN SUPPORT IT.**

WHAT WOMEN COMMONLY NOTICE

Hot flashes and night sweats. A sudden wave of heat, often at night.

Mood changes. Anxiety, irritability, or feeling flat.

Belly fat and muscle loss. Weight shifts to the middle even if eating is the same.

Joint aches. Stiffness that was not there before.

Sleep that breaks. Waking at 3 a.m. with a busy mind.

Brain fog. Word-finding slips and trouble focusing.

Dryness and lower desire. Common and treatable. Talk to your provider.

Changing periods. Heavier, lighter, closer together, or skipped.

WHAT HELPS

Strength training, protein at every meal, fiber, steady sleep, less alcohol, and daily stress practices all make a difference. You will find each of them in the chapters ahead.

Medical options, including hormone therapy, are right for some women. That decision belongs to you and your provider, and it deserves a real conversation about your history, risks, and goals.

YOUR ACTION STEPS

- [ ] Track your cycle for the next 3 months
- [ ] Note symptoms that wake you at night
- [ ] Ask your provider if your symptoms fit perimenopause
- [ ] Write down your questions about treatment options

06 THE CORTISOL AND BELLY CONNECTION

"Stress shows up in your waistline."

Cortisol is made by your adrenal glands. In the morning it rises to wake you up. By night it should fall so your body can wind down and sleep. Chronic stress flattens that rhythm. You feel wired at night and wiped out in the morning.

When cortisol stays high for long stretches, your body keeps sugar in the blood and fuel on standby for a threat that never arrives. Extra energy gets stored, and research links chronic stress with more fat around the midsection. Stress is not the only cause of belly fat, but it is one you can change.

COMMON SIGNS STRESS IS RUNNING HIGH

- Sugar and salt cravings in the afternoon
- Feeling tired but wired
- Getting sick often
- Waking at the same hour every night
- Belly weight that ignores eating less
- Short temper over small things

THE 4 MINUTE RESET

Use it any time stress spikes. Breathe in through your nose for 4 counts. Breathe out slowly through your mouth for 6 counts. Repeat for 4 minutes. The long exhale tells your nervous system it is safe to settle.

CALM IS A SKILL.
PRACTICE IT DAILY.

YOUR ACTION STEPS

- [ ] Get outside light within an hour of waking
- [ ] Take a 10 minute walk after lunch
- [ ] Do the 4 minute reset once a day
- [ ] Set a firm stop time for work and screens

07 BLOOD SUGAR AND INSULIN

“Steady sugar, steady mood.”

Every time you eat, your blood sugar rises and insulin carries it into your cells. Meals built on refined carbs and sweets cause fast spikes followed by crashes. The crash is the 3 p.m. slump, the shaky feeling, and the sudden urge for something sweet.

As hormones shift, many women become less sensitive to insulin. The body responds by making more, and high insulin makes it harder to burn stored fat, especially around the middle.

THE PLATE FORMULA

½	1 palm	1 thumb	1 cup
Non-starchy vegetables	Protein, about 20 to 30 grams	Healthy fat: olive oil, avocado, nuts	Slow carbs: beans, sweet potato, quinoa, berries

SIMPLE HABITS THAT HELP

Eat in order. Start with vegetables and protein, then finish with starchy foods.

Walk after meals. Ten minutes helps your muscles pull sugar out of the blood.

Pair your fruit. Add nuts or plain yogurt to slow the rise.

Plan your 3 p.m. Keep a protein snack ready so the slump does not choose for you.

BALANCE YOUR PLATE.
BALANCE YOUR DAY.

YOUR ACTION STEPS

- [ ] Build 3 meals this week with the plate formula
- [ ] Walk 10 minutes after your biggest meal
- [ ] Swap one sugary drink for water or herbal tea
- [ ] Pack a protein snack for the afternoon

08 GUT, LIVER AND ESTROGEN

"Your body knows how to clear what it no longer needs."

Your liver breaks down hormones after they have done their job, and your gut helps carry them out of the body. This is why fiber and vegetables come up so often in this guide. When digestion is sluggish, the clearing process slows down.

SUPPORT YOUR LIVER

Eat cruciferous vegetables such as broccoli, cauliflower, Brussels sprouts, and kale. Add garlic and onions, and eat enough protein. Go easy on alcohol, because your liver has to process it before almost anything else.

FEED YOUR GUT

A healthy mix of gut bacteria supports digestion, mood, and estrogen balance. Feed it with fiber from vegetables, beans, oats, flax, and chia. Add fermented foods like plain yogurt, kefir, and sauerkraut. Aim for around 25 grams of fiber a day.

GO SLOW

Raise your fiber over two weeks and drink plenty of water. A sudden jump can cause gas and bloating. Regular, comfortable bowel movements are a sign the system is moving.

A CLEAR SYSTEM IS A BALANCED SYSTEM.

YOUR ACTION STEPS

- [ ] Add one cruciferous vegetable to lunch and dinner
- [ ] Eat one fermented food every day
- [ ] Start each morning with a glass of water
- [ ] Limit alcohol this month and notice your sleep

09 NUTRITION RESET: FOODS THAT BALANCE FEMALE HORMONES

"Food is information for your hormones."

Nutrition is a powerful tool for restoring hormonal balance. The right foods can help detoxify excess estrogens, support progesterone production, and stabilize blood sugar and cortisol. Begin with a nutrition reset that avoids processed foods, sugary snacks, and excessive caffeine or alcohol. Instead, focus on whole-food sources: a rainbow of fresh vegetables, lean proteins, healthy fats, and fiber-rich grains.

Include cruciferous vegetables (broccoli, kale, arugula), which contain compounds that help the liver process hormones. Flaxseeds and chia seeds are rich in omega-3s for inflammation reduction and hormone regulation. Protein (chicken, fish, tofu, eggs) helps balance insulin and keep cravings at bay. Prioritize healthy fats like avocado, olive oil, and coconut oil to fuel hormone production.

Do not underestimate hydration. Water is vital for hormone transport and waste elimination. Limit or avoid foods high in artificial additives, refined sugars, and trans fats, as they disrupt hormonal harmony.

WHOLE FOOD.
REAL RESULTS.

YOUR ACTION STEPS

- [ ] Drink a glass of water before each meal
- [ ] Add one vegetable to every plate
- [ ] Read labels for added sugar
- [ ] Swap one processed snack for whole food

BALANCING FOODS: YOUR PLATE, YOUR POWER

"Build every plate with purpose."



COLORFUL VEGGIES AND FRUIT

Phytochemicals found in colorful produce assist hormone detox. Include berries, leafy greens, beans, and sweet potatoes for maximum benefit.



HEALTHY FATS AND SEEDS

Include fatty fish, walnuts, flaxseeds, avocado, and extra-virgin olive oil to provide the building blocks for healthy hormone production.



LEAN PROTEIN FOR STABILITY

Lean sources of protein like chicken, tofu, or beans help stabilize blood sugar and diminish mid-day crashes and cravings.

25 G
FIBER A DAY

20–30 G
PROTEIN PER MEAL

½
PLATE IS VEGETABLES

Eat the food that feeds your hormones, not the food that fights them.

DR. CHRIS JOHNSON

10 YOUR HORMONE-FRIENDLY KITCHEN

"Stock the kitchen and the plan runs itself."

PROTEINS

- [ ] Eggs
- [ ] Wild salmon or sardines
- [ ] Chicken breast or thighs
- [ ] Plain Greek yogurt
- [ ] Lentils
- [ ] Black beans and chickpeas
- [ ] Tofu or tempeh

VEGETABLES

- [ ] Broccoli and cauliflower
- [ ] Kale, spinach, arugula
- [ ] Brussels sprouts
- [ ] Bell peppers
- [ ] Sweet potatoes
- [ ] Zucchini and cucumber
- [ ] Garlic and onions

FRUIT

- [ ] Blueberries and raspberries
- [ ] Apples and pears
- [ ] Lemons and limes
- [ ] Avocados

FATS AND SEEDS

- [ ] Extra-virgin olive oil
- [ ] Ground flaxseed
- [ ] Chia seeds
- [ ] Walnuts and almonds
- [ ] Pumpkin seeds

SLOW CARBS

- [ ] Steel-cut oats
- [ ] Quinoa
- [ ] Brown rice
- [ ] Sprouted grain bread

FLAVOR AND SIPS

- [ ] Chamomile and peppermint tea
- [ ] Cinnamon, ginger, turmeric
- [ ] Sea salt and black pepper
- [ ] Mustard and herbs

LEAVE ON THE SHELF

Soda and sweet drinks · Packaged snacks · White flour baked goods · Candy · Fried fast food · Anything listing "partially hydrogenated oil"

YOUR ACTION STEPS

- [ ] Print this page and take it to the store
- [ ] Shop the outer aisles first
- [ ] Prep two vegetables and one protein on Sunday

11 HORMONE-BALANCING RECIPES

"Simple food that works for you."

BREAKFAST

VEGGIE EGG SCRAMBLE

Serves 1 · 10 min

INGREDIENTS

- 2 eggs
- 1 cup spinach
- ¼ cup diced bell pepper
- 1 tsp olive oil
- ¼ avocado, sliced
- Salt and pepper

METHOD

1. Warm the oil in a pan and cook the pepper for 2 minutes.
2. Add spinach until wilted.
3. Pour in whisked eggs and stir gently for 2 to 3 minutes.
4. Top with avocado.

Protein and fiber early keep blood sugar steady until lunch.

BERRY FLAX CHIA PUDDING

Serves 2 · 5 min + overnight

INGREDIENTS

- ¼ cup chia seeds
- 1 cup unsweetened milk
- 1 tbsp ground flaxseed
- ½ tsp cinnamon
- ½ cup berries
- Plain Greek yogurt, optional

METHOD

1. Stir chia, milk, flax, and cinnamon together.
2. Chill 4 hours or overnight.
3. Top with berries and yogurt.

Omega-3s and fiber in one easy grab-and-go jar.

GREEN PROTEIN SMOOTHIE

Serves 1 · 5 min

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 handful spinach
- ½ cup frozen berries
- 1 scoop protein powder or ½ cup Greek yogurt
- 1 tbsp ground flaxseed
- ¼ avocado

METHOD

1. Add everything to a blender.
2. Blend until smooth and drink right away.

LUNCH AND DINNER

HORMONE-BALANCING POWER BOWL

Serves 2 · 35 min

INGREDIENTS

- 1 large sweet potato, cubed
- 1 bunch kale
- 2 chicken breasts, or 1 can chickpeas
- 1 tbsp ground flaxseed
- 2 tbsp olive oil
- 1 lemon, juiced

METHOD

1. Roast sweet potato at 400°F with 1 tbsp oil for 25 minutes.
2. Sauté kale for 4 minutes.
3. Grill chicken about 6 minutes per side until it reaches 165°F inside.
4. Assemble, sprinkle flax, and dress with lemon and the remaining oil.

Fiber, protein, and healthy fat on one plate.

SHEET PAN SALMON AND BROCCOLI

Serves 2 · 25 min

INGREDIENTS

- 2 salmon fillets, about 5 oz each
- 3 cups broccoli florets
- 1 tbsp olive oil
- 2 garlic cloves, minced
- 1 lemon
- Salt and pepper

METHOD

1. Heat oven to 400°F.
2. Toss broccoli with half the oil and garlic. Roast 8 minutes.
3. Add salmon brushed with remaining oil. Roast 10 to 12 minutes until it flakes.
4. Finish with lemon.

Omega-3 fats plus a cruciferous vegetable.

LENTIL VEGGIE SOUP

Serves 4 · 35 min

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, 2 carrots, 2 celery stalks, diced
- 3 garlic cloves
- 1 cup dry lentils, rinsed
- 6 cups low-sodium broth
- 1 tsp cumin
- 2 cups chopped kale
- Juice of ½ lemon

METHOD

1. Sauté onion, carrot, and celery in oil for 5 minutes. Add garlic and cumin for 1 minute.
2. Add lentils and broth. Simmer 20 minutes.
3. Stir in kale for 3 minutes, then finish with lemon.

A big batch for the week. It freezes well.

SNACKS AND SIPS

Apple and almond butter. Slice one apple, add 1 tbsp nut butter.

Veggie and hummus. Cucumber and peppers with ¼ cup hummus.

Hard-boiled eggs. Make 6 on Sunday and keep them ready.

Greek yogurt bowl. Plain yogurt, walnuts, cinnamon.

Seed and berry cup. A handful of pumpkin seeds and berries.

Edamame. Steam, sprinkle with sea salt.

CINNAMON GINGER EVENING TEA

Serves 1 · 10 min

INGREDIENTS

- 1 tsp fresh grated ginger
- 1 cinnamon stick
- 1½ cups hot water
- Squeeze of lemon

METHOD

1. Steep ginger and cinnamon in hot water for 8 minutes.
2. Strain, add lemon, and sip as part of your wind-down routine.

A warm caffeine-free ritual that tells your body the day is done.

LEMON OLIVE OIL DRESSING

Makes about ½ cup · 2 min

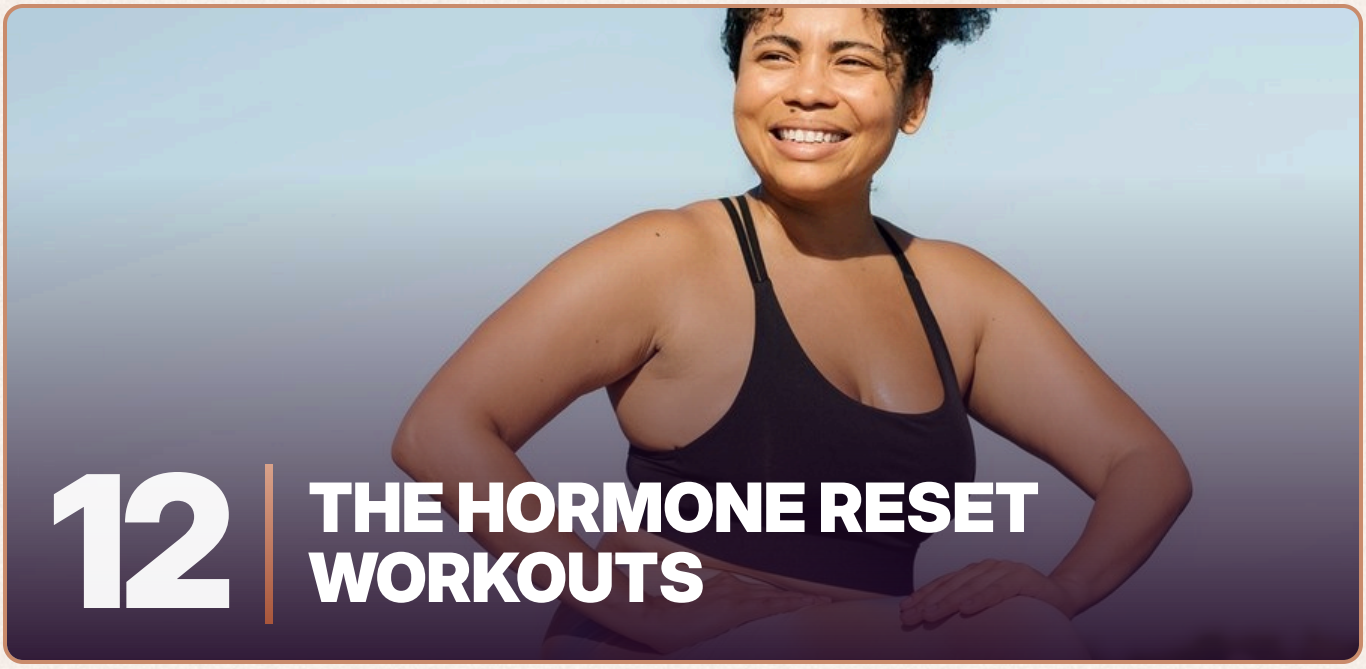
INGREDIENTS

- ¼ cup extra-virgin olive oil
- 3 tbsp lemon juice
- 1 tsp Dijon mustard
- 1 small garlic clove, minced
- Pinch of salt

METHOD

1. Shake everything in a jar.
2. Keep in the fridge up to 5 days.

> Portions and ingredients should fit your needs. Adjust for allergies, medications, and your provider's guidance.



12 | THE HORMONE RESET WORKOUTS

"Hormone-friendly routines."

Strength training encourages lean muscle maintenance, which is crucial due to the natural decline of muscle mass with age. Include bodyweight exercises (squats, lunges, push-ups) or resistance bands twice weekly. Gentle, steady-state cardio like cycling or brisk walking regulates insulin and boosts mood without spiking stress hormones.

Women's fitness needs change as hormones shift. High-intensity exercise every day can actually worsen hormonal imbalances, elevating cortisol and stalling progress. A more supportive approach includes strength-based movement, moderate cardio, core work, and restorative activities like walking.

Stretching relaxes your nervous system, promotes flexibility, and releases muscular tension. Aim for a mix of movement types, and listen to your body's cues. Rest is as important as activity for hormonal reset.

LESS PUNISHMENT.
MORE PURPOSE.

WORKOUT PICKS: SAFE AND EFFECTIVE MOVES

"Move in the ways your body loves."



RESISTANCE BANDS AND BODYWEIGHT

Add resistance bands or simple bodyweight workouts for strength. These are joint-friendly and effective at any fitness level.



BRISK WALKING OR CYCLING

Aim for 20–30 minutes of steady, moderate cardio several times a week for fat-burning and hormone regulation.



GENTLE STRETCHING

Incorporate stretching sessions to soothe stress, balance cortisol, and foster flexibility and body awareness.

2–3X
STRENGTH PER WEEK

20–30 MIN
WALKS, MOST DAYS

10 MIN
STRETCH DAILY

YOUR ACTION STEPS

- [ ] Pick the two days you will lift
- [ ] Put your walks on the calendar
- [ ] Choose a stretch routine for evenings

13 YOUR 4-WEEK STRENGTH PLAN

"Build muscle. Protect your metabolism."

Muscle is your metabolic engine and a protector of your bones. From about age 30, women gradually lose muscle unless they train it. Training in your 60s and 70s protects strength and balance just as well, so start where you are. Two to three short sessions a week is enough to start. Quality beats intensity every time.

YOUR WEEKLY RHYTHM

MON	TUE	WED	THU	FRI	SAT	SUN
Strength A	Walk 20–30	Stretch or rest	**Strength B**	Walk or bike	Strength A *(wks 3–4)*	Rest and plan

WEEK BY WEEK

WEEK	SESSIONS	SETS AND REPS	FOCUS
1	2	2 sets of 8	Learn the form
2	2	2 sets of 10	Slow and controlled
3	3	2 sets of 10–12	Add a session
4	3	3 sets of 8–10	Add a little weight

WARM-UP, 5 MINUTES

March in place, arm circles, hip circles, and cat-cow. Finish every set feeling like you could do two more reps.

STRONG IS A SKILL.
START WITH 20 MINUTES.

WORKOUT A

1. Chair squat. Sit back to a chair and stand tall. Keep knees over toes.

2. Glute bridge. Lie on your back, feet flat. Lift hips and squeeze at the top.

3. Incline push-up. Hands on a counter or wall. Body in one line.

4. Band or dumbbell row. Pull elbows back and squeeze shoulder blades.

5. Dead bug. Opposite arm and leg lower slowly. Back stays flat.

WORKOUT B

1. Reverse lunge. Step back and lower. Hold a wall if you need balance.

2. Hip hinge. Push hips back with a flat back. Add light weights when ready.

3. Shoulder press. Light dumbbells or a band. Ribs stay down.

4. Bird dog. Reach opposite arm and leg. Hold 3 seconds.

5. Farmer carry. Walk 30 seconds holding weights at your sides.

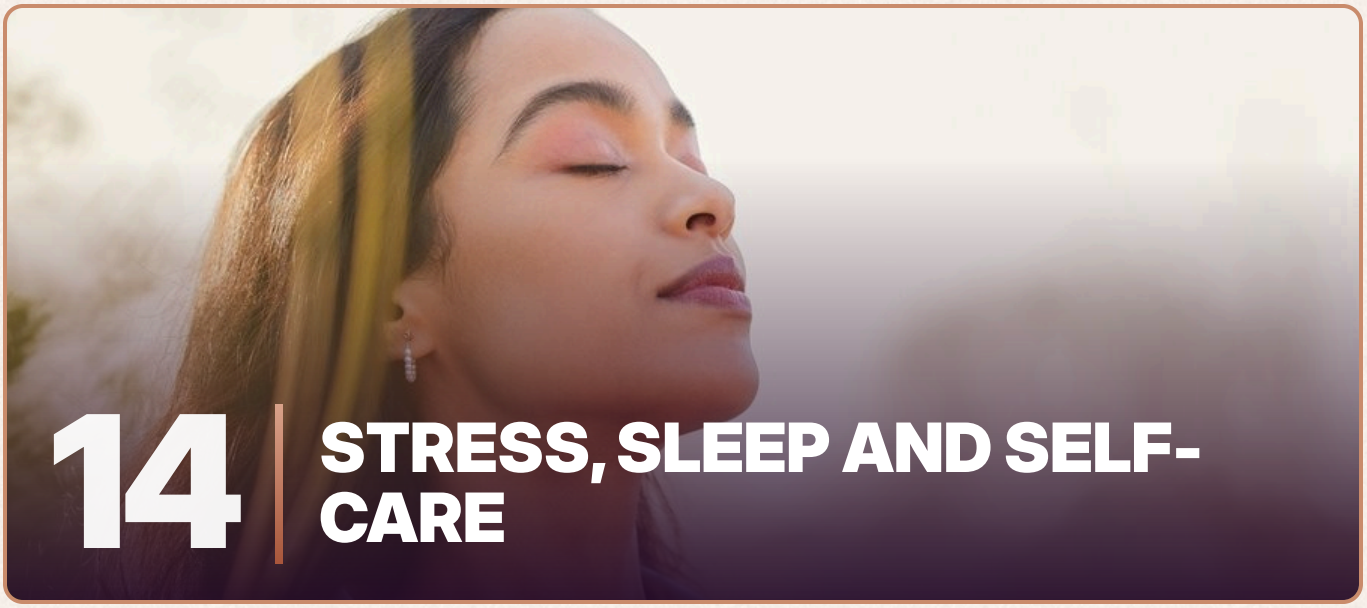
COOL-DOWN, 5 MINUTES

Slow stretches for hips, chest, and back. Finish with four long breaths.

SAFETY FIRST. Stop if you feel sharp pain, dizziness, chest pressure, or shortness of breath. Check with your provider before starting if you have a medical condition, are recovering from an injury, have balance or bone concerns, are over 60, or have been inactive for a long time.

YOUR ACTION STEPS

- [ ] Schedule your 3 workouts in your calendar
- [ ] Get a set of bands or light dumbbells
- [ ] Log weights and reps after each session



14 | STRESS, SLEEP AND SELF-CARE

"Lifestyle hacks for hormone health."

Chronic stress, poor sleep, and neglecting self-care can dismantle even the healthiest routine. Elevated cortisol from constant stress will disrupt estrogen, progesterone, and insulin, sabotaging fat loss and energy. Prioritize mindful, consistent habits: morning light exposure, deep breathing, and a consistent nighttime routine.

Limit screen time in the hours before bedtime, and cultivate a calm, device-free wind-down routine. Practicing gratitude and journaling can help clear your mind and reduce stress. Do not underestimate the importance of joy. Spend time with uplifting people, pursue hobbies, and allow yourself guilt-free rest.

If sleep remains an issue, consider natural solutions like herbal teas (chamomile, valerian), magnesium, and maintaining a cool, dark, quiet sleeping area. The right lifestyle tweaks allow your hormones to reset naturally and sustainably.

> *You cannot pour from an empty cup. Remember to take care of yourself first.*
>
> DR. CHRIS JOHNSON

15 SLEEP AND HOT FLASH TOOLKIT

"Rest is where the reset happens."

SLEEP RESET

Same wake time. Even on weekends.

Morning light. Step outside within an hour of waking.

Caffeine cutoff. Finish by early afternoon.

Early dinner. Eat 2 to 3 hours before bed.

Go easy on alcohol. It can break up the second half of the night.

Cool and dark. A bedroom around 65 to 68°F works well.

Screens off. Stop 60 minutes before bed.

HOT FLASHES AND NIGHT SWEATS

Layer up. Use breathable cotton clothes and bedding.

Keep cool within reach. A fan and cold water by the bed.

Find triggers. Alcohol, spicy food, caffeine, hot rooms, stress.

Breathe at the first sign. Slow breaths, about 6 per minute.

Ask about options. Medical treatments exist. If symptoms disrupt your life, tell your provider.

IF YOU WAKE AT 3 A.M.

Turn the clock away. Breathe slowly. Keep a notepad by the bed and write down racing thoughts. If you are awake more than 20 minutes, move to a dim room and read something calm until you feel sleepy.

MOOD AND BRAIN FOG

Protein at breakfast, a daily walk, sunlight, and simple lists all help. Talk to someone you trust. If sadness or anxiety lasts more than two weeks, or you have thoughts of harming yourself, contact your provider right away. In the United States you can call or text 988 at any time.

PROTECT YOUR SLEEP.
IT PROTECTS EVERYTHING ELSE.

16 THE 7-DAY QUICK FIX RESET PLAN

"Daily actions and recipes."

Ready for a transformative jumpstart? The 7-Day Quick Fix Reset Plan offers a day-by-day guide to balancing your hormones through nutrition, movement, and mindfulness. Each day focuses on a specific theme: nourish, move, reset, and restore. You will find easy recipes, actionable movement ideas, and stress-busting techniques. This plan is designed to be approachable yet effective, laying the foundation for lasting results.

DAY 1
HYDRATE AND DETOX
Focus on lemon water, cruciferous veggie salads, and gentle walks.

DAY 2
PROTEIN POWER
Add lean protein sources at every meal.

DAY 3
COLOR YOUR PLATE
Maximize nutrient variety with vibrant produce.

DAY 4
MOVE AND STRETCH
Incorporate yoga or Pilates.

DAY 5
SUGAR-FREE CHALLENGE
Ditch processed sugars and opt for fruit.

DAY 6
REST AND REFLECT
Prioritize sleep and relaxation.

DAY 7
PLAN AHEAD
Batch-cook hormone-friendly meals and set intentions for the next week.

Sample recipe: Hormone-Balancing Power Bowl. Roasted sweet potato, sautéed kale, grilled chicken, and a sprinkle of flaxseed. Dress with olive oil and lemon juice for a simple, nourishing meal. Full recipe on the recipe pages.

7-DAY RESET SUCCESS: YOUR DAILY TOOLKIT

"Three tools that keep you on track."



MEAL PREP AND PLANNING

Prepare key ingredients (proteins, grains, veggies) in advance to make it easy to assemble hormone-friendly meals throughout the week.



TRACKING AND JOURNALING

Keep a reset journal to note meals, mood, sleep, and energy highs and lows. This reinforces positive changes and motivates progress.



MINDFULNESS MOMENTS

Build stress relief into your daily routine with simple breathing, short walks, or moments of stillness to support hormone reset.

PREPARATION BEATS WILLPOWER.

YOUR ACTION STEPS

- [ ] Pick your Sunday prep time
- [ ] Choose 2 proteins, 3 vegetables, 1 slow carb
- [ ] Set a daily 5 minute stillness reminder

17 THE 30-DAY HORMONE RESET ROADMAP

"Thirty days. Four phases. One new baseline."

The 7-day reset is your launch. These 30 days turn it into a lifestyle. Each week has one focus so you never feel overwhelmed. Miss a day? Return the next one. Progress is built on returning.

WEEK 1

RESET

- [ ] Follow the 7-Day Quick Fix
- [ ] Remove sugary drinks and heavy snacks
- [ ] Lemon water every morning
- [ ] Walk 10 to 20 minutes daily
- [ ] Start your journal

WEEK 2

BUILD

- [ ] Protein at every meal
- [ ] Use the plate formula
- [ ] Strength A and B, twice
- [ ] Set a caffeine cutoff
- [ ] Set a screen curfew

WEEK 3

STRENGTHEN

- [ ] Strength three times
- [ ] Reach 25 grams of fiber
- [ ] One fermented food daily
- [ ] 4 minute reset every day
- [ ] Try one new recipe

WEEK 4

SUSTAIN

- [ ] Batch cook every Sunday
- [ ] Repeat your favorite meals
- [ ] Review your journal for patterns
- [ ] Plan your next 30 days
- [ ] Celebrate with a non-food reward

PROGRESS IS NOT A STRAIGHT LINE.
IT STILL COUNTS.

DAY 30 CHECK-IN

"Measure what matters."

Fill in Day 1 today. Fill in Day 30 when you finish. Compare how you feel, not only what the scale says.

MEASURE	DAY 1	DAY 30
Energy (1–10)		
Hours of sleep		
Sleep quality (1–10)		
Mood (1–10)		
Cravings (1–10)		
Hot flashes per week		
Bloating (1–10)		
How my clothes fit		
Chair squats in a row		
Waist, optional		

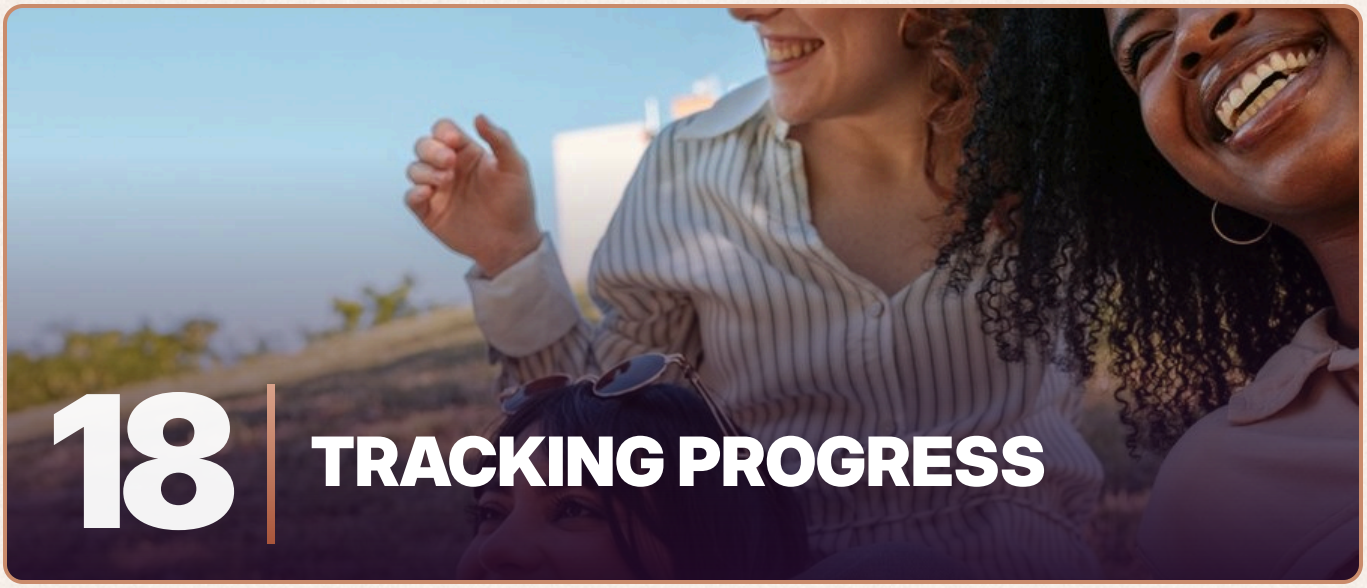
DAY 30 REFLECTION

What changed the most?

Which habit helped me the most?

What will I keep doing?

What do I want to ask my provider?



18 | TRACKING PROGRESS

"Mindful journaling and body awareness."

Journaling and self-monitoring keep you accountable and insightful as you reset your hormones. Start each morning and evening by logging your sleep quality, mood, cravings, energy, and notable symptoms. Over time, you will identify patterns: what food supports good sleep, which workouts boost your mood, and which habits to drop. Pair journaling with gentle body check-ins. How does your body feel after meals, rest, or exercise? What signals need attention?

You can use digital apps or pen-and-paper methods. What matters is regularity and honesty. Celebrate non-scale victories: improved sleep, less brain fog, better mood, and reduced cravings all signal progress beyond the number on the scale.

Above all, be compassionate with yourself. Progress is not linear, and small setbacks are part of real-life transformation.

JOURNALING SUCCESS CARDS

"Three habits that build awareness."



DAILY SYMPTOM TRACKING

Write down your symptoms and mood twice daily. Over time, patterns become visible, making it easier to adjust your approach.



SHARE AND REFLECT TOGETHER

Whether in a support group or online community, sharing progress and setbacks builds community and resilience.



COMPASSIONATE SELF-TALK AND THINKING

Replace negative self-talk and thoughts with compassionate reminders of your progress and strength. You are doing your best, and even small steps count.

YOU ARE DOING YOUR BEST.
EVEN SMALL STEPS COUNT.

YOUR ACTION STEPS

- [ ] Write morning and evening notes this week
- [ ] Share one win with a friend
- [ ] Replace one harsh thought with a kind one

DAILY RESET TRACKER

"Print this page. Use it every day."

Date _____

Sleep (hours) _____ **Sleep quality** 1 2 3 4 5

Mood 1 2 3 4 5 **Energy** 1 2 3 4 5

Cravings 1 2 3 4 5 **Water (glasses)** ○ ○ ○ ○ ○ ○ ○ ○

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Movement _____

SYMPTOMS TODAY

☐ Hot flash ☐ Bloating ☐ Headache ☐ Brain fog ☐ Anxiety ☐ Cravings ☐ Joint ache
☐ Low energy

Today's win _____

Grateful for _____

Tomorrow's one priority _____

19 WORKING WITH YOUR DOCTOR

"Walk in prepared. Walk out with answers."

This guide supports healthy habits. It does not diagnose or treat. If symptoms are strong, sudden, or getting worse, a medical visit is the next step. Many women wait years for answers. You do not have to.

SEE YOUR PROVIDER PROMPTLY FOR

- Very heavy bleeding or new bleeding between periods
- Chest pain, shortness of breath, or severe headaches
- Low mood that interferes with life
- Any bleeding after menopause
- Lumps or rapid unexplained weight change
- Thoughts of harming yourself (call or text 988 in the US)

TESTS TO ASK ABOUT

Thyroid (TSH), fasting glucose or A1C, cholesterol panel, vitamin D, iron and ferritin, and B12. Hormone levels swing from day to day in perimenopause, so one result may not tell the whole story. Your provider will decide which tests make sense for you.

BRING TO YOUR VISIT

Four weeks of tracker pages, a list of medications and supplements, your family health history, and your top 3 questions.

QUESTIONS WORTH ASKING

1. Could my symptoms be perimenopause?
2. Which tests make sense for me?
3. Is hormone therapy an option for me, and what are the risks and benefits?
4. What non-hormonal options help with hot flashes and sleep?
5. How should I protect my bones and heart?
6. Is this nutrition and exercise plan safe with my medications?

20 MYTHS VS. FACTS

"Truth you can build on."

MYTH	FACT
Belly fat after 40 is just aging and cannot change.	Hormones shift where fat is stored, but strength training, protein, sleep, and stress care all make a measurable difference.
More cardio is the answer.	Hard cardio every day can raise your stress load. A mix of strength, walking, and rest works better.
Eating very little speeds up fat loss.	Severe restriction adds stress and can cost you muscle. Regular meals with enough protein support your hormones.
You need a detox tea or cleanse.	Your liver and gut already do the work. Fiber, vegetables, and water support them. No product replaces that.
Hormone symptoms are all in your head.	These are real, physical changes. Your symptoms deserve to be taken seriously.
Menopause means the end of feeling like yourself.	It is a transition. With support, many women feel steady and strong again.

21 FREQUENTLY ASKED QUESTIONS

"Hormones, weight loss and timelines."

Q: How quickly can I expect results from this hormone reset?
While some women notice more energy, better sleep, or reduced bloating within a week, deeper changes, including weight loss, may take several weeks to months. Focus on consistency, not perfection.

Q: Will I need to follow this plan forever?
The 7-day reset acts as a jumpstart. Transition to a sustainable lifestyle using meal prepping, gentle workouts, and self-care. Repeating the reset periodically can help maintain balance.

Q: What if I am on medication or have a thyroid or medical issue?
Always consult your healthcare provider before starting a new nutrition or exercise plan, especially if you are on medication or managing specific conditions.

Q: Can I lose belly fat after 40?
Yes, especially with hormone-supportive nutrition, strength-based movement, and lifestyle changes. Results may come more gradually but are absolutely possible.

Q: Do I need supplements?
Food comes first. Some women benefit from specific supplements, but needs vary and some interact with medications. Check with your provider or pharmacist before you start any.

Q: What if I miss a day?
Return the next day. One missed day changes nothing. Two in a row is a signal to adjust the plan, not to quit.

Your journey to wellness is not a race. It is a lifelong relationship with your body. Treat it with love, curiosity, and respect.

DR. CHRIS JOHNSON · DIGITAL VISIONARY

22 BONUS CHAPTER: GUIDED AUDIO SESSIONS

"Mind-body support."

Audio support enriches your hormone reset, fostering body awareness, stress reduction, and motivation. Download and listen to:

MORNING MINDFULNESS
5 MINUTES
Start your day grounded.

MIDDAY MOTIVATION
10 MINUTES
Refresh with positive affirmations and visualization.

EVENING WIND-DOWN
8 MINUTES
Relax into restful sleep with guided breathing and gratitude.

THREE SESSIONS.
TWENTY-THREE MINUTES.
ONE CALMER YOU.

YOUR ACTION STEPS

- [ ] Listen to Morning Mindfulness tomorrow
- [ ] Add Midday Motivation to your lunch break
- [ ] Make Evening Wind-Down part of your bedtime routine



23 | NEXT STEPS

“Sustaining your hormone reset and building a support network.”

You have initiated a powerful transformation. Remember: sustaining hormonal health is a lifelong journey, not a destination. Continue to nourish your body, move with intention, practice stress resilience, and tune in to your body’s signals. Repeat the 7-day reset as needed, and celebrate progress in every form.

Reach out for community. Share your journey with trusted friends, join online groups, or connect with a healthcare provider versed in hormone health. Support strengthens your motivation and keeps you accountable.

Most important, be gentle with yourself. Your body is wise and adaptable, and small changes will add up to big results. Thank yourself for investing the time and energy required for lasting wellness.

SMALL CHANGES.
BIG RESULTS.

THE HORMONE RESET DECLARATION

Read this out loud each morning.

I AM LEARNING MY BODY, NOT FIGHTING IT.

I NOURISH MYSELF WITH REAL FOOD.

I MOVE WITH STRENGTH AND PURPOSE.

I PROTECT MY SLEEP BECAUSE IT MATTERS.

I CHOOSE CALM OVER CHAOS.

I MEASURE PROGRESS BY HOW I FEEL.

I AM ALLOWED TO REST.

WHEN I MISS A DAY, I RETURN THE NEXT.

MY BODY IS WISE AND ADAPTABLE.

I AM RESETTING, AND I AM NOT DOING IT ALONE.

DR. CHRIS JOHNSON · DIGITAL VISIONARY

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Digital Visionary

Dr. Chris Johnson, D.Min., is the Digital Visionary behind CJ Digital Academy. He is not a medical doctor or licensed healthcare provider. He has spent more than 15 years studying and researching the human body, and he is passionate about helping women understand how hormones shape their energy, mood, weight, and sleep.

He created the Hormone Reset guide for women who are ready to take back how they feel and build a lifestyle that supports them for the long run.

His message to you is simple: your body is wise, your symptoms are signals, and small consistent steps lead to real change.

Your journey to wellness is not a race. It is a lifelong relationship with your body. Treat it with love, curiosity, and respect.

CONTINUE THE JOURNEY

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HORMONE RESET

The Ultimate Guide for Women 25–70

Ladies, I have compiled this ebook for transformation, so you can take back how you have been feeling and start a new chapter for the new you. Blessings over you and your journey.

Dr. Chris Johnson

DIGITAL VISIONARY