



**THE 3 CORE DIET PRINCIPLES FOR  
MORE ENERGY AND HORMONAL BALANCE**

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The 3 Core Diet Principles for  
**MORE ENERGY AND  
HORMONAL BALANCE**

Brought to you by:  
The Axelrad Clinic



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## ABOUT THE AUTHOR

Chris Axelrad, M.S.O.M., L.Ac., FABORM is a Master Acupuncturist and Holistic Endocrinologist known for his calming presence and sincere caring for his patients. After graduating #1 in his class from Bellaire High School in Houston, TX, he embarked on an uncommon journey to becoming one of the most highly sought-after holistic endocrinologists and reproductive specialists in Houston.

Born into a family of physicians (his father, uncles, and brother are all MDs), Chris chose a different path. He attended the University of North Texas where he majored in Jazz Performance as a drummer and percussionist.

It was during this time that Chris was introduced to – and became obsessed with – yoga, mysticism, natural healing, and the concept of using the mind as a tool for healing.

Upon returning to Houston, Chris played professionally for several years and toured with several pop and jazz groups. In his mid-twenties he began to pursue a career in software engineering, landing jobs with oil and gas companies as well as a startup software firm. All the while, he was feverishly reading and learning as much as he could on meditation, mind-body healing, herbal medicine, and other forms of natural therapy.

In 1999, after 5 years as a software engineer, Chris decided to follow his true passion and begin his journey to become a full-time practitioner of medicine. He enrolled at The American College of Acupuncture and Oriental Medicine in Houston where he graduated with honors in 2003. In February 2004, he opened The Axelrad Clinic.

Since that time, Chris has been at the forefront of integrative medicine. He has developed a unique style and system that is a fusion of Traditional Chinese Medicine, Functional Biomedicine, and Mind-Body Medicine. The Axelrad Clinic has become one of Houston's premier destinations for patients seeking integrative holistic care that uses 100% natural therapies of Acupuncture, Herbal Medicine, Nutritional Therapy, and Mind-Body Coaching to treat hormonal and reproductive issues.

Chris regularly lectures around the world to other healthcare practitioners on wellness, hormones, herbal medicine, and nutrition. He is President Emeritus of the American Board of Oriental Reproductive Medicine, a specialty board dedicated to excellence in integrative reproductive medicine.

He lives in Houston with his wife and daughter, and still plays drums in local jazz and pop groups. [Read Chris' full bio here.](#)



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## ABOUT THE AXELRAD CLINIC

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NOTE: If you're new to The Axelrad Clinic, you can click one of the links above to learn more about how we help people with these problems using our unique combination of 100% natural medicine.

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# THE FIVE CORE PRINCIPLES OF RADIANT WELLNESS

Wellness is not something you can buy. It's a MINDSET. It's a way of living that not only seeks balance and strength, but authenticity and purpose. It is beyond surviving. It is THRIVING. It is the will to meet life's challenges with grace, strength, and resilience.

## Lovingkindness

Be kind to yourself and others. Be patient. Forgive. You are already perfect.

## Clarity

Eat simple foods. Drink lots of water. Focus on your goals. Know your story.

## Strength

Be yourself. Respect and honor your feelings. Seek inspiration and cultivate joy.

## Simplicity

Don't make it complicated. There is no perfect. Breathe, let go, and move forward.

## Consistency

Establish a rhythm. Do something every day that feeds your desire to be your most authentic, genuine self.

Julie sat in front of me, tears welling up in her eyes...

“For months I've just been feeling OFF. I can't seem to focus like I used to, I'm tired almost every day... My mood has been gradually getting worse. I feel terrible because it seems like I'm almost always in a bad mood or snapping at my husband.”

I can't tell you how many times I'd seen a similar situation. Julie was in her mid-30's, had 2 kids, worked part-time.

She'd been to a couple of doctors. Her OB/Gyn wanted to put her on an anti-depressant. She wasn't ready to do that just yet, so she got a referral to an endocrinologist.

All the tests the endocrinologist ran came back normal. “It's just stress...” she was told.

And, funny thing is, the endocrinologist was actually onto something. I'll get back to that in a second.

First, let me say that I am not blaming Julie's doctors, and I have nothing against the conventional medical profession.

Conventional medical education – and the current scientific dogma upon which it is based – simply doesn't teach any tools or processes for helping a person like Julie (trust me, I know this because I grew up with a father and two uncles who were MDs).



That's because conventional medicine is best for treating ILLNESS – like you've got pneumonia and 105 fever kind of illness. Or your thyroid is the size of a tennis ball and is about to explode kind of illness.

The raw power of the drugs and procedures doctors and hospitals provide isn't suited to a situation like Julie's – and so people like Julie (and maybe you) feel like nobody is listening, or nobody has any answers.

Enter Google, and WebMD, and a couple-dozen blogs to the situation and, the next thing you know, you're feeling overwhelmed and don't even know where to start.

One of the core principles upon which I base my practice is this: Your body is so incredibly intelligent, makes nature's most powerful medicines, and has the entire blueprint for how to restore and regenerate.

In other words – your body always knows what it needs to do to heal itself.

All you – or anybody else – needs to do is give it the right support. The healing wisdom encoded in your biology does the rest.

It's really that simple most of the time.

So, back to Julie's endocrinologist and his observation that Julie was under stress.

It was actually a very astute observation on his part. At the very least, he was willing to





acknowledge that stress could play a role in Julie's well-being. He just didn't know where the stress was coming from or how to deal with it.

But – thankfully for Julie - **I did**.

I don't want to go into the entire case history – which involved me asking Julie specific questions about her diet, lifestyle, sleep patterns, digestion, and about a dozen other things – because it would take way too much time and I know you want to get to the main thing of this Action Plan – which is the eating plan.

However, I think it's very important to point something out. Anytime you don't feel well it's because your body is under stress. But, it may not be the kind of stress you usually think of – like “I'm so sick of my boss” stress or “it's been a super-stressful day” kind of stress.

I'm talking about BIOLOGICAL stress. Meaning that your cells, tissues, and organs are working harder than they have to.

Every cell in your body has a job to do, and it knows exactly how to do it. Just like a construction worker or a policeman or an engineer or an artist – each cell has a high level of expertise in its particular specialized area.

And, just like those people, if they're under stress they simply won't perform as well. If the construction worker doesn't have enough building materials, or the policeman is continually getting called out for false alarms, or the engineer is being told to work 20 hour days for weeks

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on end, or the artist can't sleep and doesn't have enough energy to concentrate...

Your cells, organs, and tissues become stressed by processed foods, lack of rest, dehydration, excessive sugar, caffeine, and other substances that overstimulate them. Most people don't understand or even think about this kind of stress.

And, that's why they're going in circles feeling tired, moody, and "off".

So, the endocrinologist Julie saw had a moment of insight – but had no idea how to expand on it to help his patient.

And, here's the core reason why: He never asked her what she was eating. (Neither did the OB/Gyn).

Again... **I did.**

And, it wasn't pretty. Julie was eating a fruit and veggie smoothie for breakfast (hoping to detox and feel better), drinking her second cup of coffee every day at 3pm (because of how tired she was feeling), and her water consumption was... well... let's just say Julie was severely lacking in the H<sub>2</sub>O department.

I'm no longer shocked when I see someone come in, having been to some of the best "specialists" in the best hospitals (I've even seen people who went to places like Mayo Clinic and Cornell – not to mention the esteemed Baylor Clinic here in Houston). And, unfortunately,



## **NOT A SINGLE PERSON ASKED THEM WHAT THEY WERE EATING. NOT ONE. NOBODY.**

In Julie's case, the explanation was simple – and it's the foundation for my 3-Step Eating Plan That Dramatically Increases Hormonal Balance.

1. Her breakfast was virtually devoid of protein, and absolutely loaded with sugar.
2. Her caffeine dose in the afternoon had completely thrown her adrenal system out of rhythm.
3. She was chronically dehydrated.

My plan with Julie? I gave her this EXACT eating plan I'm about to share with you... Along with some very simple nutritional supplements for restoring and replenishing adrenal function along with acupuncture to calm her stress and support her body's natural healing mechanisms.

The result was this: At her first follow-up visit one week later, Julie was beside herself with astonishment. "I can't believe I feel this much better after just one week... Especially after seeing all those doctors and feeling so bad for so long."

Julie reported that her mood had shifted almost immediately. She was no longer irritable, and was having more good days. Her energy wasn't 100% but "I know it's better because in the evening I'm no longer exhausted and barely able to stay awake past 7:30pm."

The real kicker? Before working with me, Julie had been waking up at least 3-4 times a night and sleeping very restlessly, which she initially described like this: "When I wake up I feel like I hardly slept... It's like I'm working in my dreams." Well, **she was now sleeping through the night and waking up without almost no drowsiness.**



## BEFORE WE GET STARTED...

It's incredibly important to say a few things:

FIRST – **This is an ACTION plan**, meaning **in order for it to work you must actually do it**. I know that may seem obvious but I'm always surprised how people will come see me in clinic and pay me fairly large sums of money, and then not do most of what I suggest. **The bottom line is that wellness emerges first and foremost from a clear sense of self-responsibility. You must take ownership of your health. Nobody else can do it for you.**

SECOND – **Your results will be unique**. Nothing I recommend here will cause any harm and may help a LOT – a WHOLE LOT. **But, I am unable to make any guarantees**. You just have to try it out! **Again, you have to TAKE ACTION and only then will you see results.**

THIRD – **You are always welcome to contact the clinic if you have questions**. All you have to do is [visit our support page](#) and enter your question or concern and we will ALWAYS get back to you.

## Now – let's DO THIS!

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# YOUR KEYS TO SUCCESS



- 1. Keep it simple** – Don't try to do too many things at once.
- 2. Be consistent** – Commit to this for 5 days in a row so you can really see how much better you feel.
- 3. Be kind** – Keep a positive, gentle, and open-minded attitude and don't be hard on yourself.
- 4. Focus on you** – if your partner or others living in your home don't want to do it, no worries! Just take care of yourself. By feeling your best, you are leading by example.
- 5. Action speaks** – Talking about your changes only dilutes the focus. There's no need to tell everyone. Just focus on doing it!





ACTION STEP #1:

**EAT A PROTEIN-DENSE, LOW-CARB, HIGH-FIBER BREAKFAST**

## ACTION STEP ONE:

# EAT A PROTEIN DENSE, LOW-CARB, HIGH-FIBER BREAKFAST

## The WHY

Imagine a still pond, where the water is like glass, completely undisturbed. This is where your hormonal system is when you first wake up – still and at “baseline”.

Your first meal is going to make a wave in that pond, like dropping a rock into it. The waves will ripple out in all directions, affecting every organ, tissue, and – most importantly – hormonal gland in your body.

If your first meal of the day is high in sugar, it is like dropping a huge rock into the pond. The waves will be large, chaotic, and will take a long time to calm down. In fact, hormonally speaking, too much sugar first thing in the morning may set your hormonal system into a chaotic state for the entire rest of the day. You feel this as big swings in your energy and mood. That's because the spike in insulin wreaks havoc with all your other glands, from adrenal to thyroid, reproductive, and even your liver.

By eating protein – along with fiber – it is more like dropping small pebbles into the water. The waves are gentle, and the pond quickly calms back down. That's because your blood sugar doesn't spike at all and this keeps your insulin levels low.

The result? More stable energy and better mood – both of which indicate more balanced hormones.



## ACTION STEP ONE:

# EAT A PROTEIN DENSE, LOW-CARB, HIGH-FIBER BREAKFAST

## The WHAT

(NOTE: this is not an exhaustive list but gives you an idea. Focus more on the NO for maximum results.)

### YES

Eggs  
Veggies  
Avocado  
Sausage  
Bacon  
Chicken  
Beef  
Oatmeal (Plain or Steel-cut)  
Nut butters  
Almond milk  
Coconut milk

### NO

Animal Milk  
Juice  
Fruit  
Smoothies  
Bread  
Donuts  
Pancakes  
Energy drinks  
Cookies  
Sandwiches  
Boxed Cereals





## The HOW

- 1. Starting tonight and for the next 5 nights**, write down exactly what you are going to eat for breakfast the next morning.
- As you are going to sleep, **visualize yourself waking up the next morning** and eating your healthy breakfast.
- Keep it simple** – start with something easy to make and store like a couple of hard-boiled eggs with some sliced avocado. The simpler the better. And, **it's OK to eat the same thing every morning as you're getting started, especially if it's EASIEST for you.**
- Be consistent** – make sure you **do this for at least 3-5 days in a row** so you can really see how much better you feel.
- Drink a full glass of water before you start eating breakfast** – this ensures proper hydration first and will help curb your appetite.



A clear plastic water bottle with a red cap is tilted, pouring water into a glass. The glass is partially filled with water and contains several ice cubes. The background is a light, neutral color. The text is overlaid on a dark grey horizontal band.

ACTION STEP #2:

**DRINK A MINIMUM OF 2-3 LITERS  
OF WATER EVERY DAY**

# ACTION STEP TWO: DRINK A MINIMUM OF 2-3 LITERS OF WATER EVERY DAY

## The WHY

Besides the obvious “water is essential to life” thing, there are very key reasons that drinking water balances your hormones.

1. First off, drinking flavored drinks like bottled teas, soft drinks, juice, and energy drinks makes your body work harder. The sugars trigger insulin release and stimulate your adrenal glands (your primary stress glands) to secrete more cortisol. Coloring and other additives only make your cells work extra hard and use valuable energy. They can also be hard on your liver, which is one of your most important organs to regulate your hormone levels.
2. Secondly, water is essential for stable metabolism. We forget that the metabolic process depends on adequate water supply. The more you drink water instead of flavored drinks, the easier it is for your body to regulate its metabolism and produce the hormones it wants to produce when it needs them.
3. Finally, drinking water will curb your appetite and help you achieve and maintain a healthy weight. Your hormones are rarely, if ever, in balance when you're overweight.



ACTION STEP TWO:  
**DRINK A MINIMUM OF 2-3 LITERS OF WATER EVERY DAY**

**The WHAT**

- 1. A pack of water bottles – 0.5L each bottle (or a refillable bottle of your choosing).** Get one as soon as possible – tonight or first thing tomorrow.
- 2. DO NOT obsess over the details on this.** It's ok if the bottles are plastic. It's OK if it's not artesian water from a perfectly pristine source. You aren't going to find perfect water.
- 3. Make sure it's plain water,** not sparkling water. It doesn't have to be “alkaline” water either. Just plain old water will do.



# ACTION STEP TWO: DRINK A MINIMUM OF 2-3 LITERS OF WATER EVERY DAY

## The HOW

### STEP ONE

As mentioned in step one, **drink a bottle of water before each meal..**

### STEP TWO

Set an alarm on your phone for the following times: **10am, 2pm, 6pm.**

### STEP THREE

**Each time the alarm sounds, drink a full bottle of water. You can do it!** Take the time you need, but you should be able to drink the whole bottle in about **five minutes or less.**

### STEP FOUR

When it's time to drink the water **stop everything else and just focus on drinking your water.** As you do, imagine the water is carrying calming, rejuvenating energy into every cell in your body. You can imagine this as a calm, light feeling spreading through your body.

### STEP FIVE

**Don't drink any juice, flavored or caffeinated beverages during the day.** One cup of coffee in the morning is OK.

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# ACTION STEP TWO: DRINK A MINIMUM OF 2-3 LITERS OF WATER EVERY DAY

## Common Questions

### **What if I'm not thirsty?**

When we're chronically dehydrated we often aren't thirsty because our bodies build a tolerance to mild dehydration. The vast majority of my patients who start drinking water as I recommend will tell me that they actually start to crave the water more. So, you might have to "force it" at first, but you'll be OK after that.

### **Can I drink green tea or use flavor packs for my water?**

I recommend you not do this. At most, use cucumber or fresh lime or lemon and only a little bit. I just want you to drink good old-fashioned water.

### **Will the plastic bottles hurt me? Is it better to drink out of glass or ceramic?**

It is better (and safer) to drink out of glass or sealed ceramic. HOWEVER do not let this be a blocking factor for you. In other words, JUST DRINK the water. You're going to be healthier drinking 2 liters from a plastic bottle than you will be drinking a half or barely one liter from a fancy glass container.



A photograph of a loaf of sliced bread, likely whole wheat or rye, with several slices cut and stacked in front of it. The bread has a dark, textured crust and a lighter interior. The background is a plain, light color.

ACTION STEP #3:

**CUT YOUR CONSUMPTION OF  
WHEAT FLOUR**



# ACTION STEP THREE: CUT YOUR CONSUMPTION OF WHEAT FLOUR

## The WHY

Wheat has been getting a lot of bad press lately. And, in this case, it is with good reason. In my clinic, I can tell you that my patients who cut their consumption of wheat flour see dramatic changes in many areas including metabolism, energy levels, and even water retention.

1. First off, wheat flour is extremely high in sugars. When you eat foods made from wheat flour like bread, cakes, and cookies, you are very likely going to trigger a surge in blood sugar and a corresponding insulin surge that, again can disrupt adrenal and liver function.
2. Wheat also contains a specific type of gluten that, for many, is a digestive irritant. Even my patients who aren't technically gluten intolerant will report that when they reduce their consumption of wheat flour they have better bowel function, less abdominal bloating, and even better mood (90% of your body's serotonin is made in your gut).
3. By cutting out foods made with wheat flour (and there are a LOT of them because wheat is very inexpensive to grow, process, and transport), you are likely eliminating 80% of the sugar in your diet. That's a LOT less sugar for you.





# ACTION STEP THREE: CUT YOUR CONSUMPTION OF WHEAT FLOUR

## The WHAT

- 1. Know the wheat flour content of the foods you eat on a regular basis.** Don't assume it's just bread. Many foods like soups and pasta are loaded with wheat flour.
- 2. Choose other foods instead of those foods.** For instance, you can have rice noodles instead of pasta.
- 3. Think 80/20 – not perfection.** Again, this is “cut your consumption” not “eliminate”. Leave room to enjoy a few bites of cake or a cookie!



# ACTION STEP THREE: CUT YOUR CONSUMPTION OF WHEAT FLOUR

## The HOW

### STEP ONE

Anytime you're about to start a meal or eat a snack – STOP and think before you start eating.

### STEP TWO

Ask yourself this question: “Do I know what the ingredients of this food are?”

### STEP THREE

If the answer is “NO”, then stop and get the ingredients. If the answer is “YES”, proceed to the next step.

### STEP FOUR

Does the food contain **wheat flour**?

### STEP FIVE

If the answer is “YES”, choose something else to eat for now (or remove the wheat-flour based food i.e. eat the burger patty and veggies, just not the bun).

If you can't find a wheat-free substitute then just drink a glass of water for now (unless you're actually starving which you probably aren't).

# ACTION STEP THREE: CUT YOUR CONSUMPTION OF WHEAT FLOUR

## Common Questions

### **Is this a gluten-free diet?**

No, this is a wheat-flour reduced diet. So, focus more on just eliminating foods containing wheat flour, not on eliminating gluten. Also, gluten-free wheat flour is still wheat flour and still causes the blood sugar surges we're trying to avoid

### **What about whole wheat?**

The brown flour called “whole wheat” is not actually the whole wheat. It is still highly processed and refined and will still cause a surge in blood sugar.

### **What about rice, oats, millet and other grains that contain gluten?**

I'm more concerned with you eliminating wheat because there is wheat in so many common foods. Additionally, just about all the wheat in foods today is genetically modified. I'm not saying avoid all GMO (Genetically Modified Origin) foods – but in this case the way the wheat was modified has caused it to be a much higher sugar food than it was previously.



# The 3 Core Diet Principles for MORE ENERGY AND HORMONAL BALANCE

## Common Questions

### Do I have to be perfect on this?

No, of course not. You never have to be perfect but you must commit and take it seriously or it's not going to work.

### How long will it take for me to see results?

That depends on many factors – so don't be in a hurry. However, once you start the eating change, you should start to notice changes within days. I'd say the max time it will take to start feeling a noticeable shift is about 10-14 days. If you have seriously followed this plan and still haven't seen any significant improvements within a month, get in touch with us at [academy@axelradclinic.com](mailto:academy@axelradclinic.com) or call us at 713-527-9555.

### What about supplements?

There are MANY supplements that support hormonal balance. I recommend you start with a basic, high-quality, food-sourced multivitamin and take it every single day. If you want more specific guidance on specialized supplements for hormonal conditions, [schedule a free consultation](#) with us to see if we can work together one-on-one.

### What if I want more guidance on this?

If you would like to discuss this one-on-one at the clinic with us, I recommend you [schedule a free consultation](#). We'll meet in person and see if our services are a good fit for you.

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