

PRESCRIPTIVE NUTRITION & YOGA

with Dr. Cori Cooper

31 WAYS TO JUMPSTART A BALANCED BLOOD
SUGAR AND CLEANSE YOUR BODY NATURALLY



By Dr. Cori Cooper

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WELCOME!



As women, we're under an immense amount of pressure to be perfect. To be all things to all people. To be a good wife, a good mother, be good in our chosen career. We compromise our health, our time, our dreams to be available to everyone else. And no matter what we do, it never seems to be enough. So we work even harder to achieve what other people deem important, neglecting what is actually most important to us. We suffer from weight gain, anxiety, depression, fatigue, and even infertility. And instead of loving ourselves when we need it most, we judge ourselves for not losing the weight, for not being able to handle the pressure, for being tired, and even for not being able to conceive.

My name is Dr. Cori and I help women reduce stress, lose weight, and gain mental clarity by focusing on balancing blood sugar and implementing practical daily habits. To be

honest, it was easy for me to live a healthy lifestyle before I had my son. I ate healthy, exercised twice daily, and even went to sleep at a reasonable hour every night. That all went out the window when I had to start balancing work and being a mom. It seems career women, in particular career moms, never get a break; when we're at work, we're at work, and when we come home, we're mom and wife, which is work too. While we may love the "work" of being a mother, it's still work and can leave us feeling depleted and less committed to our own health and self-care.

I created this ebook to help you jumpstart the healthier lifestyle you've been trying to start everyday ever since you had your first child. Every day you wake up and say, "I'll start tomorrow", but tomorrow never comes and before you know it, months or even years have passed by and you've gained 10+ pounds.

This ebook is designed to help you start to develop better habits. You can pick just one and try to implement it daily for 30 days before you decide to pick another or pick a few or pick them all! Honestly, it will be kind of hard to pick them all at once, and I teach small changes over time, but it's your ebook so do what works for you!

Keep reading for the 31 WAYS TO JUMPSTART A BALANCED BLOOD SUGAR AND CLEANSE YOUR BODY NATURALLY...

Cleansing Foods



ARTICHOKES are a great cleansing food! First of all, they contain plant compounds known as caffeoylquinic acids, which increase flow of bile, a fluid that helps the body digest fats. So if you're like me and had your gall bladder removed, this a great food to add to your diet because your body no longer has a place to store bile, making it harder for you to digest fat. Artichokes can also be used to treat indigestion. One study showed that patients with indigestion who received artichoke leaf extract had improvement in symptoms and overall quality of life. In addition, they're full of fiber and take a long time to eat, so they help reinforce the

practice of slow, mindful eating. I prefer my artichokes grilled and use with any meal where I would normally have cabbage. Both have a similar taste to me once grilled. I personally recommend eating your vegetables cooked because they can actually be harder to digest raw.

AVOCADOS are a source of glutathione, a compound that blocks the absorption of certain fats in the intestines that can cause oxidative damage. Glutathione is essential for liver health, your body's major cleansing organ. Avocados also contain magnesium, which has been shown to inhibit fat absorption and can even treat hyperlipidemia (high levels of cholesterol in the blood).

BEETS have beneficial effects on fat metabolism. They contain betaine, a substance that promotes regeneration of liver cells and the flow of bile. Betaine is a lipotrope—something that prevents or reduces accumulation of fat in the liver. It works by inhibiting an enzyme involved in lipogenesis (fat production) and reducing levels of the amino acid homocysteine. High levels of homocysteine can promote the buildup of fat in your blood vessels and lead to a heart attack or stroke. Research shows a significant negative association between markers of obesity (BMI (body mass index), percent body fat and waist circumference) and betaine concentrations in the blood, meaning the higher





the betaine, the lower percent body fat. Betaine can also relieve oxidative stress and is essential for detoxification. P.S. Betaine is also found wine! (BONUS!)

BREATH is the easiest habit to implement. You already do it! The key is to be more mindful about how you do it. Breath can be both cleansing and calming. I recommended deep belly breathing anytime you feel anxious or stressed throughout the day. Also letting out a deep exhale (kind of like a big sigh) can improve your health. This is called a cleansing breath and I use it daily in my yoga practice.

BROCCOLI supports detoxification enzymes in the liver (**CABBAGE, CAULIFLOWER, BRUSSELS SPROUTS** and **KALE** do as well). This unique group of vegetables (called crucifers) have glucosinolates, which are kinds of amino acids that contain sulfur. Sulforaphane is one type of glucosinolate in broccoli that plays a role in cancer prevention by helping

specific detoxification enzymes rid the body of chemical carcinogens and free radicals. This is also especially helpful for minimizing free radical damage in the lungs (helps to promote that cleansing breath we just talked about). Another kind of glucosinolate in broccoli is glucobrassicin, which releases the detoxifying enzyme indole-3-carbinol (I3C). I3C has been associated with colorectal cancer prevention.

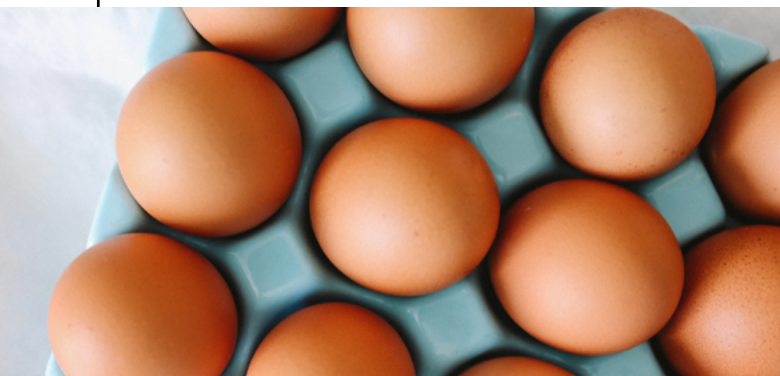
CELERY is a vegetable that is mostly comprised of water and therefore will help keep your body hydrated and decrease hunger levels. Additionally, celery is an antioxidant that can help to eliminate free radicals from wreaking havoc inside your body. Free radicals cause damage via oxidation which has been associated with premature aging, heart disease, and diabetes. Celery also contains a flavonoid called luteolin. Researchers believe that this particular flavonoid may possess anti-cancer properties.

CINNAMON is full of antioxidant properties! It is believed to control blood sugar in people with diabetes, prevent ulcers, destroy fungal infections, soothe indigestion, ward off urinary tract infections, and fight tooth decay and gum disease. I have personally used cinnamon in clinical practice with diabetes patients to manage fasting blood sugar levels and to decrease urinary tract infections in patients with diabetes. Furthermore, the scent of cinnamon is linked to curbing fatigue, easing frustration and overwhelm, and increasing alertness.

Bonus Tip

YOUR LIVER IS THE BODY'S MAIN DETOXIFYING ORGAN AND IT IS ALSO RESPONSIBLE FOR GLUCOSE PRODUCTION AND STORAGE, SO IT'S A GOOD IDEA TO KEEP IT AS HEALTHY AS POSSIBLE.

DANDELION ROOT increases the flow of bile, remember we talked about the importance of bile in the artichoke section, making digestion a faster and more efficient process. It's also known to have diuretic properties that help rid you of excess fluid to decrease bloating. Dandelion is also full of vitamins A and C, two powerful antioxidants thought to help detoxify the liver, and have been used in different cultures to treat all sorts of problems including kidney disease, swelling, skin problems, heartburn, upset stomach, fever, boils, eye problems, diabetes, and diarrhea. I often buy Dandelion Root caffeine-free chicory coffee made by Teeccino.



EGGS are an amazing source of choline, which is essential to brain functioning. They also contain lutein and zeaxanthin, antioxidants linked to healthy eyesight. On top of that, eggs have the most amazing amino acid profile to maximize protein, which is essential to growth and repair in the body. Eggs are great to use in conjunction with a cleanse as they are an efficiently digested protein source.

EXERCISE plays a vital role in your health and wellbeing. It can help improve your mood, control your weight, and promote better sleep. It can also reduce stress, boost endorphins (aka the happy chemicals in your brain), and sharpen memory. And it actually doesn't take much to get started. Even just 10 minutes a day of walking will help you start reaping the benefits. Try taking a walk during your lunch hour or walking to the local coffee shop for your cup of java. The main thing with exercise is to pick something you like and can stick to. As a yoga teacher, I prefer yoga, of course, but I also jog, do Pure Barre and Pilates. I like yoga because it is more than just about exercise. You can carry the practice of yoga throughout your day and get a pretty good workout too. Yoga can make you a better person and give you a better body. But if you like the gym, go for it! The point is to pick a movement that you enjoy, and you'll be more likely make time for it.

"To enjoy the glow of good health, you must exercise."

- Gene Tunney



Due to the phytonutrients in **GREENS**, like **KALE**, **COLLARDS**, **SPINACH**, and **ROMAINE**, these fiber rich foods can increase the binding of bile acids, making it easier for the body to get rid of them. Bile acids are made from cholesterol in the liver and can increase the risk of colorectal cancer. Binding of bile acids and increasing their elimination from the body is thought to be the way that dietary fiber lowers cholesterol.

GREEN TEA is super rich in antioxidants! It is even richer than white, black, and oolong teas even though they all come from the same plant. Green tea leaves are prepared differently; they aren't fermented before they're dried. This keeps them rich in antioxidants called catechins. Catechins may trigger weight loss by stimulating the body to burn more calories and by decreasing body fat. Also, hot tea is sipped slowly, which reinforces mindful eating habits.

GREEN APPLES are rich in flavanols, especially cyanidin and epicatechin. They work with vitamin C to help eliminate free radicals and fight cancer. The fiber helps to regulate blood sugar and the biting and chewing efforts decrease bacteria and increase salivary excretion to help fight cavities.

LEMON helps the liver detoxify. Lemon juice can also aid in digestion. Both the smell and flavor can increase saliva production, which is essential to the digestion process. (Bonus tip: One study showed this can happen just by looking at lemons!)

LEMON JUICE also directly affects the GI (gastrointestinal) tract. Just 100 microliters of lemon juice (that's REALLY tiny) has been shown to be a very potent stimulant of pancreatic juices, essential for proper digestion.

LENTILS are a superhero legume because they are full of fiber, loaded with B vitamins, iron and zinc. They help to keep you feeling satisfied and (like all legumes) boost metabolism with lean protein. Best of all, they're super quick to cook up. My favorite reason for eating them!





MEDITATION is one of the easiest ways to calm your mind and “reset” your body for the rest of the day. Quieting your mind, even for just ten minutes, can calm your nervous system and help your body use energy more efficiently. Meditation can even increase your day-to-day productivity! This is also another easy habit to implement. Take a few minutes today and meditate. You can work your way up to longer sessions over time, but 10 minutes is a great baseline. I personally only do 10 minutes daily. You can try each morning, as soon as you get out of bed or while sitting at your desk or in my case sitting on a plane, take a few moments to monitor your breathing, stay perfectly still, and keep your mind open. Your entire body will benefit.

MILK THISTLE is a flowering herb that assists in liver cell regeneration. It works by increasing amounts of ribosomal RNA (genetic material) in the liver which increases protein synthesis to make liver cells. Because of this, milk thistle is often used to treat patients with liver disease. This is the one supplement I have everyone on and I personally take at least twice daily. Remember your liver is your major detoxifying organ, so it needs supplementation.

ONION and **GARLIC** are both rich in sulfur containing compounds, which are involved in sulfation, the main route for toxins to be cleared from the body. Garlic and onions are both part of the Allium genus and can help protect us against certain cancers including stomach and colorectal cancer. In lab studies, the antioxidants (including allicin, allixin, allyl sulfides, quercetin and a large group of organosulfur compounds) in garlic and onions have been shown to slow or stop the growth of tumors in prostate, bladder, colon, and stomach tissue.

OREGANO is the most antioxidant-dense spice on the market. In fact, on a per-gram basis, it has four times more antioxidant activity than blueberries do. One of the antioxidants in oregano includes beta-caryophyllene, a substance that reduces inflammation.

ORGANIC CHICKEN For my meat eaters, organic and pasture-raised chicken is a lean protein source grown without synthetic pesticides or fertilizers, antibiotics and hormones. Recent studies





have concluded that the inclusion of organic and pasture-raised chicken can increase the omega-3 content of the triglycerides circulating around your blood, making it an anti-inflammatory agent. Chicken is a great source of B vitamins as well, aiding in a broad list of bodily functions including the production of serotonin, the “feel good” hormone and cell metabolism. So if you want, eat more chicken!

SALMON is a fatty fish, like mackerel and sardines, and is full of calcium, vitamin D and omega-3 fatty acids. It helps in weight loss and maintenance and is a great anti-inflammatory food. It also calms the skin and makes it glow.

VINEGAR has no calories, but it contains potassium, magnesium, calcium, pectin and acetic acid. It aids in digestion and improves the absorption and utilization of several essential nutrients. Use with olive or flax oil for salad dressings instead of the prepackaged dressings. Vinegar also happens to be a great alternative to fabric softener, so use distilled white vinegar to freshen your clothes instead of toxic store-bought options.

WATER is just as essential as breath! You are made up of 50-65% water. Every one of your cells absolutely need water, no exception! Your body cannot function without it! Water can eliminate toxins from your body, reduce hunger pangs, improve your skin, promote weight loss, and even give you more energy. Aim to drink 1-2 more glasses of water than you usually do. Ideally, you will drink half your body weight in water, but you can work your way up to that. Start slowly. Remember this is about creating consistent habits.

WHEAT GRASS purifies the liver. It's rich in choline, a mineral that has been shown to prevent fat buildup in the liver. Once choline enters the cells, it's converted into a different compound that can enhance the breakdown of fatty acids and formation of phospholipids, which ultimately helps transport fatty acids in the blood and remove fats from the liver. Wheatgrass juice is also filled with bioflavonoids like apigenin, quercetin and luteolin - they all act as antioxidants in the body - and indole compounds which play a role in cancer prevention (just like indole-3-carbinol in broccoli). All you need is a shot and you can usually find at places that offer fresh pressed juice.

“Good health and good sense are two of life’s greatest blessings.”

- Publilius Syrus

About Dr. Cori



DR. CORI COOPER is a board certified ambulatory care pharmacist, Integrative Nutrition and Nutritious Life Certified Health Consultant for career moms, and a Registered Yoga Teacher 200 hour with Yoga Alliance.

She studied pharmacy at Xavier University College of Pharmacy and received her Master in Public Health degree from Johns Hopkins Bloomberg School of Public Health.

Dr. Cori uses her online programs to help women reduce stress, lose weight, and gain mental clarity by focusing on balancing blood sugar and implementing practical daily habits.

For over a decade, Dr. Cori has been coaching women in health and her system is specifically designed to help you reduce stress, finally lose the weight, and fully thrive in your career and at home. Dr. Cori is currently a board-certified pharmacist, a women's health expert, a diabetes care and education specialist, a certified health consultant, a yoga teacher, and most importantly, a career mom.

Connect with Dr. Cori on her blog and view her programs at coricooper.com.

DISCLAIMER

This ebook is an informational resource for people seeking how to jumpstart a healthier lifestyle. The information contained in this ebook is based on the personal experience and training of Dr. Cori Cooper, shared with the intent to help readers incorporate daily healthy habits. Dr. Cooper is not a Medical Doctor, but a Doctor of Pharmacy and a licensed pharmacist, board certified by the Board of Pharmacy Specialties in the management of ambulatory care. She is also a Certified Integrative Nutrition Health Coach and Nutritious Life Certified under the American Association of Drugless Practitioners, and a Certified Diabetes Care and Education Specialist.

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