

Thin Starts Within



Workbook

With Dr. Angela Tran D.O.



Session One

What Your Doctor Isn't Telling You

In the left column, write a statement that does not support you and actually may not be true. In the right column, rewrite the statement into a supportive belief that does help you.

Example: Left column: I have to starve myself to be at my ideal weight.
Right Column: I can have a balanced diet that keeps me full and keeps me at my ideal weight.

Challenge Your "BS" Belief	Reconstructed "PS" Belief

Challenge Your "BS" Belief	Reconstructed "PS" Belief

Notes

Noteworthy.....

Session Two

Bloodwork That Most Doctors Overlook

Your Dominant Hormone Problem _____

Hormone	Clues
CORTISOL	<ul style="list-style-type: none">• Struggle with belly fat• Chronic problem with sleep• Not hungry in the morning, but hungry at night• Struggle with Chronic fatigue, dependant on caffeine• Gaining weight year after year despite no changes in diet
ESTROGEN	<ul style="list-style-type: none">• Irregular and/or heavy periods• Bloating• Problems with water retention• Headaches, especially around cycle• Gain weight along the hips• Mood swings and depression• Hot flashes
THYROID	<ul style="list-style-type: none">• Gaining weight despite good diet and exercise• Insomnia• Dry skin• Hair loss• Fatigue• Constipation• Depression
INSULIN	<ul style="list-style-type: none">• Craves sugar• Frequent headaches• Brain fog• Sleepiness in the early afternoon• Hungry combined with hypoglycemic episodes• Skin tags along neckline

Notes

Noteworthy.....

Session Three

Eat More to Lose More

DAILY PLAN	
FOR WEIGHT LOSS SUCCESS	
BREAKFAST CALORIES 300-350	LEAN PROTEIN COMPLEX CARB HEALTHY- FAT
SNACK CALORIES 120-200	LEAN PROTEIN COMPLEX CARB
LUNCH CALORIES 300-350	LEAN PROTEIN COMPLEX CARB HEALTHY- FAT
SNACK CALORIES 120-200	LEAN PROTEIN COMPLEX CARB
DINNER CALORIES 300-350	LEAN PROTEIN COMPLEX CARB HEALTHY- FAT

Notes

Noteworthy.....
