



INSTITUTE FOR
INTEGRATIVE
NUTRITION



CHICAGO'S VERY OWN
WGN9

Aspire
MAGAZINE



THE SCHOOL OF
Applied Functional Medicine™

W O R K B O O K

UNLOCK YOUR WEIGHT LOSS BLOCKS

A 4-WEEK MIND-BODY HEALING PROGRAM
FOR PERMANENT WEIGHT LOSS

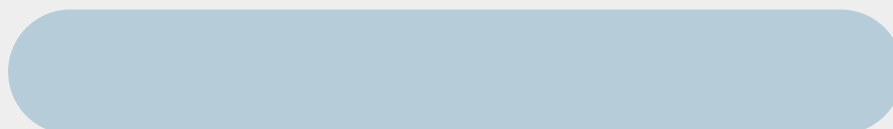


Amanda Hinman
*Hormone Health
Expert*



Carol Look
*EFT/Tapping
Expert*

For women over 40 who have tried everything to lose weight but still feel stuck. If you feel like your body is resisting change, this program will help you finally break through by releasing stress at the root level.



Welcome!

We're so glad you're here!

Over the next four weeks, you'll discover how to reset your body from the inside out—not with willpower or restriction, but by addressing the real reasons your body has been holding onto weight:

- ★ Chronic stress
- ★ Hormonal imbalance
- ★ Gut disruption

This program blends science-backed strategies with emotional healing techniques to help you feel lighter—physically, emotionally, and mentally.

This program is for you if...

- You're over 40 and dealing with frustrating symptoms like weight gain, insomnia, mood swings, or fatigue
- You're unsure why your body feels "off" and want clarity on the real root causes
- You've tried everything—diets, exercise, supplements—but nothing has truly worked
- You're ready for a gentler, smarter, more permanent solution

If that's you... you're in exactly the right place.

CLASS SCHEDULE		
Week 1	Tuesday, July 8 2 PM CST	Uncover the Hidden Stress-Weight Connection
Week 2	Tuesday, July 15 2 PM CST	Next-Level Stress Relief
Week 3	Tuesday, July 22 2 PM CST	Balancing Your Hormones
Week 4	Tuesday, July 29 2 PM CST	Gut Health for Life

YOUR MENTORS



Carol Look

EFT/Tapping Expert

A world-renowned speaker and energy psychology pioneer, Carol brings over 25 years of clinical experience and advanced EFT Tapping experience for unprecedented results to help clients release emotional sabotage and deep-rooted subconscious beliefs.

She's been featured in the top global energy medicine conferences and documentaries, and has taught thousands how to use EFT to clear blocks around weight loss, abundance, PTSD, and procrastination.

YOUR MENTORS



Amanda Hinman

**Certified Functional Medicine
Practitioner & Women's Health Expert**

Diagnosed with Hashimoto's at 33 and told she'd be on medication for life, Amanda used her Root Cause Method to heal her thyroid, ditch meds, and lose 10 lbs naturally—while helping women in over 150 cities do the same.

A certified AFMC practitioner and creator of The Thyroid & Hormone Solution, Amanda blends science-backed strategies with practical tools for energy, mood, and weight loss breakthroughs.

WEEK 1

What causes Weight Gain

- **Hormone Imbalance** = a biochemical 'red light' to signal the body is out of balance
- Chronic Stress & Nervous System Dysregulation = This signals a threat, and the body prepares by storing extra sources of fuel (fat)
- **Nutrient Deficiencies** = which leave the body storing toxins instead of excreting them

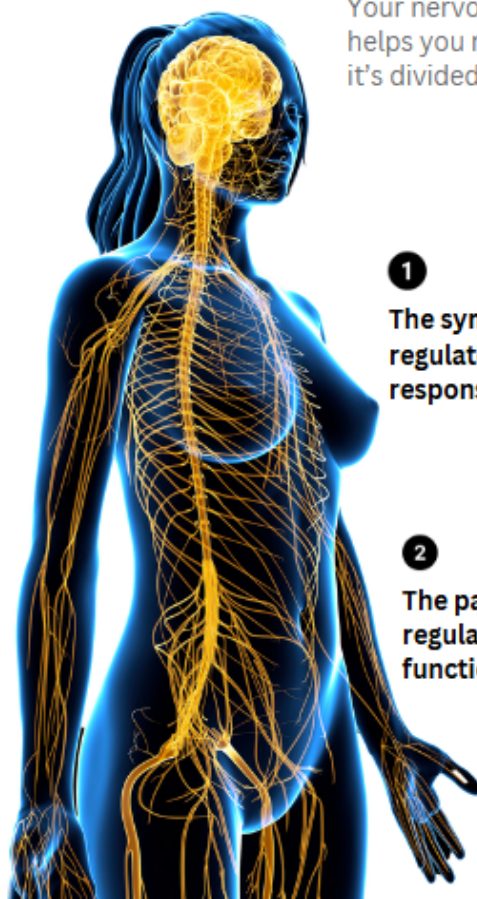
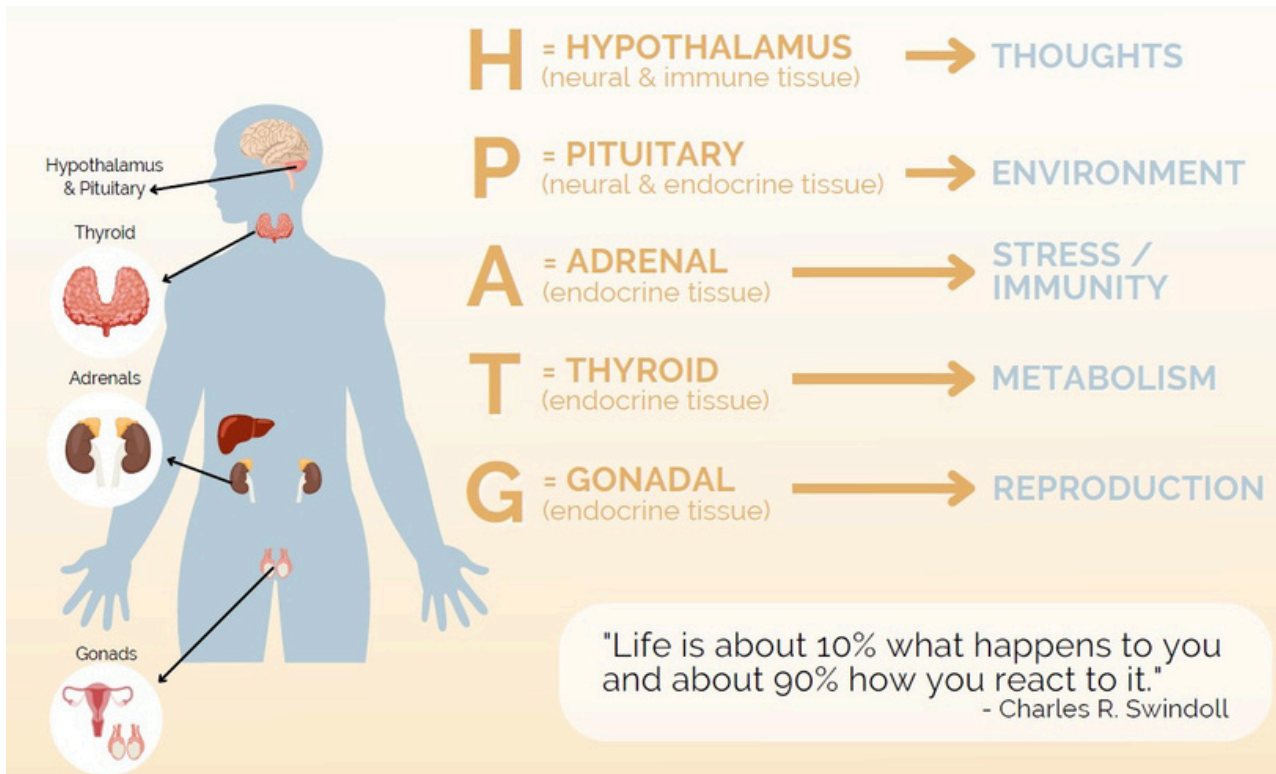


What You Need to Know about Cortisol

- **'Menopausal women have a heightened vulnerability to the effects of cortisol due to the withdrawal of regulatory effects of estradiol on the HPA axis.'** - Journal of Endocrinological Investigation
- Cortisol's role:
 - Promotes visceral (belly) fat
 - Increases gluconeogenesis (sugar production from muscle and liver)
 - Worsens insulin resistance and lowers thyroid hormone conversion ($T4 \rightarrow T3$), slowing metabolism
- Cortisol disrupts leptin signaling, the hormone that tells your brain you're full

WEEK 1

What's the Root Cause?



Your nervous system is what helps you manage stress and it's divided into:

1

The sympathetic system regulates "fight-or-flight" responses.

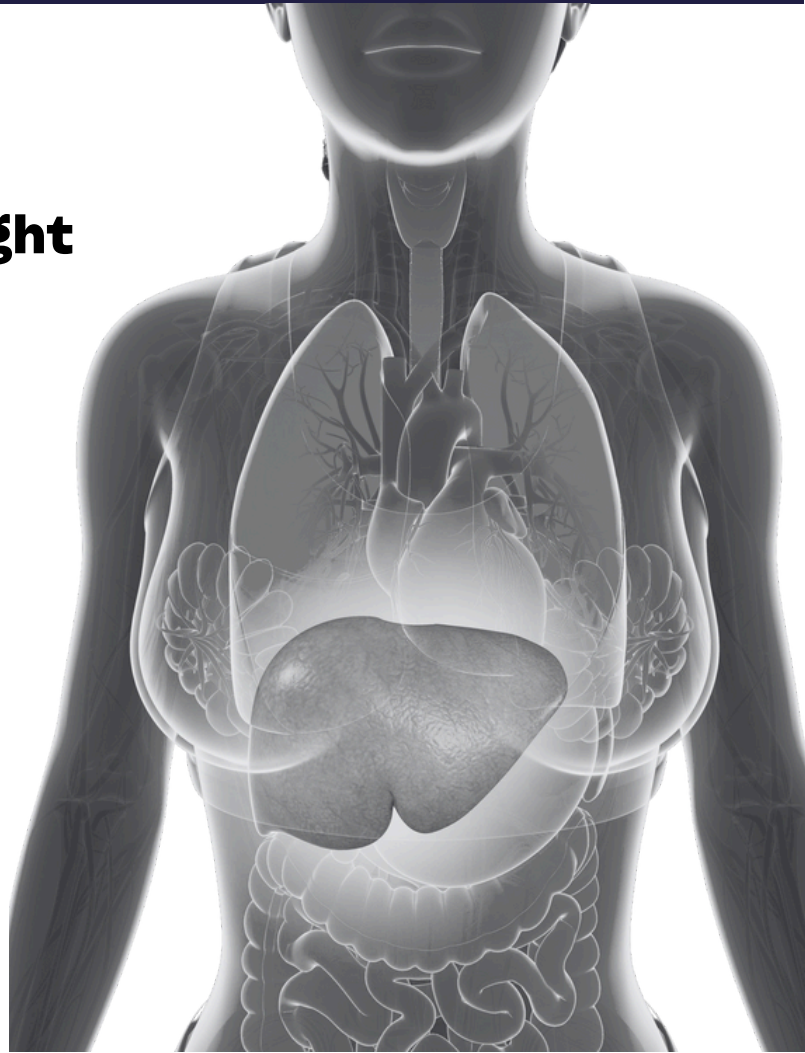
2

The parasympathetic system regulates "rest and digest" functions.

The Liver Affects Weight

Main Functions

- Detoxifies chemicals, drugs, toxins
- Makes Bile
- Regulates supply & production of glucose and glycogen
- Helps regulate metabolism (converting T4 to T3)
- Production and storage of fat



Hormone Role

- Regulates the balance of sex hormones, thyroid hormones and adrenal hormones – cortisol and cortisone
- Produces and regulates cholesterol needed to make steroid hormones such as testosterone, estrogen, progesterone and cortisol
- Detoxification of toxins including sex hormones, cortisol and xenoestrogens

WEEK 1

The Takeaway

In order to optimize your metabolism so you can:

✓
Have More Energy

✓
Balance Your Mood

✓
Experience Restorative Sleep

✓
Release Weight



Your liver must receive a steady supply of nutrients daily
We don't keep an extra supply of vitamins, protein, and
minerals in our left butt cheek!



WEEK 1

- Weight Watchers
- 21-Day Fixes
- Keto
- Intermittent fasting

And they all failed. **But it's not your fault.** Statistics actually show 80% of people who do these things, especially dieting, will gain half of it back in just 24 months.

Because these things weren't designed to fix the actual problem, just the symptom of the problem.



Nervous System helps you manage stress

- The sympathetic system regulates **“fight-or-flee”** responses
- The parasympathetic system regulates **“rest and digest”** functions

When the nervous system becomes dysregulated, you lose control.

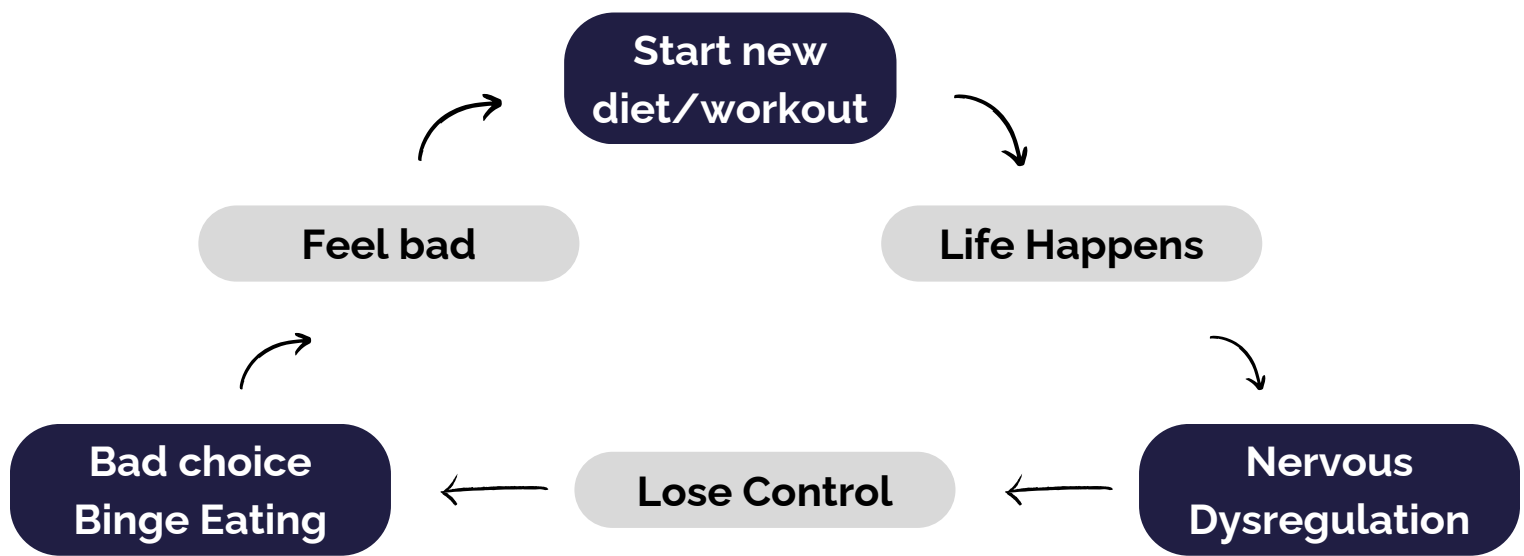
No control = making unhealthy decisions =
hormone and metabolic problems

- Binge eating
- Going to bed late
- Skipping meals, etc.



WEEK 1

Loop of Hormone, Mood & Gut Problems



The Root Cause = dysregulated nervous system or low range of capacity



WEEK 1

It happened to Donna Marie!



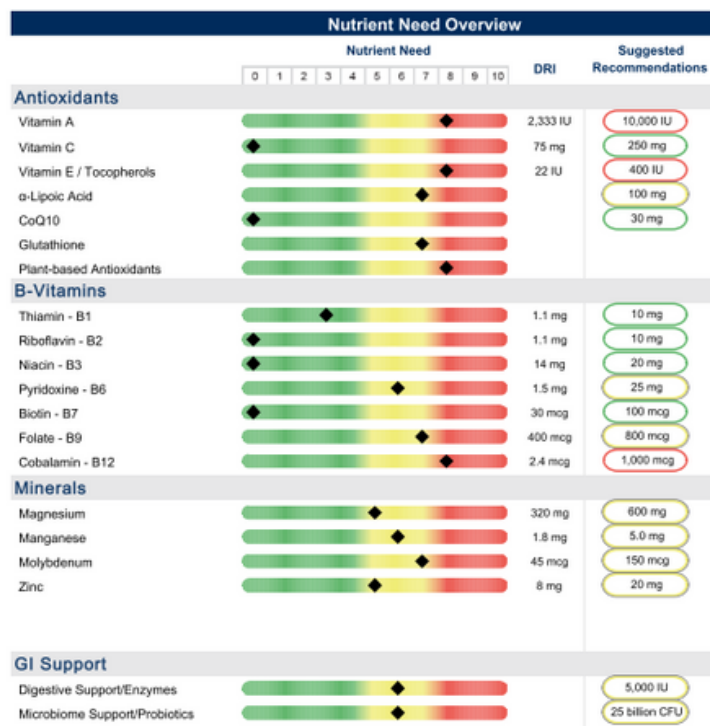
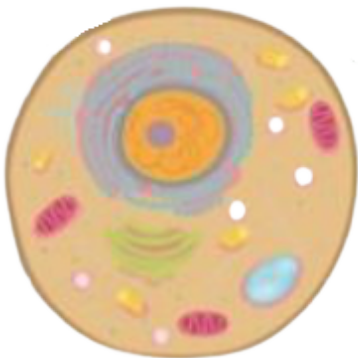
She tried 40 different diets at different seasons of her life

She was stuck on a merry-go-round of diets and frustration

Consequences and side effects:

- Taking Omeprazole for acid reflux
- Struggling with low serotonin and anxiety
- Feeling disempowered in her own body

What nutrients actually make it inside your cells so they can function



WEEK 1



Dr. Kim who dropped 12 lbs. in 6 weeks and eliminated her anxiety.

Mary who **beat insulin resistance** and overcame 30 years of self-doubt



I see the physical changes in myself and it makes me so proud and fulfilled. I stopped believing that that it was possible for me, I stopped believing that my metabolism could be restarted, I stopped believing that I could have the energy to do this, I stopped believing I could change my mindset around my weight, I stopped believing that anything I did was going to impact my health that was predestined. Overcoming that feels like joy, it makes me want to stand firmly with this mindset I have and keep it forever.

WEEK 1

Uncover the Hidden Stress-Weight Connection

Stress Relief

Choose specific tapping target:

Emotion

Symptom

Belief

Memory



Measure level of stress:



WEEK 1

Perform **SETUP STATEMENT**

While tapping the side of either hand, repeat 2-3 times:



“Even though I feel such stress in my body and mind, I deeply and completely accept myself anyway.”



Tap following points while repeating the **REMINDER PHRASE**:

- Eyebrow (EB)
- Side of Eye (SE)
- Under Eye (UE)
- Under Nose (UN)
- Chin (CH)
- Collarbone (CB)
- Under Arm (UA)
- Head (H)



“I feel such stress in my body and mind.”

WEEK 1

Measure level of stress again on the 0-10 point intensity scale.



Repeat Revised SETUP Statement:

“

“Even though I STILL feel stress in my body and mind, I choose to feel calm and peaceful anyway.”



WEEK 1

**Tap all of the points again,
repeating the REVISED
REMINDER PHRASE,**

“

*“This remaining
stress in my body
and mind...”*

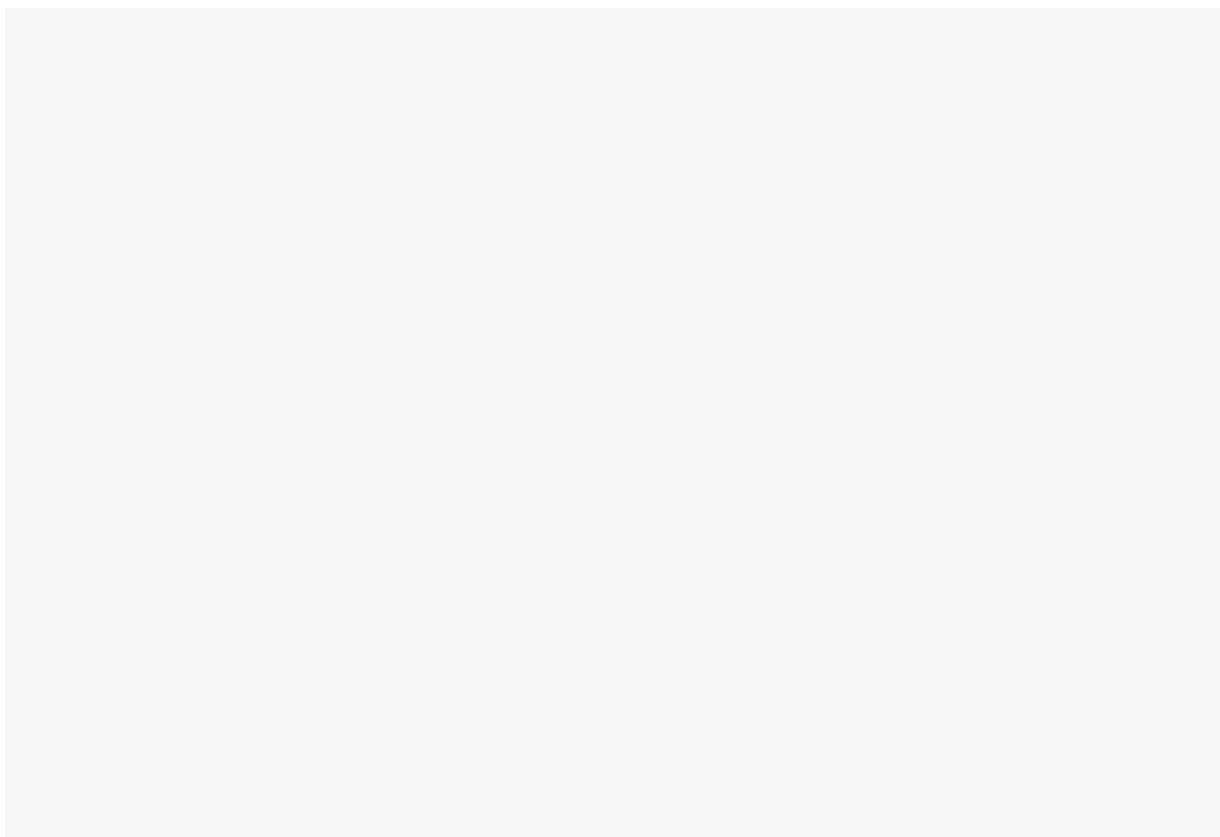


**Measure your stress/ discomfort again
on the 0-10 point intensity scale.**



WEEK 1

Continue with “Positive Tapping” or “Gratitude Tapping.”



WEEK 2



There are many things that can trigger ‘Hormone Hijack’ Syndrome. But let’s look at three big ones:

1

Doesn’t work

- You tried to work with a health professional or a program
- This could be a doctor, functional medicine practitioner, or naturopath who ran a bunch of labs.
- It could be a nutritionist who recommended an elimination diet.
- A therapist who recommended Cognitive Behavioral Therapy or Mindfulness-Based Stress Reduction.
- A chiropractor who suggested a ton of supplements.
- Or a program that your friend had amazing results with.

2

“LTs” Life Traumas

- Maybe you invested (both your time and money) in a health solution and there was no return...you still don’t feel fantastic.
- Maybe you have experienced a loss, a past relationship, or a situation where trust was broken so your body doesn’t feel safe
- You feel chronically over-scheduled and don’t have time for you
- You have many people relying on you, and it seems overwhelming and unsustainable to focus on your health.



WEEK 2

3

The Micro Hits

- Here it's not one incident or situation but more for a long period of time you have not seen the results or success you envision.
- You struggle to be consistent following the strategies that support your health
- It seems like a never-ending rabbit hole. You may feel frustrated and stuck as a result. You worry this will never change.
 - Fantasize about having more energy
 - Procrastinate or avoid doing things that could improve health
 - Compare yourself to others and come up short
 - Worry about the future
 - Feel you never have enough time to prioritize your health
 - Joy has gone out of your life
 - Hesitate investing in support, mentorship, education or accountability



Hormone Hijak?

- Feel frustrated and disconnected from the belief that REAL permanent health transformation is possible
- What if we truly invest in ourselves we could experience failure and discouragement
- So we avoid, procrastinate, and even refuse to fully step in and engage with health-building actions



WEEK 2

Carmen who fixed her thyroid function,
got rid of hives & lost 8 lbs.



Donna lost 15 lbs. while moving and
blending her family of 6 kids!



WEEK 2

Uncover the Hidden Stress-Weight Connection

Cravings

Choose specific tapping target:

Emotion

Symptom

Belief

Memory



Measure level of craving/discomfort on the 0-10 point intensity scale.



WEEK 2

Perform **SETUP STATEMENT**:

While tapping the side of either hand, repeat 2-3 times:

“

“Even though I feel intense cravings right now, I deeply and completely accept myself.”



Tap following points while repeating the **REMINDER PHRASE**:

- Eyebrow (EB)
- Side of Eye (SE)
- Under Eye (UE)
- Under Nose (UN)
- Chin (CH)
- Collarbone (CB)
- Under Arm (UA)
- Head (H)

“

“I feel such intense cravings right now.”



WEEK 2

Measure intensity of cravings again on the 0-10 point scale.



Repeat Revised SETUP Statement:

“

“Even though I STILL feel intense cravings right now, I choose to feel calm and peaceful anyway.”



WEEK 2

**Tap all of the points again,
repeating the REVISED
REMINDER PHRASE,**

“

*“This remaining
intense craving...”*

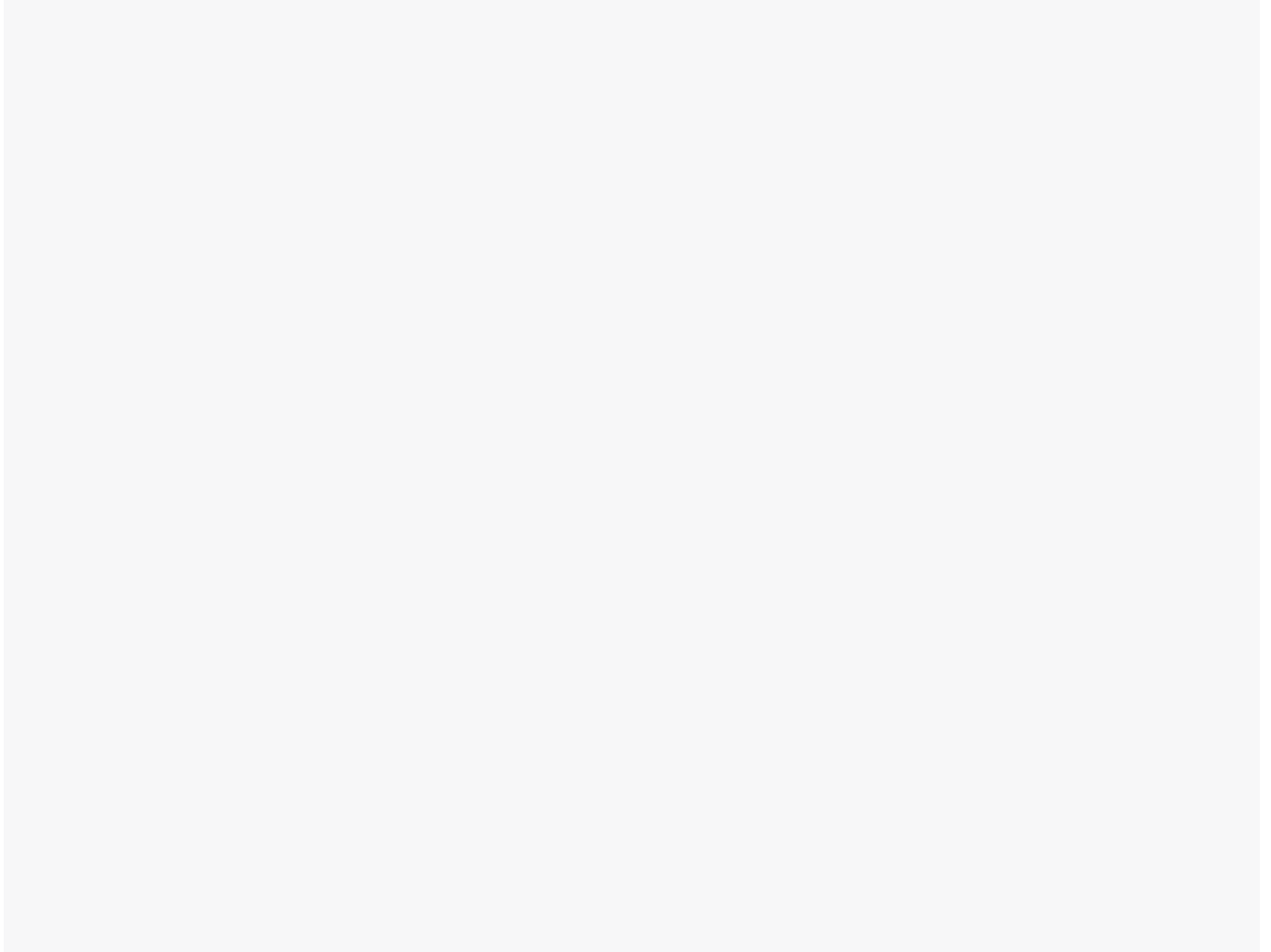


**Measure your craving and discomfort again on the
0-10 point intensity scale.**



WEEK 2

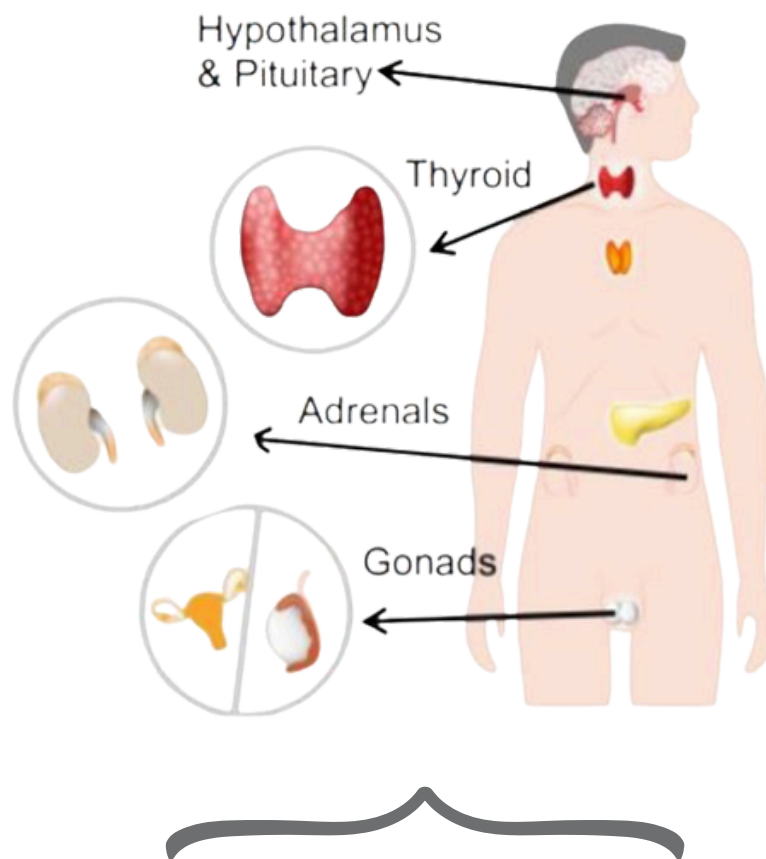
Continue with “Positive Tapping” or “Gratitude Tapping.”



WEEK 3

WEEK 3

Fundamental Interconnectedness



- H = Hypothalamus (neural & immune tissue) → Thoughts
- P = Pituitary (neural & endocrine tissue) → Environment
- A = Adrenal (endocrine tissue) → Stress / Immunity
- T = Thyroid (endocrine tissue) → Metabolism
- G = Gonadal (endocrine tissue) → Reproduction

WEEK 3

Amazing transformation is possible and predictable

I have officially hit 25 lbs lost and I'm planning for meals this week that are rich in Vitamin C and iron. I am really excited to talk to my doctor about what we discussed and the information you gave me to think about about how my hormones work together.

Amanda who lost 25 lbs. in weeks

Debbie who lowered her blood pressure, lost 8 inches and added more clients to her private practice \$\$



WEEK 3

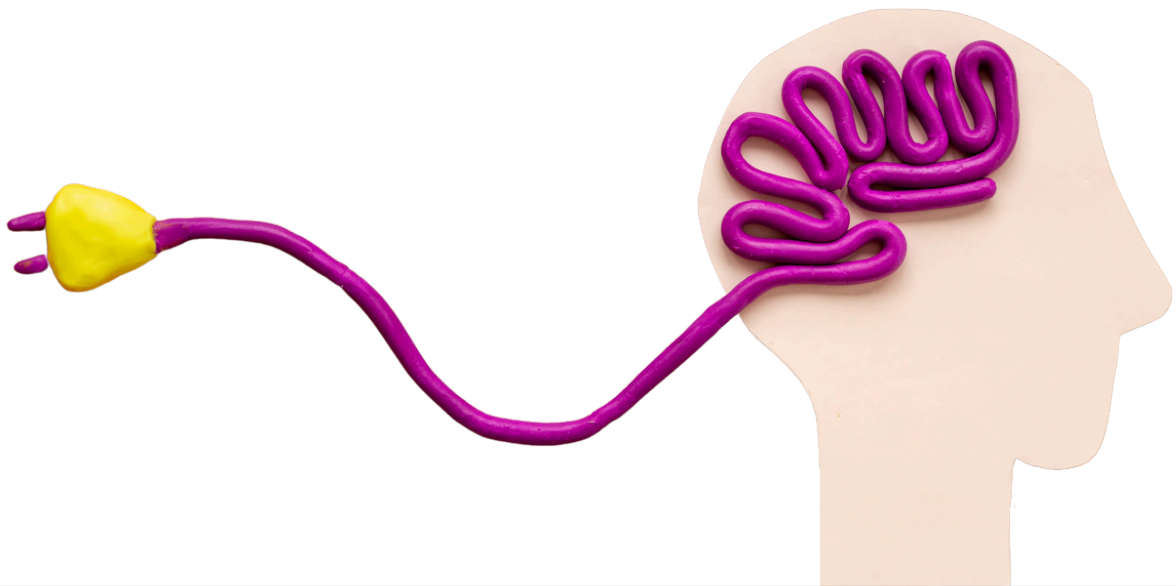
The Awe-some Brain

- A hundred billion neurons in the brain, bathed in a soup of hundreds of chemicals including neurotransmitter & hormones.
- Capable of processing an estimated average of 11 million pieces of data per second overall, while we are only consciously aware of about 40.

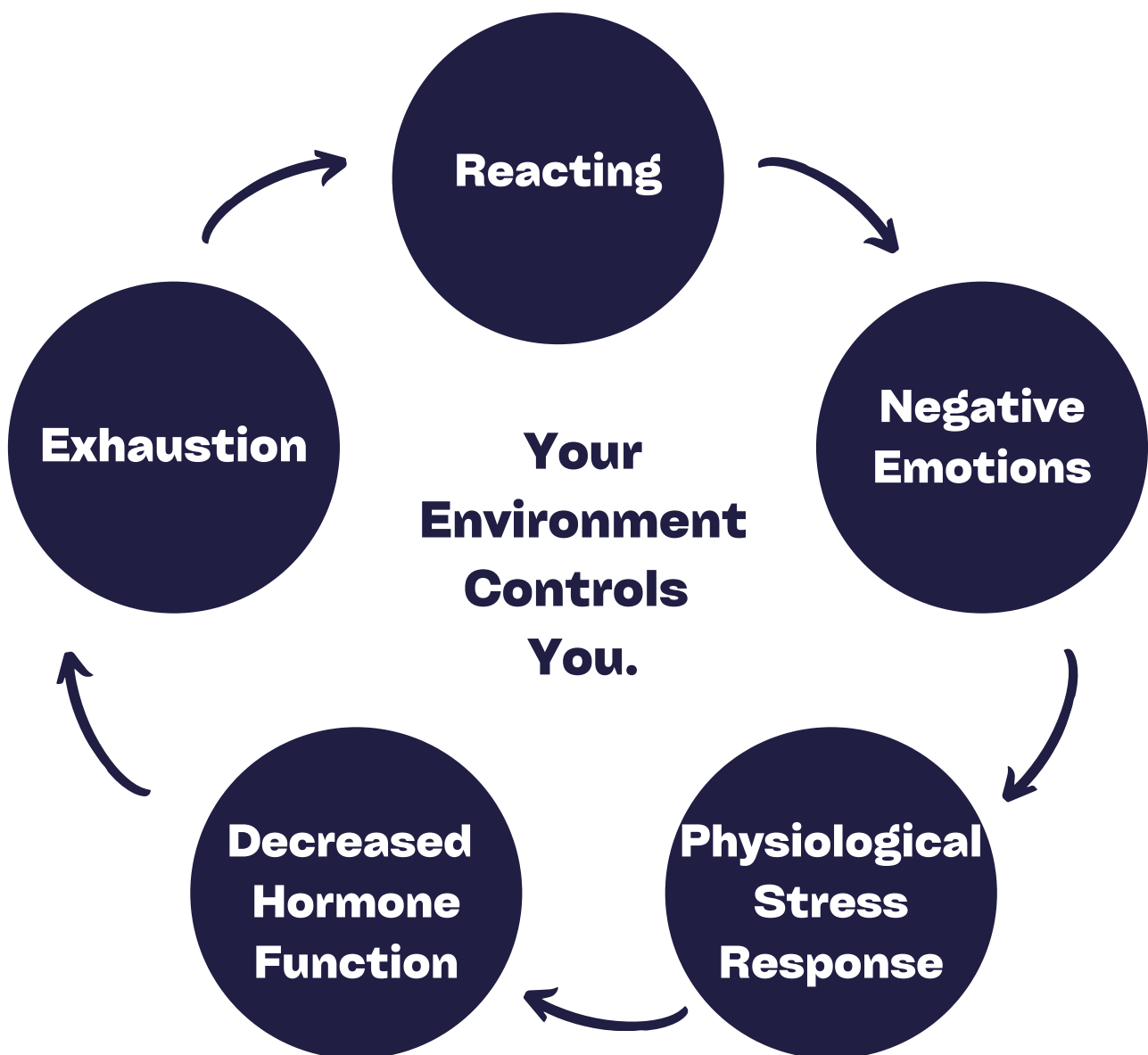


Your Perception Matters

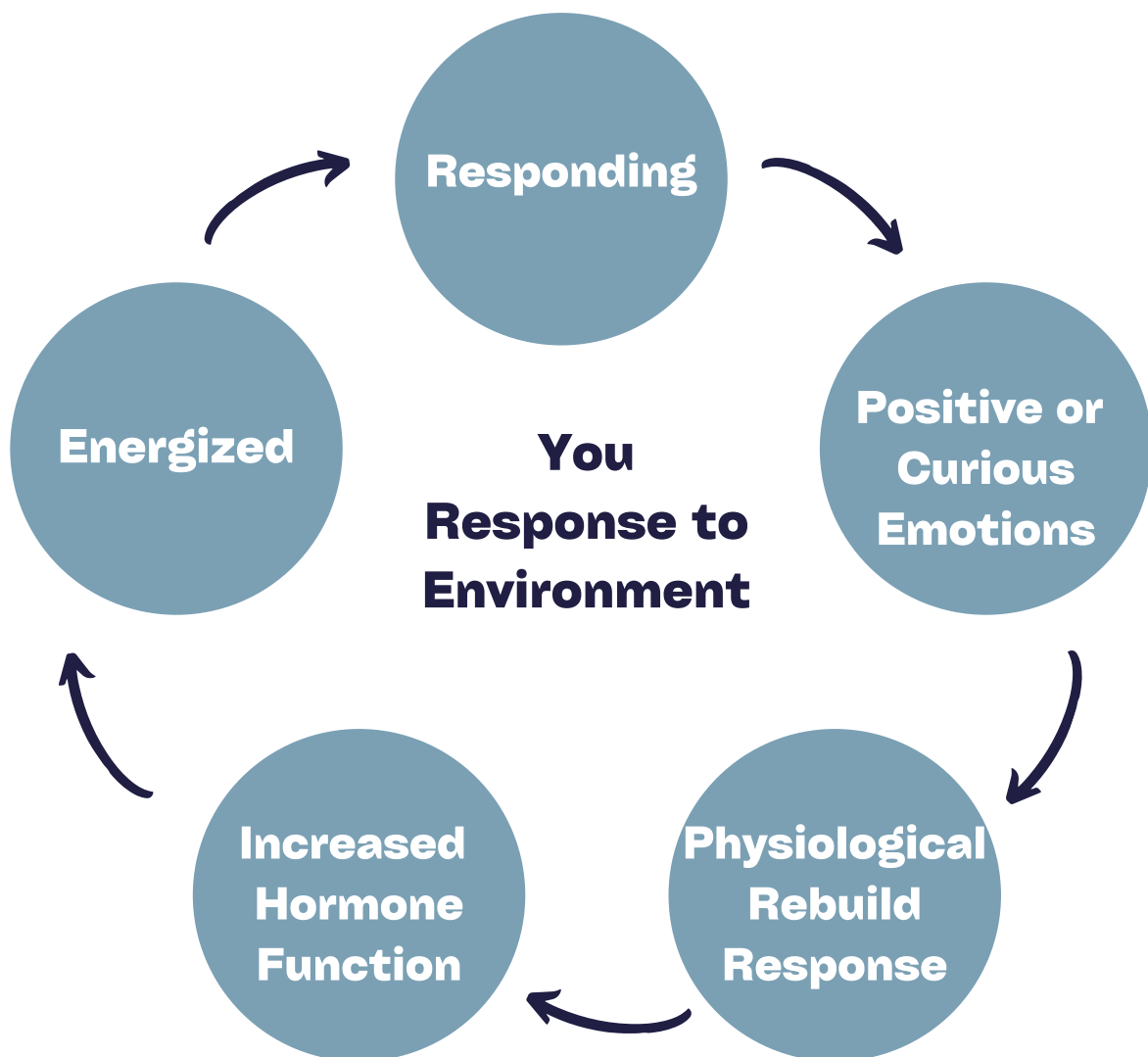
- The world you perceive is a tiny subset of the whole picture
- This means the people, circumstances, situations and events as you understand them are more significantly about what you expect to experience rather than the whole and complete truth



Manage Your Emotional State



Manage Your Emotional State



WEEK 3

Reaching Your Health Goals



Are you focused on the root cause? Or only trying to create results from your actions?

WEEK 3

How To Release Weight Permanently

Your nervous system has a
range of regulation/range of
tolerance/range of
capacity/range of resonance

=

Your ability to respond with
consciousness and agency
(aka - you are not reacting)

**We update our nervous system
setpoint through signaling to our
bodies that we are safe when we
are experiencing something that
has sent us out of our range of
capacity**



WEEK 3

Nervous System Disregulation

Hyper - response

- Merry-go-round of diets
- Always busy
- Feel anxious
- Diligent about workouts
- Compulsive/mindless eating
- Hyper-aware/scared of certain foods
- Trying to 'do it all' (meditation, therapy, supplements, Drs., etc.) not working
- Google everything
- Never enough time
- Jump into more action
- Trouble staying focused



WEEK 3

Nervous System Disregulation

Hypo - response


- Avoid meal prep
- Hard to get started with exercise
- Don't follow through on what you know you should do
- Feel chronically overwhelmed
- Procrastination
- Veg out on Netflix
- Use food to sooth
- Feeling depressed
- Disconnected from your body's needs
- Putting others needs before yours



MY GIFT TO YOU



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 **Hinman**
HOLISTIC HEALTH INSTITUTE

HORMONE ASSESSMENT

You are taking this Free Hormone Assessment to uncover what type of hormone imbalance is affecting your health.

- ✓ Discover what your symptoms tell you about 6 critical hormones for vibrant health
- ✓ Learn a simple 5-step method to balance your hormones naturally
- ✓ So you can add 3 hours of extra energy and release 10 lbs. or more permanently

Get Started

Name:

Date:

www.hinmanholistic.com

DOWNLOAD

You are taking this Free Hormone Assessment to uncover what type of hormone imbalance is affecting your health.

www.hinmanholistic.com/hormone-health-kit

WEEK 4

WEEK 4

Become empowered and inspired Just like Amy!

When Amy came to me, she was:

- Disempowered about her health
- Life was chaotic
- Battling weight loss
- She tried everything
- She never created sustainable change
- She didn't have the capacity to do diets or exercise consistently
- She was ready to give up

Just look at Amy now!

- She lost 50 lbs in 5 months!
- Has more energy to be a strong leader
- Empowered to make different exercise and nutrient decisions
- Stepped into a new role at work and increased her income



WEEK 4

The health of your digestion is central to the health of your entire body and mind. All disease begins in the gut and conversely most all disease can be healed in the gut.

HIPPOCRATES



WEEK 4

Gut Health and Hormone Health

- **Wellness begins in the gut** (how we nourish every cell)
- **Digestion begins in the Mouth** – chew, chew, chew!
- **Gut feeling and gut-brain axis is real**
- **The Enteric Nervous System** makes 90+% of the body's serotonin. Thus, sound sleep, pain regulation, and balanced mood are highly influenced by gut health.
- **Microbial genes outnumber ours by 300x** (our health depends on their health & balance, and they regulate our bodies in many ways).



WEEK 4

Gut Health and Hormone Imbalance

- Typically, 1-2 bowel movements each day are a positive sign of gut health
- Stool tests can be very useful to assess your body's unique hormone considerations



Test Your Digestion

Notice if you have 2 or more of the signs listed below:

- Unexplained weight gain
- Constipation
- Bloating, water retention
- Sluggish energy/fatigue
- Indigestion, ulcers, reflux
- Cravings for salt, sugar or caffeine
- Difficulty fighting infection, asthma, allergies, chronic cough
- Identified either low thyroid function, high or low cortisol, excess estrogen, or excess testosterone



WEEK 4

Amanda's Tips for Healthy Digestion

- **Chew each bite** of food 15-20 times
- **Sit down and be present when eating**
- **Include P,F,F, V** nutrients at each meal
- **Maintain a 90/10 balance of real whole foods** your great-grandmother would recognize
- **Assess labwork** to refine your focus and improve results



Thank you!



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*Hormone Health
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Carol Look
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