

# DR. LORI PUSKAR'S "DO NOT DO" LIST FOR WOMEN'S WELLNESS

## A LOVING GUIDE TO STOP SABOTAGING YOUR HEALTH AND START HEALING

After 30 years of helping women heal, I've discovered that the number one secret to lasting wellness is actually the opposite of what most women have been told, or believe. So many women come to me thinking they need to do more or add more: drink more, workout more, add in foods, add in tips/tricks, more gadgets, more effort. But the truth is, the real transformation begins not by adding more... But by removing what's keeping your body from healing in the first place. My most successful patients experience breakthroughs when they **STOP** doing the things that silently sabotage their health. Healing is not about doing more, it's often about doing less... of the wrong things. And that's where your healing begins.

- 1. Do not attempt this entire list immediately:** Start with whichever point you choose, and begin that one a gradient. One item at a time. One step at a time.
- 2. Do not eat more than 75 grams of carbohydrates daily:** This stabilizes blood sugar, reduces inflammation, supports hormone balance, and gives you energy. If you're currently eating e.g. 175 grams/day, reduce by 25 grams per week until you're under 75 grams/day.
- 3. Do not drink water by habit or schedule or some random target:** Drink only when you're actually thirsty. Your body knows how to regulate its own hydration, listen to it.
- 4. Do not consume anything other than water (exceptions are plain tea or black coffee):** Skip juices, sodas, flavored drinks, and fancy wellness beverages. Hydration should be clean and purposeful.
- 5. Do not engage in exercise that raises your heart rate above 125 bpm:** This is not the season for intensity, as HIIT increases cortisol, and cortisol is not your friend. Choose walking, strength training, Pilates, or gentle movement.
- 6. Do not eat by the clock:** Eat only when you're hungry, truly hungry. Wait until your stomach growls at least three times before eating.
- 7. Do not count calories:** This is about nutrition, macros, and biochemistry. ("A calorie is a calorie" is outdated sales pitch from the 1950's)
- 8. Do not eat any grains—none:** This includes wheat, rice, oats, corn, and more. This is not just about gluten, it's about the suppression that grains cause to hormones. Again, decrease on a gradient.
- 9. Do not keep smoking or vaping:** But do not stop cold turkey. Instead, cut your use in half for now. This gentle step will be of great benefit.
- 10. Do not drink any alcohol:** Alcohol is conservatively 5 to 10 times more damaging in the same way if you had eaten that same amount in carbs or sugar. Decrease by half a glass per week.
- 11. Do not stay up too late:** Go to bed early enough to wake naturally without an alarm (or as close to that as possible).
- 12. Do not follow any random health influencers or advice for 90 days:** Unfollow the tips/hacks, hidden agendas, and the money trail. Stick to this sheet without interruption.
- 13. Do not forget to take your supplements:** We recommend taking all of the supplements from Dr. Lori's Supplement Guide.
- 14. Do not quit this list before 120 days:** That's what it takes biochemically for your body to trust you. My 30 years of practices has taught me Complete and Permanent success with this list takes most women 9-12 months.
- 15. Do not forget to let me know how it goes!**