

DR. LORI'S WOMEN'S WELLNESS GUIDE



*A Comprehensive Guide to
Healing , Nourishing , and Empowering
Women's Bodies , Lives , and Souls*

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CRAFTED FROM 30 YEARS OF CLINICAL EXPERIENCE

This guide brings together the most important wellness principles every woman needs to know. Whether you're struggling with low energy, hormonal imbalances, chronic symptoms, or just want to take your health to the next level, this guide is your natural roadmap.

Here you'll find the truths the mainstream has ignored—why low-fat diets make you tired and anxious, why synthetic vitamins don't work, and why the answers lie in what nature already gave us: nutrient-dense food, clean water, powerful proteins, and toxin-free living.

This isn't a diet plan or a quick fix. It's an awakening to how your body actually works, and what it needs to heal and thrive. My wish is that this guide empowers you to take your wellness seriously, to stop outsourcing your health, and to remember how wise your body really is.

KEY TAKEAWAYS FOR WOMEN'S HEALTH ISSUES

- **Many women are unknowingly living in a state of nutritional starvation due to carb-heavy, low-fat, or plant-only diets.**
- **Symptoms like fatigue, anxiety, weight gain, irritability, and poor sleep are often not hormonal, but organ dysfunction and imbalanced biochemistry.**
- **True healing involves rebuilding from the inside out with nutrient-dense foods, not just removing symptoms.**
- **Detoxification is essential, but cleansing without refeeding leads to further hormone and energy crashes.**
- **Toxins from water, cosmetics, dental work, and household products are disrupting hormones and brain health.**
- **Women must reconnect with their intuition and body signals—true hunger, cravings, and satisfaction guide real healing.**
- **Listening to the body and balancing feeding vs cleansing is the cornerstone of long-term health, fertility, beauty, and mental clarity.**



QUICK START TO HEALTH, WEIGHT & ENERGY

If you feel like something's "off" in your body, but you can't quite put your finger on it, you're not alone. Bloating, stubborn weight, brain fog, fatigue, and mood swings aren't just part of aging or stress. They're messages.

Your body is asking for real food, proper balance, and a reset. In this section, we'll strip away the confusion and show you how to get started, fast.

You'll learn the foundational steps to lower inflammation, balance blood sugar, and ignite your metabolism using natural foods and targeted strategies. It's time to feel like you again - clear, strong, and energized.

This isn't a diet. It's a return to the basics your body has been waiting for.

1. CUT THE CARBS, TO BELOW 75, AND BALANCE YOUR BLOOD SUGAR

- Carbs spike insulin, a hormone that stores fat, causes cravings, fatigue, and hormonal chaos.
- Cut obvious carbs (breads, pasta, sugar, rice, cereals) ON A GRADIENTt over the next 9 weeks.
- High insulin = aging, weight gain, fatigue, brain fog, diabetes, cancer.

2. DITCH THE GRAINS

- Grains turn into sugar in your gut—just like candy.
- Grains steal nutrients from your body and disrupt digestion and hormones.
- Even gluten-free ones like oats, rice, quinoa, corn and soy should be avoided.

3. PERFECT YOUR PROTEIN

- Protein builds muscle, balances hormones, and keeps you full.
- Prioritize clean animal proteins: beef, chicken, fish, eggs, and full-fat dairy.
- Plant proteins are incomplete and hard to digest, and may be the reason for bloating.

4. WHAT TO EAT

- Non starchy vegetables (leafy greens, broccoli, zucchini)
- High-quality proteins (eggs, beef, poultry, fish)
- Healthy fats (butter, olive oil, coconut oil, avocado)
- Low-sugar fruits (berries only, in small portions)
- No processed foods, no fake sweeteners, no alcohol

5. IMPLEMENT SMOOTHIES

- Liquid: water, nut milk, or coconut milk
- Protein: add yolks, clean protein powder
- Fat: avocado, coconut oil, butter
- Flavor: berries, chocolate, spices, herbs

DEBUNKING NUTRITION MYTHS & TRUTHS

GET TO KNOW WHO WESTON A PRICE IS.

The Weston A. Price principles are a return to what nature intended: deeply nourishing, traditional foods that have sustained vibrant cultures for centuries. These principles emphasize real food in its most nutrient-dense forms—organ meats, bone broth, raw dairy, fermented vegetables, and unrefined natural fats.

Unlike today's processed, low-fat, industrialized products that weaken our bodies and accelerate aging, these ancestral foods build strong bones, resilient immune systems, sharp minds, and emotional stability.

This isn't just about what you eat—it's about the legacy of health you pass to your children. When we nourish ourselves properly, we teach the next generation how to thrive. For ongoing guidance and research, WestonAPrice.org is an invaluable resource and should be a regular part of every wellness journey.

Here are the Key Principles of Health for humans.

1. THE TRUTH ABOUT CHOLESTEROL & FATS

- Cholesterol is essential for hormones, brain health, digestion, and immune defense.
- High cholesterol is not the cause of heart disease—low cholesterol can shorten your life.
- Butter, organ meats, and animal fats are protective, not harmful.
- Avoid margarine, shortening, vegetable oils, and anything "low-fat," they are toxic to your body.

2. SATURATED FATS ARE ESSENTIAL

- Your brain, heart, lungs, hormones, and immune system need saturated fats.
- Natural fats from grass fed butter, lard, eggs, and coconut oil promote fertility, strong bones, and emotional health.
- Say no to seed oils (canola, soybean, corn)—they're highly processed and inflammatory.

3. THE DANGERS OF SOY

- Soy mimics estrogen and disrupts hormones, thyroid, and fertility.
- Soy infant formula = estrogen equivalent of 5 birth control pills a day.
- Phytic acid in soy blocks mineral absorption; trypsin inhibitors impair digestion.
- Only fermented soy (natto, miso) in tiny amounts is safe.

4. THE SUGAR SCANDAL

- Sugar leads to hypoglycemia, addiction, diabetes, cancer, depression, obesity, and adrenal burnout.
- High Fructose Corn Syrup and artificial sweeteners (aspartame, sucralose) are worse than sugar—avoid them completely.
- Use raw honey, maple syrup, molasses, or coconut sugar in moderation.

5. WHY RAW DAIRY MATTERS

- Raw milk heals gut, bones, and immunity. Pasteurized milk damages health.
- Choose raw, full-fat dairy from pasture-fed cows only.
- Real milk is rich in enzymes, vitamins, and gut-friendly bacteria.

6. PROBLEMS WITH VEGAN & VEGETARIAN DIETS

- Deficiencies in vitamins A, D, K2, B12, iron, zinc, calcium, and essential fatty acids.
- Brain function, fertility, immune health, and child development are at risk.
- Animal foods are not optional—they're essential to thrive.

TOXINS, CLEANSING & SAFE CHOICES

CLEAN BODY, CLEAN HOME, CLEAN MIND

What's surrounding you is affecting what's happening inside you. The truth is, your symptoms might not be "just hormonal" or "just stress." Many of them are coming from hidden toxins: in your food, your makeup, your cleaning supplies, even your water. You are doing your best, but your body is quietly fighting daily battles with chemicals it was never designed to handle.

In this section, we'll uncover where those toxins are hiding, how to gently cleanse your body without starving it, and how to create a safer, cleaner home environment. This isn't about perfection, it's about protection. You deserve to feel clear, balanced, and truly well from the inside out.

1. PESTICIDES & PRODUCE: THE DIRTY DOZEN

- 70%+ of non-organic produce has pesticide residue, even after washing.
- Most toxic: Strawberries, spinach, kale, apples, grapes, peppers, and tomatoes.
- Choose organic whenever possible, especially for kids and fertility health.

2. DANGEROUS CHEMICALS IN YOUR PRODUCTS

Avoid these ingredients in skincare, cleaning products, and food packaging:

- Parabens, phthalates, BPA
- Triclosan, triclocarban, artificial dyes/fragrances
- Formaldehyde, sodium lauryl sulfate, fluoride
- Download the EWG.org app to scan your products and shop smart.

3. EAT TO FEED OR TO CLEANSER?

- Animal foods (meat, eggs, dairy) = Building, Feeding, Repairing
- Plant foods (vegetables, berries, herbs) = Cleansing, Detoxifying
- Too much cleansing (e.g., vegan diet) = starved body, weak hormones, mental fog
- Listen to your body and strike the balance.

4. DENTAL WORK & ROOT CANAL TOXINS

- Root canals and crowns can trap bacteria that spread disease throughout your body.
- Infections in teeth are linked to joint, heart, kidney, and immune disorders.
- Brush with the Dental Secret Recipe: Baking soda, vinegar, water, sea salt.

5. YOUR WATER MATTERS

- Most filters don't remove heavy metals or chemicals like fluoride, arsenic, lead.
- Best choice: Whole house or multi-stage systems.
- Tap water in many cities (including Tampa Bay) contains dozens of harmful contaminants.
- Protect your body: drink filtered water and bathe in filtered water too.



THE HIDDEN TRUTH ABOUT OVER-THE-COUNTER SUPPLEMENTS

Most women are doing their best buying supplements, drinking protein shakes, and trying to take care of their bodies. But what if many of the products marketed as “healthy” are actually synthetic imposters doing more harm than good?

Your body is wise. It knows how to heal when it's given the real nourishment it needs; nutrients from nature that are packed with enzymes, co-factors, and life force. But synthetic vitamins, often made in labs from petroleum, coal tar, or wood pulp, confuse your body. They lack the full nutritional intelligence of food. In fact, your cells are forced to borrow from your body's nutrient stores just to process them. At first, you might feel a small boost, but over time you're left depleted, drained, and wondering why you're not getting better.

Unfortunately, slick marketing has turned words like “natural,” “organic,” and “pure” into near-meaningless jargon. A bottle labeled “100% organic” can still contain synthetic ingredients. Many companies add vitamin-like chemicals to mimic nutrients simply to meet label claims. But your body knows the difference. Coal tar isn't the same as carrot juice. Ascorbic acid isn't the same as whole vitamin C from acerola cherries.

Research confirms the risks: Synthetic vitamin A has been linked to birth defects. Synthetic vitamin E has shown increased risk of stroke. Some synthetic multivitamins showed no benefit at all and even shortened lifespan in animal studies. These aren't just minor concerns, they're wake-up calls.

The Broader Industry Problem — And What You Can Do

The deeper you look, the worse it gets. In a 2020 study published in JAMA Network Open, 89% of dietary supplements reviewed did not match their label claims. Twelve percent contained ingredients prohibited by the FDA. These are the products lining store shelves today.

Another investigation found that 80% of weight-loss supplements near U.S. military bases had ingredients that were not even present in the product, meaning labels were either fabricated or deeply misleading. This isn't about accidental mislabeling — it's systemic deception.

More disturbing still, many supplements contain hidden drugs and harmful chemicals. A study on herbal supplements linked to liver damage found that 51% were mislabeled — some containing steroids or pharmaceuticals not disclosed on the bottle. These hidden additives can interact with medications, worsen health conditions, and undermine the very wellness women are trying to achieve.

And the same deception exists in protein supplements. Independent testing has shown that many commercial protein powders and bars are stuffed with fillers like maltodextrin, sugars, and even heavy metals such as lead, arsenic, and BPA — all of which disrupt hormones, burden detox pathways, and silently sabotage energy and metabolism.

Even some “grass-fed” and “organic” brands were exposed for using cheap, conventional whey or soy protein isolates. So instead of supporting your hormones or metabolism, that daily shake may be filling your system with toxins, allergens, and synthetic sweeteners.

Start by reading your labels. Learn the difference between whole-food and synthetic ingredients. If the ingredients sound like chemicals, they probably are. Look for real food names — not lab-based compounds.

Key Points to Understand:

- Most supplements on the market are synthetic, even if labeled “natural” or “organic”
- Synthetic vitamins are made from chemical sources your body doesn't recognize. It does know the difference
- True vitamins come from food and whole-food-based supplements, not isolates
- Synthetic supplements can act like drugs, forcing reactions and depleting reserves
- Look for food sources like carrot root, liver, wheat germ, and acerola berry
- Avoid forms like acetate, mononitrate, hydrochloride, and isolated “acids”
- Educate yourself: The supplement social media influencer has an agenda — marketing isn't always telling the truth
- Trust brands that are professional grade, not over-the-counter, real food sources, and full transparency

This isn't just about nutrition. It's about honoring your body and reclaiming your health. Choose nourishment over hype. Choose integrity over imitation.



You don't need to be perfect. You just need to be aware. The moment you understand how your body works is the moment your healing begins.

This guide is not meant to overwhelm you, it's meant to guide you. One step, one decision, one change at a time. Your wellness journey is personal and sacred.

You deserve to feel vibrant, clear, calm, energized, and powerful. You deserve to feel like YOU again.

Stay curious, stay consistent, and never stop learning.

My best to you on your wellness journey.

- Love, Dr. Lori -



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