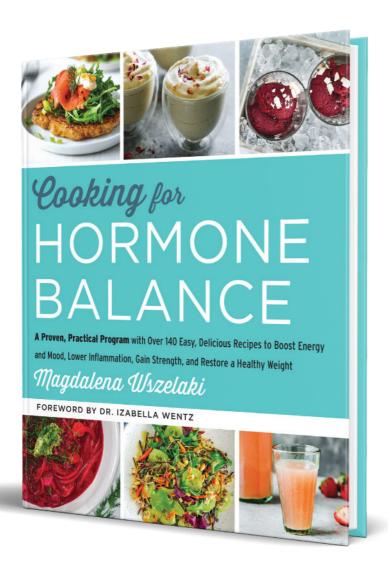
# Media Kit



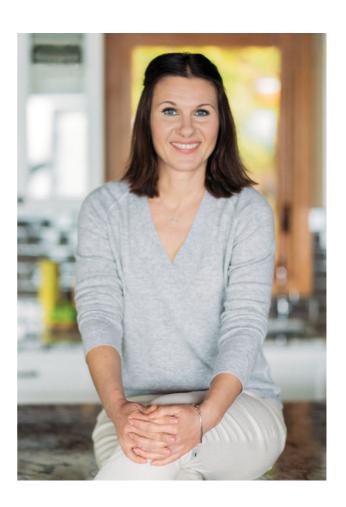
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- o Author Bio
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# About Magdalena

Cooking for Hormone Balance: The founder of the popular Hormones Balance online community, holistic nutrition coach, Magdalena Wszelaki knows this firsthand. Developing hyperthyroidism and then Hashimoto's, adrenal fatigue and estrogen dominance, propelled her to leave a high-pressure advertising career and develop a new way of eating that would repair and keep her hormones working smoothly.

Now symptom free, Magdalena shares her practical, proven knowledge so other women may benefit. In *Cooking for Hormone Balance*, she draws on current research to explain the essential role food plays in keeping our hormones in harmony and offers easy, flavorful recipes to help us eat our way to good health. She also offers clear, concise action plans for what to remove and add to our daily diet to regain hormonal balance, including guides for specific conditions.



Join me in discovering how to turn your hormones into your best allies.

### About the Book

Millions of women suffer from symptoms caused by hormone imbalance such as digestive issues, weight gain, anxiety, and mood swings. They are often told there is nothing they can do about it apart from taking birth control or supplements. Magdalena Wszelaki shows us how to eat our way toward hormone balance by addressing the foundations of hormonal health in the gut and liver and by stabilizing sugar levels.

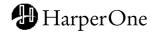
An integrative hormone and nutrition expert and founder of a nutrition practice, Magdalena Wszelaki suffered from a range of frustrating symptoms and found her way free of them by making specific changes to her diet. In **COOKING FOR HORMONE BALANCE**: A Proven, Practical Program with Over 125 Easy, Delicious Recipes to Boost Energy and Mood, Lower Inflammation, Gain Strength, and Restore a Healthy Weight (HarperOne; April 2018; Hardcover), she provides a comprehensive, research-backed, personalized guide to listening to your body and using food to rebalance your hormones.

Drawing on her own health journey with hyperthyroidism and Hashimoto's and as a Certified Health Coach who has helped thousands of private clients, Magdalena Wszelaki provides recipes and tools for women to take charge of their hormones and:

- o Determine what to remove and what to add to our daily diet
- o Boost energy, reduce inflammation, gain strength, lower stress levels
- o Help to resolve weight gain, depression, anxiety, and mood swings
- o Provide nutritional support to your body and restore hormonal balance.

Armed with real testimonials, clear action plans, and 125 recipes full of hormone-supporting superfoods, **COOKING FOR HORMONE BALANCE** explains how food plays an essential role in our hormonal health and shows women how to reverse hormone-related conditions. Magdalena Wszelaki is available for interviews. Thank you for considering this exciting new cookbook for coverage in April 2018.

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# Endorsements

"While the recipes are showstoppers, Cooking for Hormone Balance also includes many of Magdalena's innovative, targeted protocols for specific conditions. You will love her hormone balancing seed rotation protocol. My clients who have followed it report better moods, fewer hormonal acne breakouts, and normalized menstrual cycles."

#### —IZABELLA WENTZ, PharmD, FASCP #1 New York Times Bestselling Author, Hashimoto's Protocol

"In this beautiful healing toolkit, Magdalena helps us with both the understanding of the true nature of hormonal balance and the practicalities of how to shift into vibrancy and vitality quickly and completely... *Cooking for Hormone Balance* is absolutely the most delicious medicine we could ask for."

# —KELLY BROGAN, MD, New York Times bestselling author of A Mind of Your Own

"Cooking for Hormone Balance empowers women with the science behind how food can help balance hormones, and an abundance of simple, delectable recipes that will become every day go-to meals."

#### —JJ VIRGIN, CNS, CHFS, New York Times bestselling author of The Virgin Diet and Sugar Impact Diet

"Hormone imbalances are often a root cause of Breast Cancer and many other dis-eases. *Cooking for Hormone Balance* provides a solution by deliciously making food your medicine. These recipes are easy to prepare and tantalize your taste buds!"

—DR. VERONIQUE DESAULNIERS, author of *Heal Breast Cancer Naturally* and founder of BreastCancerConqueror.com

"It is no secret that you can only lose weight if your hormones are in balance. Magdalena shows you how to identify which of your hormones may need help and shares her plan, including simple and delicious meals, to help get them back in line, including options for paleo dieters."

#### —ALAN CHRISTIANSON, NMD, New York Times bestselling author of The Adrenal Reset Diet

"Our daughters are now experiencing hormonal challenges at much younger age that we have. This book is a must-get to help women reclaim their sacred hormonal balance."

#### —AMY MYERS MD author of the New York Times bestsellers The Autoimmune Solution and The Thyroid Connection

"There are great books on women's hormonal issues but very few provide recipes like *Cooking for Hormone Balance*. It's time to rebalance your hormones with your fork!

— SARA GOTTFRIED MD, New York Times bestselling author of The Hormone Cure, The Hormone Reset Diet, and Younger



# Chapter 1

# The ABCs of Hormones

Your hormones are responsible for how you think, feel, and look. A woman with balanced hormones is sharp and upbeat, with a good memory. She feels energetic without caffeine during the day, falls asleep quickly, and wakes refreshed. She is blessed with a healthy appetite and maintains a desired weight with a good diet. Her hair and skin glow. She feels emotionally balanced and responds to stress with grace and reason. When menstruating, her menses comes and goes with no or little PMS. She has an active sex life. She can maintain a full-term pregnancy. When entering perimenopause or menopause, she slides into a new phase of life with ease.

If that doesn't describe you, your hormones are imbalanced. Don't despair. You are not alone. Millions of women experience hormonal imbalance. The good news is, you can rebalance your hormones naturally and resolve your symptoms.

Most conventionally trained doctors tell us that the only way to control our hormones is by taking birth control pills, undergoing hormone replacement therapy, applying creams, or even removing our organs, such as the uterus. I want you to know that these are not your only options. There are gentle and self-honoring methods for taking care of your body that will bring about the sacred balance you so deserve.

I know that your doctor has probably never explained the key role of the digestive tract, sugar balance, the liver, or food in rebalancing your hormones. The reasons are numerous, but still inexcusable. For one, doctors receive only a few hours of clinical training in nutrition and no education at all on the critical role of the gut in your overall health. Medical training also does not connect the dots from the health of the liver and sugar levels to overall hormonal balance. If that isn't

disturbing enough, one of my colleagues, a Harvard-educated doctor, said that using food as medicine "isn't sexy enough" when compared to inventing the next celebrated drug. Given the medical establishment's perspective, it is high time we acknowledge that we have a personal responsibility to regain and maintain our health.

Whatever your reason for choosing this book, I'm so glad you are here. You are openminded, proactive, smart, and resourceful. You refuse to see a pill as the only answer. I hope you share what you learn here with at least three other women you love and respect. She can be your mother, your daughter, your co-worker, or your friend. She can be someone you barely know but you can see she's struggling. Together, we can have an incredible impact on the healing of women everywhere. In this book, you'll learn how you can achieve this without pills, magic potions, or gimmicks.

#### WHAT ARE HORMONES?

Hormones are tiny chemical messengers produced by a network of endocrine glands, including the pituitary, adrenal, thyroid, and pineal glands; the pancreas; ovaries in women; and testes in men. Hormones are released directly into the bloodstream and carried to the organs and tissues of the body to perform their functions. Excess fat cells can also produce hormones such as estradiol or leptin.

Hormones do not exist in isolation. They work together like musicians in an orchestra.

When one hormone is out of sync, it throws off your other hormones and even other body systems.

For example, think of a time when you experienced a lot of stress. Your adrenals were busy releasing a lot of the hormone cortisol to help your body to deal with it. It's likely that your immune system became compromised by that excessive cortisol release and you came down with a nasty cold. And it's likely that weeks or months after that, you started showing symptoms of low thyroid function (such as hair loss, weight gain, or fatigue) or estrogen dominance (PMS, water retention, or miscarriages).

It may feel overwhelming to realize that many of your hormones could be out of balance, but the good news is that *all* of your hormones can be balanced to a large degree with a healthy gut, stable sugar levels, and a clean liver.

#### **Key Hormone-Producing Glands**

Thyroid Gland. This is your body's gas pedal. It produces hormones that are responsible for your metabolism, conversion of fat to energy, body temperature, mental functions, and hair and skin quality. Underactive thyroid (hypothyroid) conditions are more common than overactive thyroid (hyperactive) conditions. Ninety percent of cases of both conditions (in developed countries) result from autoimmune diseases: Hashimoto's disease causes hypothyroidism, and Graves' disease causes hyperthy-

roidism. Therefore, to treat any type of thyroid issue, it is essential to heal the immune system (to stop the immune system's attack on the thyroid) and not the thyroid alone.

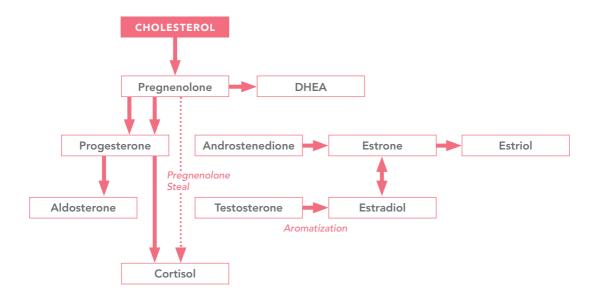
Adrenal Glands. The adrenals are responsible for producing hormones that manage the stress response and regulate sugar levels, the immune system, water retention, and blood pressure. Cortisol is one of the main hormones produced by the adrenals. A person living in constant stress will eventually exhaust the adrenals so much so that the glands are unable to produce sufficient cortisol and aldosterone. This can cause you to get sick all the time

(because of a weaker immune system), have sugar cravings, and experience low energy. Stressed adrenals also underproduce aldosterone, a hormone that stabilizes your blood pressure and causes water retention, making you feel light-headed and puffy.

Ovaries. These are our prime reproductive glands. They produce eggs for fertilization and the reproductive hormones estrogen and progesterone. In menopausal women, the ovaries stop producing the hormones. In menstruating women, a common problem is polycystic ovaries, an imbalance we discuss later in this chapter.

#### **Steroid hormone production**

As you can see, one hormone imbalance affects many others.



Let's take a closer look at the hormones that these glands produce and their interrelationships.

#### **STEROID HORMONES**

Steroid hormones are a type of hormone derived from cholesterol. This waxy, fatlike substance found in all cells of the body travels through your bloodstream in small packages called "lipoproteins." There are two kinds of lipoproteins: low-density lipoproteins (LDL) and high-density lipoproteins (HDL). LDL cholesterol is sometimes called "bad" cholesterol because a high LDL level can cause clogged arteries. HDL cholesterol, or "good" cholesterol, is vital to hormonal balance because this is what the steroid hormones are made of. Women with low HDL (less than 60 mg/dL) who follow a low-fat diet tend to develop hormonal problems.

Steroid hormones include the following:

Pregnenolone. A critically important steroid hormone produced in the adrenals, sex organs, brain, and spinal cord that is the source of progesterone, cortisol, dehydroepiandrosterone (DHEA), testosterone, and estrogen.

**Progesterone.** A steroid hormone produced by the corpus luteum of the ovary (and adrenals when the ovaries are missing). As the name implies, it's a pro-gestation hormone

that allows women to get pregnant and maintain a full-term pregnancy. It is essential in nonpregnant women too because it helps you to stay calm, clear-headed, fall asleep easily, and feel balanced. Progesterone and estrogen are like two dance partners: A good balance between these two is vital.

Cortisol. A steroid hormone produced by the adrenals that influences many of the changes that occur in the body in response to emotional, physical, spiritual, or toxic stress. When you live in a state of chronic stress, your cortisol levels are constantly elevated, which can lead to adrenal fatigue.

DHEA (dehydroepiandrosterone). A steroid hormone produced by the adrenals. It is the precursor hormone to testosterone and all of the estrogens. DHEA levels in the body begin to decrease after age thirty and decrease more quickly in women. DHEA is often touted as the "antiaging" hormone because both testosterone and estrogen are critical for women to feel physically strong and mentally sharp, and to have their joints and vaginas lubricated. Women with adrenal fatigue often experience low DHEA (hence symptoms of low estrogen and testosterone), so it is vital in the case of low DHEA to support the adrenals.

**Testosterone.** A steroid hormone and the primary male sex hormone. In women it is

produced in the ovaries and adrenal glands. As much as testosterone is associated with being the "male" or "aggressive" hormone, women need it in smaller amounts to feel and look good. Testosterone gets converted to all three estrogens, so adequate amounts of this hormone are necessary to maintain optimal estrogens levels.

Estrogens. A group of steroid hormones and the primary female sex hormones that give us boobs, butts, and periods. Produced largely by the ovaries, some estrogens can also be produced by visceral fat or the adrenals (this is especially the case when the ovaries have been removed). There are three forms of estrogens that play very different roles:

Estrone (E1) is the "weaker" estrogen that is higher in pregnant and menopausal women.

Estradiol (E2) is often called the "antagonistic estrogen," and many women tend to have an excess of it. The synthetic version is found in skincare and house-cleaning products. It is highest in premenopausal women and is the leading cause of estrogenic breast, ovarian, uterine, thyroid, and lung (in nonsmokers) cancers.

Estriol (E3) is the "protective" estrogen, contributing to healthy and youthful skin, keeping the vagina moist and lubricated, and preventing hot flashes and night sweats. Estriol also has an anticarcinogenic role.

#### **NONSTEROID HORMONES**

These are a few of the most important nonsteroid hormones:

Thyroxine (T4) and triiodothyronine (T3). The T4 produced by the thyroid can't be directly used by the body until it's converted to the active T3 hormone because the conversion happens mainly in the gut and liver. The amount of energy you have, your body fat, mental alertness, and the quality of your hair, skin, and nails depend on the availability of the T3 hormone.

Insulin. A hormone made by the pancreas, insulin sweeps sugar from the blood and delivers it to cells. When a person eats a daily diet full of sugar and processed carbohydrates (such as flours, cereals, and packaged foods), the insulin receptors in the cells eventually shut down and won't accept insulin. This is called "insulin resistance" (IR), and nearly half of the U.S. population suffers from it. People with prediabetes and diabetes suffer from IR. Women with high testosterone and polycystic ovary syndrome (PCOS) often have IR.

Leptin. A hormone produced by the body's fat cells that signals to the brain that you have just eaten, you are full, and it's time to stop eating. People with leptin resistance don't get that signal delivered, resulting in obesity or years of unsuccessful dieting.



# Recipes

Farmer's Wife's Breakfast

Raspberry and Green Tea Lime Melties

# Farmer's Wife's Breakfast

Sugar balancing, liver detoxing, rich in proteins

When I lived in California, I visited the local farmers' market every Sunday. It was my little ritual to honor the start of the week. This recipe was inspired by the formidable woman who served many of these breakfasts at the market. Feel free to modify the patties by replacing half of the lamb with ground pork, bison, beef, chicken, or turkey. Experiment with different herbs, spices, or even fruits that resonate with you and help you to feel energetically balanced. Perhaps some cumin, nutmeg, and apricots or dried cherries?



To make the patties, in a large bowl, knead together the lamb, fennel seed, apple cider vinegar, coconut aminos, and salt.

Using your hands, form the mixture into twelve patties.

In a skillet over medium-high heat, heat  $1\frac{1}{2}$  teaspoons ghee. Place six patties in the hot skillet and fry for 4 minutes or until brown. Flip and fry for 3 minutes. Set aside. Add the remaining ghee to the skillet and fry the remaining patties.

To make the salad, in a medium bowl, toss the greens with the olive oil, lemon, and salt until well coated.

To serve, place half the salad on each plate and top with two patties and half the avocado, sauerkraut, and pomegranate seeds. Store the remaining patties for the next day's breakfast.

Patties keeps well in the refrigerator for up to 5 days or in the freezer for up to 3 months.

#### **PALEO**

AIP Replace the fennel seed with thyme or oregano.

**ANTI-CANDIDA** Avoid Kohlrabi Kraut or sauerkraut for the first 4 weeks of the anti-Candida diet.

**LOW FODMAP** Eat only 1/8 of the avocado per serving, or avoid. Eat no more than 1 tablespoon Kohlrabi Kraut or sauerkraut per day.

MAKES 12 patties (freeze the balance)

SERVES 2

PREP TIME 20 minutes

COOKING TIME 30 minutes

EQUIPMENT 11-inch skillet

#### LAMB PATTIES

1 pound ground lamb

2 tablespoons ground fennel seed

2 tablespoons apple cider vinegar

2 tablespoons coconut aminos

1 teaspoon smoked sea salt

1 tablespoon ghee, divided

#### SALAD

2 handfuls of greens such as arugula, mizuna, baby kale, or baby spinach

2 tablespoons extra virgin olive oil

1 tablespoon freshly squeezed lemon juice

Dash of sea salt

#### SIDES

1 ripe avocado, peeled, pitted, and sliced

1 cup Kohlrabi Kraut (page 275) or store-bought sauerkraut

1/2 cup fresh pomegranate seeds

# Raspberry and Green Tea Lime Melties

Low in sugar, antibacterial, high in good fats

Whether you need a satisfying snack in the evening or a quick dessert for a dinner party, these melties have a good chance of becoming a staple in your house, as they are in mine. Make the meltie base and then choose the raspberry or green tea option.

MAKES 10 melties PREP TIME 15 minutes **CHILLING TIME 20 minutes EQUIPMENT Mini-muffin** baking cups or molds, whisk

#### **MELTIE BASE**

34 cup coconut butter

1 teaspoon freshly grated lime peel, plus extra to garnish

2 tablespoons freshly squeezed lime juice

1 tablespoon raw honey or coconut syrup

½ teaspoon vanilla extract

3 tablespoons hot melted coconut oil

Pinch of sea salt

10 fresh raspberries (for **Raspberry Melties)** 

1 teaspoon green matcha tea powder (for Green Tea Lime Melties)

In a medium bowl, combine the coconut butter. grated lime peel, lime juice, honey, vanilla extract, coconut oil, and salt and whisk until well combined. The hot coconut oil should soften the coconut butter, but if the coconut butter remains lumpy, microwave the mixture for 20 seconds and whisk again until a smooth paste is formed.

For Raspberry Melties, place one raspberry in each mini-muffin cup and then cover it with slightly less than 1 tablespoon of the meltie base.

For Green Tea Lime Melties, whisk the green tea powder into the meltie base mixture and scoop slightly less than 1 tablespoon into each mini-muffin cup.

Garnish the melties (both kinds) with grated lime peel.

Place in the freezer for 20 minutes or until hardened. Serve chilled.

Keep in an airtight container in the refrigerator for up to 10 days.

**PALEO** 

AIP

**ANTI-CANDIDA** Replace the honey with six drops of stevia.

**LOW FODMAP** Replace the honey with coconut nectar or Grade B maple syrup.



# Suggested Questions for Magdalena

- o Who is Cooking for Hormone Balance for?
- How can food rebalance someone's hormones?
- o I hear that flaxseed is estrogenic. If someone has estrogen dominance, should they avoid it?
- o What are your 3 favorite hormone balancing superfoods?
- o For women in peri- and menopause what 3 tips can you offer to help with the symptoms?
- o I'm curious about seed rotation can you explain how to use it to rebalance hormones?

- o How much do genetics play a role in hormonal balance?
- o In your opinion, what role does the gut and the microbiome (gut bugs) play a role in hormonal balance?
- o You talk about the liver's role in balancing hormones. Can you elaborate?
- o What foods do you recommend removing or adding?
- o What was your journey with hormonal imbalances?
- o How did you put Hashimoto's into remission?
- Tell us something unique about your background.



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