**Hysterectomy Protocol – NOT on Hormone Replacements**

Use the **All Other Conditions Calculator**, with endomorph body type to calculate challenger’s macros.

Please send the following information to your challenger along with their macros:

We recommend that you eat complex/starchy carbs at each meal rather than just fruit to help balance your hormones. Examples of complex/starchy carbs include: potatoes (sweet and white), squashes, beans and peas, ancient grains (quinoa, amaranth, buckwheat, teff, millet, etc.), old fashioned oats, steel cut oats, brown rice, etc.

WE ARE NOT DOCTORS! As with any diet and exercise program, you should consult with your primary care physician (PCP) before starting the Fit Body Transformation Challenge. The challenge is intended to supplement – not replace – medical care or advice as part of a healthy lifestyle. The information you receive from your coach should be used in conjunction with the guidance and care of your PCP, especially if you take insulin or other hormones for any health condition. If you do not feel well, or experience any health issues during the challenge, STOP and contact your PCP immediately.