Hormone Balancing Guidelines

Eat at least 3 meals per day

- Breakfast jump starts metabolism; if breakfast is skipped, metabolism slows down into conservation mode which can lead to weight gain.

Eat protein at each meal

- Eggs, fish, lean meats.
- Vegetarian sources such as beans/legumes, nuts and seeds, good quality protein powders.

Cut down on refined and high glycemic foods

- This means baked goods, most sweet treats, breads, pasta, white rice and the like.

Consume whole grains in moderation

- Instead focus on getting your carbohydrates from starchy vegetables like yams and sweet potatoes, fruit and beans and legumes.

Eat a wide variety of fruits and vegetables

- Aim for at least 5 x ½ cup servings of vegetables/day.
- Think colorful – lots of dark green, purple and orange/yellow fruits and veggies.

Eat healthy fats every day

- Grass-fed butter, ghee, coconut oil and cold pressed olive and avocado oils are great every day options.
- Place additional focus on essential Fatty Acids (EFAs); good sources include free range eggs, flax, hemp, chia, walnuts and cold water fish such as salmon and halibut.

Include antioxidant protection

- Combat cellular damage & inflammation from free radicals from phytonutrients found in turmeric, ginger, garlic, onions, green tea, dark leafy green veggies, broccoli, cauliflower, cabbage & Brussels sprouts.

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