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WAYS TO BALANCE HORMONES NATURALLY

Fill up with protein



- 1 Protein is used to create hormones. Proteins provide amino acids that your body cannot make on its own and are needed to produce peptide hormones. These hormones play a crucial role in regulating several physiological processes, including growth, energy metabolism, appetite, stress, and more.

2

Eat magnesium rich foods - ie. dark chocolate, avocados, nuts

Magnesium is essential to the production of steroid hormones such as Testosterone, DHEA, Progesterone and Estrogen.



3

Avoid foods that upset your hormones

Avoid sugar and refined carbohydrates as they cause insulin sensitivity. Eating added sugar promotes insulin resistance, and fructose intake is linked to disruptions in the gut microbiome, ultimately leading to hormonal imbalances. Avoid food that has added hormones (ie dairy).

4

Get active

Exercise regulates (up or down) estrogen production which can help symptoms of peri-menopause or menopause. It also enhances hormone receptor sensitivity, helping the delivery of nutrients and hormone signals.



5

Get rid of plastic

Plastic often contains hormone disruptors that can leech into food.

6

Choose non-toxic body products

Body products often contain chemicals that are hormone disruptors.



7

Get the sleep you need

Insufficient sleep means insufficient time for your body to produce and manage hormones. Sleep also helps control cortisol, the stress hormone.

8

Manage your stress

Stress causes an over production of hormones.



9

Maintain a healthy weight

Weight gain is directly associated with hormonal imbalances. Hormones control hunger, fullness, metabolism, and fat distribution, all of which can influence body weight.



10

Watch your gut health

Your gut produces numerous metabolites that can affect hormone health.

11

Eat healthy fats

Healthy fat intake can work to maintain balanced hormones that are involved with appetite, metabolism, and feeling full.



12

Eat plenty of fibre

Fiber plays a role in gut health, helping regulate hormones like insulin.