

HORMONE BALANCING FOODS to include in your diet regularly

Best food to balance the Sex Hormones

1

Flax Seeds

Flax seeds are rich in anti-inflammatory omega-3 fats and contain phytoestrogens, which are plant-based compounds that mimic estrogen, bind to our estrogen receptors and help us excrete excess estrogen from the body. They can also help improve or prevent additional hormone-related issues including breast cancer, menopausal symptoms and osteoporosis.

2

Organic Soy (ie tempeh)

Soy is a controversial topic for many reasons, including genetic modification and allergies, but when you choose good sources like organic miso and tempeh you can garner the positive benefits of soy's isoflavones, which have phytoestrogenic properties and can reduce the risk of breast cancer. The source of soy is definitely important – and a fermented choice like tempeh or miso will bring you the beneficial probiotics that improve digestion and mood. Balanced digestive flora also reduces the activity of an enzyme called beta-glucuronidase, which is linked to estrogen-related cancers.

3

Broccoli

Broccoli is a member of the cruciferous family of vegetables (which also includes cauliflower, kale, cabbage and Brussels sprouts). Crucifers are rich in glucosinolates, which are sulphur compounds that help to neutralize and eliminate carcinogens, as well as isothiocyanates and indole-3-carbinol (I3C) – important nutrients that prevent estrogen-related cancers. Broccoli is also high in fibre, which helps us eliminate excess estrogen through our bowel movements.

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Sex Hormones

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Lentils

These little gems are a great source of protein and fibre, which can reduce estrogen levels. Lentils (and sunflower seeds below) contain zinc too, which raises testosterone.

5

Sunflower seeds

These are high in Vitamin E, an antioxidant that is important in estrogen production and may reduce breast cancer risk. It also helps to boost progesterone.

6

Sweet potatoes

These are high in Vitamin B6, a vitamin that helps with liver detoxification. Other foods rich in Vitamin B 6 include spinach, turkey and chicken. Any food that aids with liver detox is going to also help rid us of any excess hormones.

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Dark Chocolate

This is high in magnesium which is an essential mineral that supports the production of estrogen and testosterone

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Best foods to balance your thyroid hormones

8

Seaweed

Sea vegetables (nori, wakame, dulse, arame, kombu, hikiji, etc.) are amazing sources of iodine, an important mineral that helps us manufacture our thyroid hormones.

9

Brazil Nuts

Brazil nuts are packed with selenium, an antioxidant that protects the thyroid gland and helps the body convert T4 into T3, the active form of the thyroid hormone. Having just a couple of Brazil nuts each day is enough to meet your selenium needs and they taste delicious, so this is very easy to do!

10

Sardines

People with an underactive thyroid tend to have low levels of B12, and sardines are a great source of this important nutrient. Sardines also contain a good amount of selenium and a small quantity of iodine, so they are an overall thyroid-supportive food.

11

Spinach

Iron-rich foods like spinach help to enhance thyroid function and aid the production of thyroid hormones. Its iron content, as well as the range of B vitamins, can also offer an energy boost to those who are feeling sluggish and tired.

12

Quinoa

Quinoa is definitely a superfood, with a broad spectrum of minerals, protein and fibre. A slow thyroid can also slow down digestion, leading to constipation. Quinoa's high fibre content can get the bowels moving, and it's a good source of zinc, another mineral that assists us with thyroid hormone production.

HORMONE BALANCE FOODS **to include in your diet regularly**

Best foods to balance your adrenal hormones

13

Bell Peppers

These sweet peppers give us a boost of Vitamin C, an antioxidant vitamin that is essential to the function of the adrenal glands. We store a load of Vitamin C in our adrenals and when we are stressed, we use up a lot of it. Vitamin C-rich foods like bell peppers offer us replenishment, along with a spate of B vitamins that will offer us energy and help us reduce stress levels.

14

Kale

Dark leafy greens such as kale provide a wide spectrum of nutrients, in particular the antioxidant Vitamins K, A and C. Similar to bell peppers, kale's Vitamin C will help shore up our adrenals and its B vitamins will nourish our nervous systems. These antioxidants also help to combat the damage caused by stress.

15

Avocado

Blood sugar imbalances can disrupt our adrenal hormones. Sugary foods in particular will affect our blood sugar levels. Avocados are a rich source of healthy fats that will help keep our blood sugar levels even, and will support our nervous system function. They also contain Vitamin B5, otherwise known as pantothenic acid, a stress-fighting B vitamin that helps us handle stress.

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Almonds

These are another nutritious fat that will help to balance blood sugar levels, aid the nervous system and combat inflammation.

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Best foods to balance your adrenal hormones

17

Pumpkin Seeds

Pumpkin seeds are a source of magnesium. When we are stressed, we can deplete our magnesium levels. Magnesium is our anti-stress mineral that works alongside Vitamin C and Vitamin B5 to support the adrenal glands and lower stress levels. In short, magnesium-rich foods like pumpkin seeds can help us relax!

18

Eggs

Eggs contain choline, a vitamin that helps us produce the neurotransmitter acetylcholine, which is essential to the nervous system, brain health, memory and development. They also contain omega 3 fatty acids, the anti-inflammatory fats that support the brain. When our minds and nervous systems are healthy, we are better able to cope with stress. Aim to buy organic, pasture-raised eggs instead of conventional.

19

Millet

Millet is a gluten-free whole grain that contains a wide spectrum of B vitamins that will support our nerves and brains in times of stress. It also contains magnesium and fibre, which contributes to balanced blood sugar.

20

Sea Salt

Aldosterone, one of our adrenal hormones, is responsible for fluid balance and blood pressure. If our adrenals aren't functioning well and aldosterone levels fall, we can secrete more sodium, leading to salt cravings. A good dash of sea salt to your food or even a glass of water will help to replenish sodium levels and offer trace minerals. You can also try seaweeds or miso for their salt content.