

TOP TIPS *for* WOMEN'S HEALTH

A delicate hormone balance is one of the foundations of womens' health and wellbeing from menstruation to menopause and beyond. It is strongly influenced by our nutrition and lifestyle habits.

KEY HORMONES & THE ROLES THEY PLAY:

THEY ARE ALL CONNECTED

Thyroid

Thyroid hormones: metabolism

Adrenal glands

Cortisol: stress resilience and sleep/wake cycle

Pancreas

Insulin: blood sugar balance

Ovaries

Sex hormones: production declines with age, leading to menopause

- ♥ **Estrogen:** cognitive, bone and heart health
- ♥ **Progesterone:** fertility, mood
- ♥ **Testosterone:** bone mass, libido

12 TOP HORMONE BALANCING FOODS

Phytoestrogen-rich – contain natural compounds that mimic estrogen and may be particularly beneficial in pre-and post-menopause.

Flax seeds

Fibre, supports excretion of oestrogen

Lignans – a phytoestrogen thought to reduce cancer risk

Legumes

Lentils, mung beans
Hummus

Low glycemic, help to balance blood sugar

Garlic

Also includes active compounds to reduce blood pressure and improve cholesterol balance

Soy

Avoid highly processed or GMO options

Choose fermented options such as tempeh, miso paste

Anti-inflammatory - may provide relief for PMS symptoms and menstrual pain

Oily fish

Salmon, Mackerel, Anchovies, Sardines, Herring Trout

Rich in Omega 3 fats

Fruit and vegetables

Eat as many colours as possible
Also high in magnesium, thought to reduce period cramps

Spices

Ginger, turmeric and cinnamon

Found in studies to reduce pain

Vitamin D

May help reduce pain & PMS symptoms such as backache

Get levels checked

FACTORS THAT DISRUPT HORMONES

Very low calorie or low fat diet

Insufficient nutrients for hormone production

Processed foods & trans-fats

Increase inflammation
Impede liver detoxification

Alcohol

Impedes liver's ability to detoxify hormones

Chemicals including BPA in plastics

Mimick toxic effects of estrogen

Blood sugar highs and lows

Cause insulin spikes linked to excess estrogen (e.g.PCOS)

Avoid sugar, white carbs

Digestive issues, esp. constipation

Impedes detoxification

Hydration, fibre, probiotic foods

Stress

Affects production of female hormones

Exercise, relaxation

Thyroid issues

Impact menstrual cycle Worsen menopause symptoms

Speak to your GP if in doubt

Help to balance hormones by supporting detoxification

Cruciferous vegetables

Broccoli, cauliflower, cabbage, rocket

Contain glucosinolates

Include daily for their protective properties against hormonal cancers

Fibre-rich foods

Oats, brown rice
High fruit and veg diet

Support effective digestion and elimination

Protein

Meat, fish
Nuts, seeds
Kale, peas

Include with every meal

Needed for liver detoxification

Water

2l a day.

Add a squeeze of lemon or 1tsp apple cider vinegar in the morning to stimulate bile production