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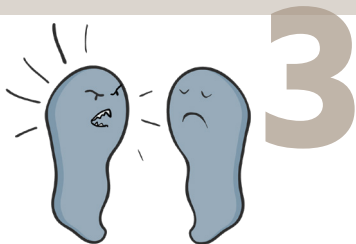
GET RID OF FOODS THAT ARE TRIGGERS FOR INFLAMMATION AND HORMONE IMBALANCES:

Gluten and dairy are underlying reasons for hormonal imbalances. Even organic milk can come from pregnant cows which affect our own hormones if consumed.

ADD IN ORGANIC GREEN LEAFY VEGETABLES DAILY.

Foods such as kale, spinach, broccoli support the way our bodies naturally detoxify excess hormones through the liver and the gut. If our body isn't eliminating properly, symptoms can occur from just the recirculation of your own hormones.

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CUT OUT REFINED SUGAR.

A high sugar diet can make hormone imbalances worse causing mood swings, energy changes, brain fog, sleep disruption and weight gain

DETOX YOUR KITCHEN AND BATHROOM!

Plastics that we store food in or drink from have chemicals that disrupt and alter our own hormone balance. Store your food in glass container and drink from metal water bottles. And our personal products like deodorant, soaps, shampoo, body lotions need to be paraben and sulfate free. Choose organic, natural products instead!

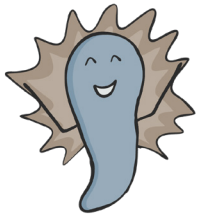
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REDUCE YOUR CAFFEINE INTAKE.

It might feel like the caffeine is helping but actually the roller coaster effect of caffeine on both your cortisol stress hormone as well as your blood sugar causes energy crashes, low mood, and lower sex hormones.



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ADD 1-2 TABLESPOONS OF MCT OIL DAILY.

This medium chain fatty acid found in coconut oil (or just sold as MCT oil) Helps to burn fat and boost metabolism and energy levels. Also helps increase brain function.

MOVE MORE...

Exercise is a natural way to detoxify, improve metabolism and maintain lean muscle. It's been shown to improve testosterone levels. Exercise can be more effective than any product prescribed for hormone balance.



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ESTABLISH HEALTHIER SLEEP HABITS.

Having a goal of 8 hours of quality sleep is one of the best things you can do to balance hormone levels. A dark room, no electronics one hour before bedtime, add in calming herbs like passion flower, chamomile.

INCREASE YOUR OMEGA-3 ESSENTIAL FATS.

These are anti-inflammatory and good food sources include wild oily fish, flaxseeds and chia seeds.

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SUPPLEMENT WISELY.

Additional Vitamin D and B vitamins balance estrogen and phytonutrients like resveratrol, curcumin, green tea can improve testosterone.