

FOOD & HORMONES WORKSHEET

Food Strategies for Hormonal Balancing

**Foundation
for All
Hormonal
Conditions**

Sugar-balancing

Gut-healing

Liver-supporting

**Hormone-
specific
Protocols**

**Estrogen-
lowering and
progesterone-
promoting**

**Cortisol (high
and low)**

Thyroid

Menopause

PCOS

