

Food Strategies for Hormonal Balancing

FOUNDATION for all hormonal conditions

Sugar-balancing

Low GI (glycemic index) diet, high-protein, PFF (protein, fat and fiber) breakfast, sufficient fats. Cinnamon, cloves, turmeric.

Gut-healing

Bone broths, collagen, gelatin, anti-candida (low GI), free of food intolerances, cultured food (probiotics), aloe.

Liver-supporting

Cruciferous vegetables, dandelion, parsley, organ meat like liver, sprouts, fiber-rich food (e.g. flaxseed, chia)

Hormone-specific protocols

Estrogen-lowering and progesterone-promoting

Cruciferous vegetables, flaxseed, sunflower, sesame, pumpkin seeds, maca.

No birth control pills, switch to organic food and low-toxicity skincare products.

Cortisol (high and low)

Low GI diet, sea salt, camu camu, good fats, matcha green tea, seaweed.

No coffee, alcohol, sugary food and drinks.

Gut health, emotional balance and sleep are key.

Thyroid and Hashimoto's

Cooked, not raw cruciferous vegetables, fermented food, turmeric, fluoride-free water, protein-high diet.

Gut-healing is paramount.

Menopause

Flaxseed, black cohosh sprouts, maca.

PCOS

Real food, nothing processed, low GI diet, PFF breakfast, fasting detox.

Reversing insulin resistance = detox and low GI diet are fundamental.