

# Heal Your Hormones

## EATING RULES FOR HORMONE BALANCE

### What To Eat

- Eat whole, **real foods**.
- The life in foods gives us life so choose healthy-looking vegetables and meats.
- Eat organic when possible.
- Eat local foods in season... organic frozen is next best.
- Always eat protein, fat and whole real carbohydrates (vegetables) **together**.
- **Protein:** Eat lean protein, 100% grass fed, organic (hormone/antibiotic free) meat, wild caught fish, shellfish, eggs (both chicken and duck)
- **Fats:** coconut, avocado, olives, nuts/seeds, butter (from 100% pastured cows), and ghee.
- **Carbohydrates:** Focus on vegetables, berries (limit 1 piece of fruit daily), nuts and seeds. Limit intake of gluten-free grains and beans (legumes).
- Increase **high-fiber** foods (berries, vegetables, legumes). See resource page for additional ideas.
- If you're a **vegetarian**, use nuts and seeds, with gluten-free grains, or a small amount of beans, to get a complete, balanced amino acid profile.
- **Eliminate** altogether: wheat/gluten, gluten-containing grains, dairy, and sugar
- Drink plenty of **water** – eight 8-ounce glasses per day without chlorine and fluoride, tea and soup count!
- Eat a rainbow everyday and **diversify** your diet to get many vitamins and minerals from your food.

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## When To Eat

- Eat for hormone balance: eat **within an hour of waking** (a high protein breakfast) and then every 4-6 hours... a healthy protein, fat, and carbohydrate.
- **Stop** eating by 7pm (3 hours before bed) for your body to heal and restore.
- Go without eating for **12- 13 hours between** dinner and breakfast.
- **Plan ahead.** Be prepared. Carry food with you so you're not tempted by fast food and treats that don't serve you.
- Stop eating when you're **satisfied**.

## How To Eat

- Divide your **plate into thirds** and fill one third with the right amount of lean protein (same size as the palm of your hand and the same thickness) and the other 2/3rds of the plate with vegetables. Add a dash of monounsaturated fat (olive oil, avocado, nuts/seeds) and you've got a hormonally balanced meal.
- Eat mindfully and **relax** while eating.
- **Chew** your food thoroughly - try 25 times per bite!
- **Respect** your own biochemical uniqueness...don't eat foods that make you feel bad!