



## EATING TO LEVEL YOUR HORMONES

1. Eat Enough Protein at Every Meal
  - a. To optimize hormone health, experts recommend consuming a minimum of 20–30 grams of protein per meal.
  - b. Eggs, Almonds, Chicken Breast, Oats, Broccoli, Grass-Fed Beef, Tuna, Quinoa, Lentils\*, Milk\*, Greek Yogurt\*, Cottage Cheese\*, Ezekiel Bread, Pumpkin Seeds, Turkey Breast, All Kinds of Fish, Brussel Sprouts, Shrimp, Peanuts\* or Peanut Butter\*
    - i. \*may be inflammatory for some people
  - c. The importance of eating enough protein cannot be overstated.
  - d. It is the simplest, easiest and most delicious way to lose weight and have a better-looking body. Period.
2. Engage in Regular Exercise
  - a. Performing strength training, aerobics, walking or other forms of physical activity can modify hormone levels in a way that reduces the risk of disease and protects muscle mass during the aging process.
3. Avoid Sugar and Refined Carbs
  - a. By contrast, following a low or moderate-carb diet based on whole foods may reduce insulin levels in overweight and obese people with prediabetes and other insulin-resistant conditions like polycystic ovary syndrome (PCOS).
4. Learn to Manage Stress
  - a. Cortisol is known as "the stress hormone" because it helps your body cope with stress over the long haul.
  - b. Unfortunately, chronic stress causes cortisol levels to remain elevated, which can lead to excessive calorie intake and obesity, including increased belly fat.
  - c. Engaging in stress-reduction behaviors like meditation, yoga, massage and listening to soothing music can help normalize your levels of the stress hormone cortisol.
5. Consume Healthy Fats
  - a. Including healthy natural fats in your diet and avoiding unhealthy trans fats can help reduce insulin resistance and stimulate the production of hormones that help control appetite.
    - i. Avocados, Cheese\*, Dark Chocolate, Whole Eggs, Fatty Fish, Nuts, Chia Seeds, Extra Virgin Olive Oil, Coconuts and Coconut Oil, Full Fat Yogurt\*
    - ii. \*may cause inflammation for some people