

EAT YOUR WAY TO
Hormone
HEALTH



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EAT YOUR WAY TO HORMONAL HEALTH

Maintaining hormonal balance is essential to maintaining good health and to optimizing vitality. These chemical messengers of the endocrine system play a crucial role in regulating several bodily functions and they affect our emotions and mental outlook. Hormones also control most of the physiological processes in the body, so keeping your hormones at peak performance is important for your overall well-being. Imbalance in any of your hormones can cause severe damage to the body and may lead to several undesirable consequences.

The easiest way to maintain hormonal balance is to eat more foods which combat specific hormone problems. Different foods can be eaten to regulate different hormones; therefore, you first need to determine which hormones are out of balance.

SYMPTOMS OF HORMONAL IMBALANCE

SEX HORMONES

The primary female sex hormones are estrogen and progesterone. Any disturbance in the normal release of sex hormones can cause several problems, such as:

- Irregularity in periods
- PMS
- Mood swings
- Skin breakouts
- Weight gain
- Sugar cravings
- Bloating
- Swelling of breasts
- Low libido

STRESS HORMONES

Stress hormones prepare your body for “flight or fight”. In today’s stressful world, however, our bodies sometimes stay in a constant state of flight, which puts unnecessary stress and strain on your entire body. Adrenaline increases your heart rate and blood pressure while cortisol increases blood sugars. If your stress hormones are imbalanced, you may experience the following symptoms:

- Adrenal fatigue (muscle weakness, salt cravings, low blood pressure, hypoglycemia)
- Fatigue
- Anxiety
- Inability to sleep
- Panic attacks

THYROID HORMONES

The disturbance in the levels of thyroid hormones can cause multiple symptoms which can vary, depending on whether your thyroid is overactive or underactive. If the thyroid fails to function correctly and is left untreated, it can lead to severe health conditions, such as weight-gain, infertility, and fatty liver.

OVERACTIVE (HYPERTHYROIDISM)

- Rapid weight loss
- Loose stools
- Palpitations
- Sweating
- Intolerance to heat

UNDERACTIVE (HYPOTHYROIDISM)

- Weakness
- Hair loss
- Fatigue
- Weight gain
- Muscle cramps

Now that you know how troubling the imbalance of hormones can be, you must make a special effort to eat foods which can help regain that hormonal balance.

FOODS TO EAT

Following is the list of the most recommended and beneficial foods for maintaining healthy hormonal balance. These hormone-nourishing foods will help alleviate your hormone imbalance and the resulting symptoms. Take a look and eat as many of these as possible to maintain good physical and emotional health. Also take note that many of these power foods help more than just one type of hormone, so it's wise to eat as many of these foods as possible for overall hormone health.

AVOCADO

Avocado is a super healthy fruit which provides you with sufficient beta-sitosterol that can affect the cholesterol level of the blood. Avocados also help maintain a level of cortisol which is one of the stress hormones. The avocado's sterols also influence the progesterone and estrogen, both of which are the primary regulators of the menstrual cycle.

BRAZIL NUTS

Brazil nuts are densely loaded with selenium, which serves as an antioxidant in the body. Selenium is an essential mineral and it is particularly crucial for regulating thyroid function. If you want to ensure good thyroid health, you must consume more selenium daily, and Brazil nuts are certainly the easiest and best source of it. Make it a routine to eat 3-5 nuts daily and it will suffice for your daily selenium intake.

BROCCOLI

This healthy vegetable is rich in calcium, helps prevent PMS, and is known for maintaining estrogen levels in the body. Broccoli contains a compound called Diindolylmethane or DIM for short. DIM enhance estrogen metabolism and helps to eliminate bad estrogens from your body. For all those ladies who want to block the excessive production of estrogen, consuming foods rich in DIM can be very helpful.

FLAX SEEDS

Flax seed is a major supplier of phytoestrogens including lignans, which work to prevent some types of cancers. Flax seeds are known best for balancing the progesterone to estrogen ratio. Along with its beneficial impact on women's health, flax seeds also assist with acne. These seeds contain omega-3 fatty acids, which have anti-inflammatory properties. Some other significant benefits of these miraculous seeds include reducing cholesterol, improving heart health, and strengthening of bones.

IODINE FOODS

You might already know that not all salts used for cooking contain iodine; therefore, it's important to consume iodine rich foods. Iodine is important for the production of thyroid hormone. Moreover, iodine is required both during pregnancy and for breastfeeding. It is also helpful in treating diabetes and polycystic ovaries. So, women should up their intake of seafood, sea vegetables, and eggs to prevent an iodine deficiency.

LEAFY GREEN VEGETABLES

Leafy green vegetables, such as spinach and kale, are rich in essential nutrients which contribute to balancing hormones in the body. These veggies are packed with antioxidants and consuming more of these can also fight inflammation, which is a root cause of numerous health issues. Leafy greens also contain magnesium, which can lower your stress and anxiety by controlling the production of stress hormones. In addition to improving levels of cortisol, these vegetables are also a great source of iron which is required for normal thyroid functioning. Moreover, these vegetables can also help to get estrogen back in balance.

POMEGRANATE

This delicious fruit is an excellent source of antioxidants. It can hinder the excessive production of estrogen and hence maintain its balance. According to a research study, a natural compound found in pomegranate stops a particular enzyme in females which transforms estrone into the estradiol that can promote some kinds of cancers. Therefore, eating this fruit will hinder the production of estradiol and lower the chances of some cancers. Eating pomegranate can also help with PMS, it regulates monthly periods, and promotes fertility in women. Men should also take note that pomegranate also impacts the reproductive system of males. Lastly, this fruit also supplies sufficient levels of potassium and vitamin C.

FOODS TO AVOID

In addition to including healthy food items in your diet, there are some things that you should avoid to ensure your hormonal health.

ALCOHOL

Alcohol can spark hot flashes, but it also affects blood sugar levels and causes a spike in estrogen. Drinking alcohol in large quantities causes significant hormonal problems throughout the body.

CAFFEINATED DRINKS

Just like alcohol, many of the caffeinated beverages like coffee also promote hot flashes and will stimulate the release of stress hormones. These stress hormones in turn affect blood sugar and insulin release, which can wreak havoc if it happens too frequently. In addition to minimizing sugar and alcohol, take a break from caffeinated drinks. Start by cutting down on the amount of caffeine you ingest, then work on finding healthier substitutes to get rid of the caffeine altogether.

SUGAR

It is important to cut down sugar intake. Any kind of sugar – including corn syrup, white sugar, and brown sugar – is known for worsening the hormones, specifically in women. Moreover, eating sugar can increase the chances of developing insulin resistance, and the imbalance of insulin can result in several health issues in both men and women. Not only will avoiding sugar help to maintain a hormonal balance, but it will be helpful for losing weight.

Here's The Deal

Your health is in your hands. You alone are responsible for the food choices you make. One of the major contributors to good health is balanced hormones and any hindrance in the release of hormones or overproduction of these chemicals can be detrimental to your body. Several problems can arise due to an imbalance of hormones and you may experience some painful symptoms. Therefore, it is vital that you pay close attention to your endocrine health. The most effective way to control endocrine health is by controlling your diet. What you eat and what you avoid really matters. Try including all the foods mentioned above in your daily diet and lower the use of sugar and caffeinated drinks. Your hormones will thank you!

READY TO TAKE YOUR HEALTH TO THE NEXT LEVEL?

Think about how amazing you'll feel with even more nourishing food and healthy habits.

If you're ready to love the skin you're in and feel better than you have in years, it's time to try my proven system. It's worked for me and countless clients, and I know it will work for you, too.

Are you ready to dive deeper into a clean eating program to take your health, life, and energy to the next level?

[Book A Session](#) today and you'll receive an in-depth nutrition assessment, an individualized menu, easy-to-make recipes, and a step-by-step plan of action with suggested whole foods meals that will help bring your body back into harmony.

Most importantly, you'll be connected to me to address any questions, concerns or struggles coming up for you.

HERE'S WHAT OTHERS ARE SAYING ABOUT WORKING WITH ME:

I have struggled with my weight all my life and tried many diets, cleanses and detox programs and always find that they are not sustainable in the long term, either because they are too extreme, or because they require that I buy an expensive drink mix product or supplement, but mostly because I simply don't enjoy it. Lisa's 10 Day Body Reset Detox was the first program I have done that empowered me to discover new foods I really love; to learn to prepare healthy meals and treats from scratch; and to overhaul my eating habits and my kitchen cabinets! But the most powerful result, other than weight loss, increased energy, and better sleep was that the chronic knee pain I'd been suffering from for almost six months virtually disappeared. I haven't needed any pain medication since I started the cleanse almost three weeks ago. Finally, this was the first program I've done that I finished and wanted to continue. Because of the results, I am motivated to eat this way for the rest of my life, but also because the food I'm making happens to be so delicious, my family loves it too, and so we all benefit. Thank you, Lisa for having such a positive impact on our lives! *-Ali M, Basalt*