



NOURISH YOUR HORMONES

Where to Begin on Your Hormone Healing Journey

Nourish With Jess

www.nourishwithjess.com



HORMONES *101*

If you are one out of the 8 of 10 women who will experience some kind of hormonal imbalance in their life, you've probably experienced:



- Impaired digestion
- Not pooping daily/constipation
- Gas/bloat
- Miserable PMS: mood swings, long cycles, horrible cramps
- Irregular periods
- Energy crashes
- Low libido
- Headaches before or after your cycle
- Interrupted sleep
- Unstable blood sugar
- Skin issues
- Lack of hunger in the morning
- Strong sugar/carb cravings
- Moods & emotions all over the place

Unfortunately, I see these common symptoms all the time with my clients.

They're common but they should not be brushed off as normal!

Did you know that the state of your hormones relies upon the state of your metabolism, liver, nervous system, thyroid, gut bacteria, and adrenals?!

You can't expect your hormones to stay balanced without addressing these!

For balanced hormones, the body needs to feel safe. How does it feel safe? It's fed, rested, and it can recover from all forms of stress regularly.

The nervous system is always looking for a threat (real or perceived) to prepare for. Don't give it more reason to feel threatened! Start by implementing these five foundational steps to hormone health.

WHERE TO *BEGIN*



Balance Your Blood Sugar

Eat enough and eat often. Aim for a minimum of 100 grams of protein per day. Eat breakfast. Breakfast is your foundation. Then eat every 3-4 hours after this. Pair protein with carbohydrates to balance your blood sugar and keep you full. By doing this, you support your liver by continuously replenishing it. Optimizing liver function is key for healthy hormones. This is also the best way to keep your energy levels stable throughout the day.

Include Nutrient Dense Foods

This means foods the body can recognize, absorb and digest to use for energy. You need protein. REAL protein, not synthetic "soy protein isolate"!

You also need quality carbohydrates. Our cells run off of glucose. If you go for protein only, your body converts it to glucose. This creates blood sugar imbalances and impaired metabolic function.

Vitamin A: pasture egg yolks, salmon, quality dairy

B vitamins: leafy greens, grass fed beef, chicken, organ meats/organ supplements

Vitamin C: citrus, bell pepper, kiwi, cherries, strawberries

Vitamin E: mango, avocado, supplements

Choline: pasture egg yolks, salmon

Potassium: coconut water, potatoes, fruit, zucchini

Zinc: seafood, grass fed beef, oysters, dark chocolate



Support Your Metabolism



Take it easy on the tough workouts. A workout is not “stress relief” if your body is already stressed. Go to bed around the same time each night aiming for eight hours of sleep each night. Don’t fast and don’t skip meals. Support digestion by chewing your food, sitting down when you eat, limiting raw vegetables (aim for cooked), and limiting excessive amounts of nuts and seeds. A slowed metabolism means slowed digestion, slowed thyroid function, and slowed elimination. A slowed metabolism will have a tough time breaking down food and getting the nutrients it needs. Fasting and skipping meals will only make this worse!

Balance Mineral Intake

Minerals are the spark plugs for our hormones. They help to fuel the metabolism. Our minerals get depleted when the body is stressed, tired, or if there’s metabolic dysfunction. The best way to do this is sip on mineral rich drinks! Drinking plain water can dilute the minerals in your system. Add a pinch of unrefined salt to your water. Drink an adrenal cocktail, coconut water, bone broth, or a smoothie with mineral rich fruits like mango, bananas, or cherries.



Limit Plastic

Plastics contain xenoestrogens which can mimic our own hormones. Switch to glass food containers and a stainless steel water bottle. If you buy a hot latte, pop the plastic lid off so it doesn’t touch your drink! Or better yet, make your latte at home! As you make the transition to limit plastic use, continue to support the liver to aid in detoxification of any excess hormones.

NEED *SUPPORT*?

Healing takes time, patience, and consistency! It might not be easy, but you are worth it! Need support on your hormone healing journey?

Let's do the deep work to get to the root of your symptoms!

To learn more head to
www.nourishwithjess.com