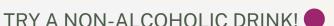
GO ORGANIC WHEN YOU CAN

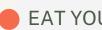
Organic foods are nutrient-dense and free of glyphosates the main pesticide that negatively impacts estrogen and progesterone. If 100% organic isn't an option, prioritize organic leafy greens, fruits, and dairy products.



There is no safe dose of alcohol. The less, the better for your hormones, immunity, and digestion, as alcohol triggers oxidative stress and depletes your nutrient reserves.

ELIMINATE WASTE

Constipation disrupts hormone balance. Drink 2.5 liters of water, eat fresh salads, and add 2 tablespoons of flaxseeds daily for regularity - an easy and effective solution for most women.



EAT YOUR GREENS

Fill at least half your plate with greens at lunch and dinner. This boosts your intake of micronutrients and phytochemicals that help regulate hormones.



KNOW YOUR PROTEIN

Find out your ideal daily protein intake for strong muscles and balanced hormones. In general, aim for 1g of protein per kg of body weight - meaning 60g for a 60kg person. Highly active women may need up to 2g per kg.



EAT IN THE RIGHT ORDER

To minimize glucose and insulin spikes, follow this sequence: 1) Fiber; 2) Proteins and fats; 3) Starches and sugars.

THE CHANGE Essentials

For Women's Health

RELAX!

Active relaxation practices like deep breathing, sauna, or meditation help regulate cortisol and transform your well-being. Try an online meditation course!

THINK POSITIVE



Stressful thoughts and limiting beliefs affect your hormones. Don't believe every negative thought - let them go and focus on what truly matters.

RESTORATIVE SLEEP

Quality sleep (7-9 hours per night) is crucial for hormonal balance and recovery. Lack of sleep can destabilize hormones. impacting overall health and longevity.

MOVE YOUR BODY



At least 30 minutes of exercise daily helps regulate insulin, estrogen, and testosterone while reducing excess body fat.