

● 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.

● 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.

● TRY A NON-ALCOHOLIC DRINK!

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.

● 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.

THE CHANGE *Essentials* For Women's Health