

# Estrogen Dominance



## Top foods

Brussels sprouts, broccoli, yellow & red bell peppers, garlic, eggs



## Limit

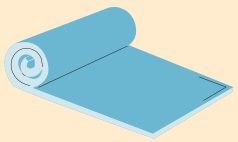
Limit alcohol to 1 drink per week.

When choosing soy products, go for organic, fermented soy (miso, natto, tempeh).



## Supplements

Combine slippery elm, psyllium husk, and chia seeds in equal parts. Take 1 tsp mixed into water every morning.



## Movement

Slow down with gentle, restorative yoga.  
Lift heavier weights.



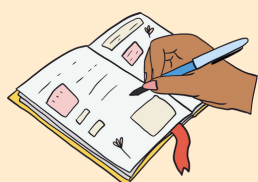
## Mindfulness

Try a walking meditation - go for a walk, take in your surroundings, and leave your phone at home!



## In your life

Slowly fade out household cleaners, make up, and body products, which have estrogenic effects.



## Journal prompt

How am I giving myself permission to rest today?

# Estrogen Deficiency



## Top foods

Spinach, chia seeds, pineapple, tempeh, fish



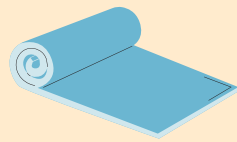
## Limit

Avoid caffeine or limit to 1 cup before 10AM.



## Supplements

- Udo's oil for hormone balance
- Black Cohosh for hot flashes (avoid with breast cancer or liver disease)
- Vit D2 + Vit K3



## Movement

Pilates with a focus on core activation from the pelvic floor.  
Lift heavier weights.



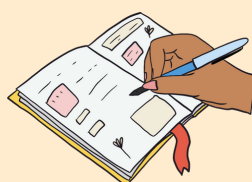
## Mindfulness

Go to the sauna. It might seem counterintuitive when you experience hot flashes, but it helps your mind move through the hot moments.



## In your life

Hormone replacement therapy in the form of bioidentical hormones may just be life changing. Find a skilled practitioner!



## Journal prompt

Share a piece of wisdom with you younger self.

# Progesterone Deficiency



## Top foods

Sauerkraut, beef, pumpkin seeds, bell peppers, avocado, and all leafy greens



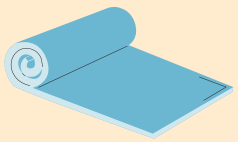
## Limit

Don't only live on salads. Try to incorporate some more cooked, grounding foods.



## Supplements

- Vitamin C
- Zinc
- Vitex (don't take when trying to conceive, pregnant or breastfeeding)



## Movement

Everything that focuses on your inner power = your core. Pilates is great, calmer yoga, or Barre.  
Lift heavier weights.



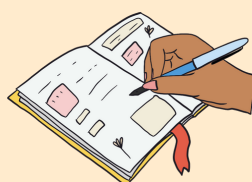
## Mindfulness

More rest, more calm in every aspect of your life. Can you walk a little slower, lounge in bed a little more in the morning?



## In your life

Say no to things that aren't a "hell yes!"



## Journal prompt

What is a "should" I will let go of today?

# Testosterone Dominance



## Top foods

Beans, pumpkin and squash, sesame seeds, oatmeal



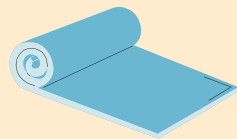
## Limit

Avoid cruciferous vegetables (Brussels sprouts, kale, broccoli, etc.), asparagus, and avocado.



## Supplements

- Spearmint (drink as herbal tea)
- Licorice
- Inositol



## Movement

Swimming and biking.  
Lift heavier weights.



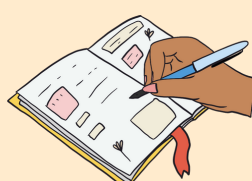
## Mindfulness

Find other women to connect with for example in a sharing group or in a meditation circle.



## In your life

How can you invite more feminine energy (fluid, free, creative) into your life? Make a painting, jump in the ocean, let go of responsibilities.



## Journal prompt

What are you afraid of if you just let yourself fully be you?

# Testosterone Deficiency



## Top foods

Chickpeas, tuna, mushrooms, asparagus, garlic, virgin coconut oil



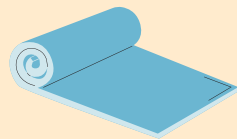
## Limit

Avoid caffeine and switch to herbal teas.



## Supplements

Try maca to balance all your sex hormones (Brand: Femmenessence).



## Movement

Walking and cycling.  
Lift heavier weights.



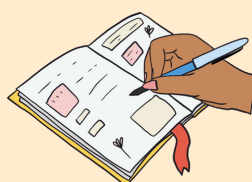
## Mindfulness

Get some sunshine on your skin (without sunscreen - in the early morning or late afternoon) to boost your internal production of Vitamin D, which helps testosterone levels.



## In your life

Strike a power pose (hands on hips, feet wide apart, chest high) and breathe here for 1 minute. This gives your body an immediate testosterone boost.



## Journal prompt

What is missing in your life right now?

# Thyroid Hormone Deficiency



## Top foods

Fish, seaweed, navy beans, Brazil nuts, all the leafy greens, raw cacao



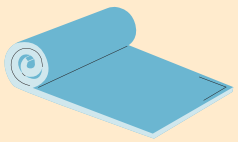
## Limit

Avoid caffeine and gluten (anything made from wheat, rye, or spelt) as often as possible.



## Supplements

- Vitamin B12
- Iodine



## Movement

10 minutes per day is better than 1 hour once per week! Lift heavier weights.



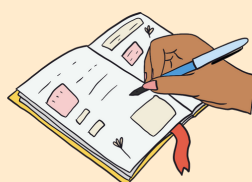
## Mindfulness

Take a moment to do a 4-8 breath. Inhale for 4 counts, exhale for 8 counts. Do 5-10 rounds and continue with your day.



## In your life

Filter your tap water at home in your shower and the water you drink/ cook with. Throw out plastic Tupperware containers.



## Journal prompt

What are you afraid to say to anyone about your life?

# Cortisol Overload



## Top foods

Salmon, Chia seeds, walnuts, a rainbow of fruits and veggies



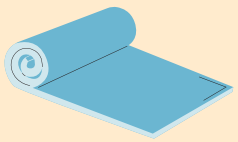
## Limit

Limit caffeine to one cup per day before 10AM.



## Supplements

- Ashwagandha
- Asian ginseng
- Vitamin C



## Movement

Skip the cardio and HIIT!  
Lift heavier weights.



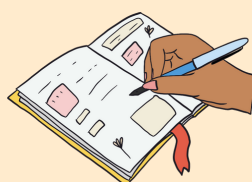
## Mindfulness

Find a way to meditate - without a timer on your phone or any other devices. Lie down, close your eyes, and focus on deep, full breaths. Start with 1 minute per day.



## In your life

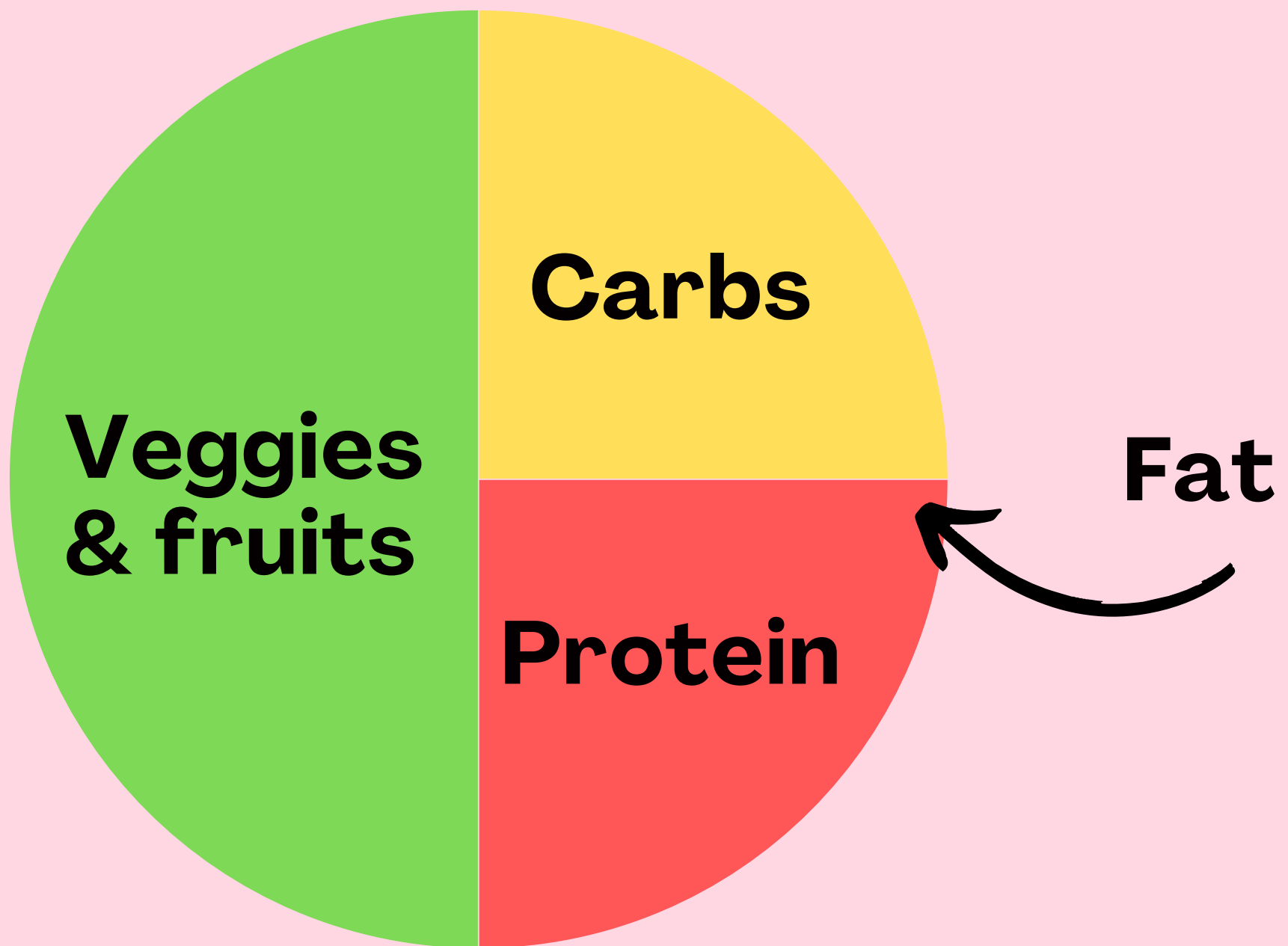
Ask yourself: Is this really life-threatening?



## Journal prompt

What is something you need to forgive yourself for?

# The Balanced Plate



## Veggies & fruits

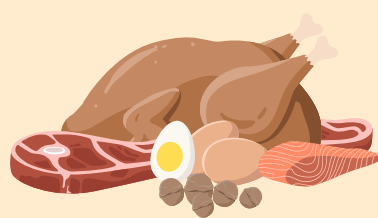
- Eat the rainbow at every meal.
- Heavy emphasis on leafy greens.
- Rotate seasonally.

## Carbs



- Brown rice
- Quinoa
- Buckwheat
- Whole wheat
- Rye
- Spelt
- Oats
- Bread
- Baked goods

## Protein



- Meat
- Fish
- Seafood
- Dairy products
- Eggs
  
- Beans
- Legumes
- Nuts
- Seeds
- Soy products

## Fat



- Cold pressed nut & seeds oils
- Extra virgin olive oil
- Virgin coconut oil
- Nuts
- Seeds
- Avocado

# The Hormone Quiz

## Energy levels

A) I wake up exhausted in the morning and/ or may get sudden energy boosts at night.

B) I feel high all the time, ready to tackle anything.

C) I am fatigued all day.

D) I have too much motivation to know what to do with.

E) I have a hard time falling asleep when I wake up in the middle of the night.

F) I feel lethargic and slow - like a sloth.

G) I often have interrupted sleep waking up often in the middle of the night.

H) I feel great during the day and sleep well at night.

# The Hormone Quiz

## Body

A) I often have muscle and joint pain and take a long time to recover after exercise.

B) I have very tender breasts leading up to my period.

C) I have recently lost muscle mass/tone.

D) I easily tone and get muscle definition when I start exercising.

E) I suffer from hot flashes and/or night sweats.

F) I often have a tingling sensation in my feet and hands.

G) I have irregular bowel movements and often feel constipated.

H) I feel amazing in my body.

# The Hormone Quiz

## Skin

- A) I have clogged pores and/or my skin often breaks out.
- B) My face is often flushed and looks red.
- C) I have psoriasis (patches or red, cracked skin).
- D) I suffer from acne.
- E) My skin is losing elasticity and showing more wrinkles.
- F) I have dry, itchy skin especially in the winter.
- G) My skin is dull and sensitive.
- H) My skin is glowing and gorgeous.

# The Hormone Quiz

## Hair

A) I have a dry and/or itchy scalp.

B) My hairbrush is always filled with lumps of hair.

C) My hair is thinning in the middle part and front area.

D) I tend to have a lot of fascial and/or body hair.

E) My hair is thinning and growing less quickly.

F) My eyebrows and lashes are thinning.

G) I am shedding hair all the time.

H) I have gorgeous hair and no complaints.

# The Hormone Quiz

## Brain

- A) I'm often irritable and the smallest thing annoys me and stresses me out.
- B) I have incredible mood swings.
- C) I have a hard time focusing on tasks.
- D) I suffer from depression/ episodes of depression.
- E) I have a slow psychomotor speed (learning dance moves is hard, slow reaction time when stepping on the brakes).
- F) I have poor short-term memory.
- G) I have a lot of anxiety.
- H) I always feel clear and have a stable mood.

# The Hormone Quiz

## Life

- A) I always feel wired but tired.
- B) PMS takes me out every month.
- C) My mood is always changing - you never know who you are going to get when I show up.
- D) I am always angry or quick to anger.
- E) I have vaginal dryness and sex is painful.
- F) I carry a jacket with me everywhere I go because I get cold quickly.
- G) I struggle with conceiving.
- H) I have no complaints in my life - everything is great!

# The Hormone Quiz

## Period

- A) I often miss a period.
- B) My periods are clotted and clumpy.
- C) I have irregular cycle lengths.
- D) I have absent periods for many months at a time.
- E) I have very light periods or have reached menopause.
- F) I have unpredictable bouts of heavy bleeding.
- G) I have a lot of spotting between periods or days before.
- H) My period is like clockwork, is smooth in texture like maple syrup, and causes me no issues.

# The Hormone Quiz

## Bowel movements

A) I often have diarrhea or very loose stool.

B) I am often bloated even if I haven't had any food.

C) I have IBS.

D) I often have heartburn.

E) I have difficulties passing stool/ I have to strain to evacuate.

F) I go days without a bowel movement.

G) I feel constipated most of the time/ like I never have a full emptying of my bowels.

H) I have 1-3 bowel movements per day that are like smooth sausages.

# The Hormone Quiz

**Add up your results to see if you have any hormone imbalances.**

- A) Cortisol overload
- B) Estrogen dominance
- C) Testosterone deficiency
- D) Testosterone dominance
- E) Estrogen deficiency
- F) Thyroid hormone deficiency
- G) Progesterone deficiency
- H) You are perfectly balanced

# Resources

## To understand your menstrual cycle and sex hormones better:

- In The Flo by Alisa Viti
- Fix Your Cycle by Nicole Jardim
- The Fifth Vital Sign: Master Your Cycles And Optimize Your Fertility by Lisa Hendrickson Jack
- Beyond The Pill by Jolene Brighten

## For more details and interventions for menopause:

- The Hormone Balance Bible by Shawn Tassone
- The Menopause Manifesto by Dr. Jen Gunter
- The Wisdom of Menopause by Christiane Northrup
- See Ya Later, Ovulator! by Esther Blum

## To help you slow down:

- Do Less: A Revolutionary Approach to Time and Energy Management for Ambitious Women by Kate Northrup
- Burnout: The Secret to Unlocking the Stress Cycle by Emily Nagoski & Amelia Nagoski
- When the Body Says No by Gabor Maté