

# Country 'n Fit's 5 Tips to Supporting Your Hormones



01

## Start your day with Electrolytes

Most people start their day with coffee or caffeine of some sort, but drinking caffeine on an empty stomach spikes your cortisol - your body's stress hormone. Switching up to an electrolyte first thing could make a huge impact on your stress levels and overall hormones!



02

## Boost your Oxytocin - Happy hormone

Increase your oxytocin by making time for yourself. A good way to do this is by taking a walk outside or moving your body for at least 10 minutes within 60 minutes of eating. You can also meditate, listen to music that makes you happy, or diffuse natural lavender, roman chamomile, clary sage, and sandalwood essential oils (make sure they are not filled with fragrances and fillers).



03

## Do 1 Minute of Box Breathing Before Eating

Place your hand on your stomach. Inhale slowly through your nose for a count of 4 feeling your belly expand under your hand. Hold this breath in for a count of 4. Slowly exhale out your nose for a count of 4 feeling your hand fall as your belly deflates. Pause for a count of 4 before repeating. Repeat this 3-5 times and check in with how you feel



04

## Eat Fiber First

Whether it is a few forkfuls or an entire salad. This reduces the production of the enzyme that helps to convert other foods into glucose (sugar) which spikes your insulin. Eating fiber first also slows down the rate at which food is emptying from your digestive system into your bloodstream and helps not have too much sugar for your body to get converted into fat. When you do this watch how your health and weight start to shift...not to mention your energy and sugar cravings.



05

## Count Plants Not Calories

This goes with tip 4 of eating fiber first, when eating fiber we shouldn't eat the same thing every meal, instead we should aim to have a minimum of 30 different plants each week. Different bacteria feed on different fibers, so that is why we need a range of different fibers in our meals every day; we don't want to do great in one area and lack in another. Balance and variety is key.