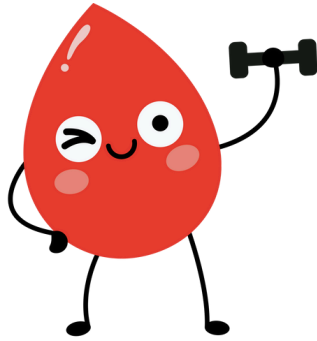


# Hormone Health

## Starter Guide

PCOS & balancing hormone health can feel overwhelming, but the good news is that small, sustainable changes can help balance your hormones and improve your symptoms. Here's a simple, effective five-step guide to get you started on your journey to better health.

1



### Step 1: Stabilize Blood Sugar

Unstable blood sugar can worsen insulin resistance, a key driver of PCOS and hormone health. **To keep your blood sugar balanced:**

- Prioritize protein (30 grams), fiber, and healthy fats at every meal.
- Limit processed sugars and refined carbs.
- Eat balanced meals every 3-4 hours to avoid crashes and cravings.
- Consider incorporating inositol, a supplement that supports insulin sensitivity.

2



### Step 2: Support Your Gut Health

Your gut plays a huge role in hormone balance, inflammation, and metabolism. **Optimize gut health by:**

- Eating probiotic-rich foods like sauerkraut, kimchi, and yogurt (if tolerated).
- Including prebiotic foods such as garlic, onions, and asparagus.
- Avoiding inflammatory triggers like gluten and dairy (if they worsen your symptoms).
- Drinking plenty of water and managing stress, as both impact digestion.

3



### Step 3: Manage Chronic Stress

High cortisol levels from chronic stress can throw off your entire hormonal system. **Try these strategies to calm your nervous system:**

- Prioritize quality sleep (7-9 hours per night).
- Practice mindfulness, meditation, or deep breathing exercises.
- Reduce high-intensity workouts if they leave you feeling drained and swap them for strength training or walking.
- Set boundaries and make time for activities that bring you joy.

4



### Step 4: Optimize Your Nutrient Intake

PCOS often comes with nutrient deficiencies. **Make sure you're getting enough:**

- Magnesium (found in leafy greens, nuts, and seeds) to support insulin sensitivity and reduce stress.
- Omega-3s (from wild-caught salmon, flaxseeds, and walnuts) to combat inflammation.
- Vitamin D (get your levels tested and supplement if needed).
- Zinc (found in shellfish, pumpkin seeds, and grass-fed beef) to support hormonal balance and reduce acne.

5



### Step 5: Support Detoxification Pathways

Your liver and gut work together to eliminate excess hormones and toxins. **Help your body detox naturally by:**

- Drinking plenty of filtered water- half your body weight in oz (180lb = 90 oz)
- Eating cruciferous vegetables like broccoli, Brussels sprouts, and cauliflower.
- Sweating regularly through exercise or sauna use.
- Avoiding endocrine disruptors in plastics, conventional beauty products, and household cleaners.