Day 1

Water Water Water

Water should be your drink of choice!
Hydration is key for healthy detoxification. How does this help our hormones? Unfortunately, there are many chemicals in our environment that interact with our endocrine system and can contribute to hormonal imbalances. Hydration not only allows cellular detox, but it also helps keep our bowels moving consistently. This is an incredibly important route of elimination for unwanted hormones.

Most people should aim for about 2L of water daily (8 cups).
If you find it difficult to get to your 8 cups/day, here are some of my favourite tips!

- Keep a 1L water bottle with you at work/home. Don't be afraid to invest in a beautiful vessel. If you love having it around, you will be inspired to drink it!Keep in mind when choosing your bottle, avoid plastics. My favourite is stainless steel or glass.
- Try room temperature water.
- Add some cucumber & lemon!
- Drink 500ml first thing in the morning – now you're well on your way.

Day 2

Eat Those Healthy Fats!

Our bodies rely on healthy fats as one of the main building blocks for our hormones. If we are not getting enough HEALTHY fats, our hormonal balance may suffer. So do not be fooled by “low fat” options, which are often high in sugar (sugar is not our hormonal ally).

In fact, healthy fats also help ensure you feel full longer! So it is important to have a small amount of healthy fat (along with lean protein and fibre) with each meal. Here are some examples of my favourite healthy fats:

- Olive oil
- Coconut oil
- Avocados
- Raw, unsalted nuts & seeds
- All natural nut butters (almond, cashew, hazelnut etc)
- Salmon
- Flaxseeds & Flaxseed oil

Rethink Your Drink

Day 3

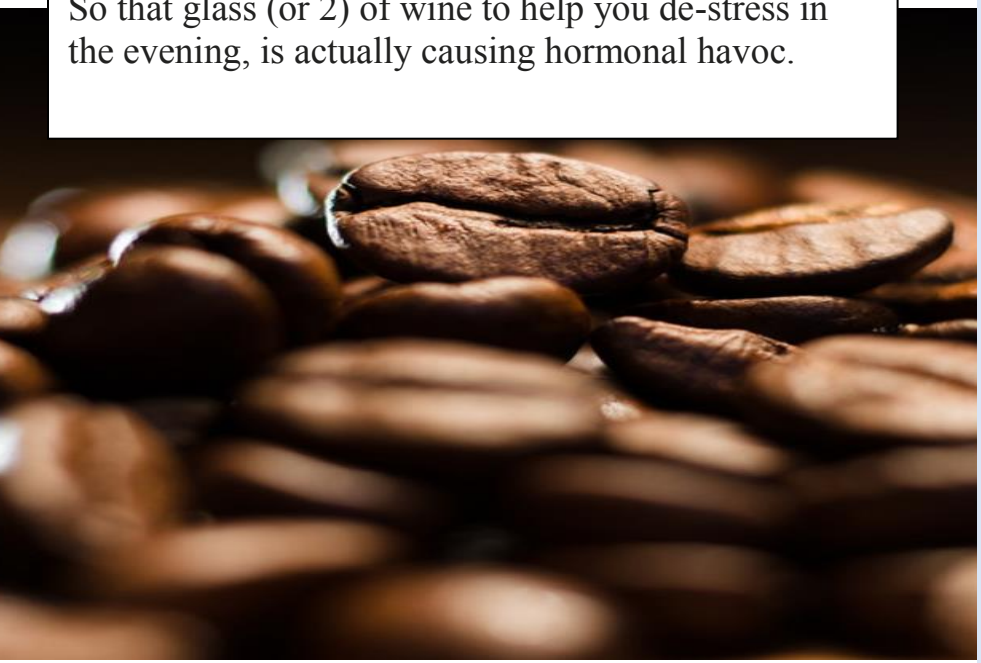
COFEE…

If you're relying on your morning (and maybe midday) coffee(s) to get you to dinner, you're hormones may not be happy! Coffee has been shown to increase cortisol, our stress hormone. When cortisol is chronically elevated our sex hormones suffer. If you are a 2-3+ coffee/day drinker, try to reduce your intake. One of my favourite ways to do this is by adding herbal tea. Some options to consider:

- Nettle leaf tea
- Peppermint tea
- Red raspberry leaf tea

ALCOHOL…

Reduce alcohol consumption! Alcohol elevates cortisol and can contribute to unhealthy estrogen metabolism. It also creates blood sugar imbalances and contributes to weight gain/weight loss resistance. So that glass (or 2) of wine to help you de-stress in the evening, is actually causing hormonal havoc.



Love Your Liver

The liver is one of our most important organs of detoxification. It is essential for helping the body clear out excess hormones and toxins that can interfere with the endocrine system. The liver metabolizes (or breaks down) your hormones via several pathways, some of these pathways may be more desirable than others. This is particularly true of estrogen metabolism. Overall, a healthy and happy liver contributes to a healthy and happy hormonal balance. We can support our liver on a day to day basis with the following habits:

- Add lemon or lime to your water
- Increase your brassica family vegetables. Try to include: lightly steamed broccoli, kale, cabbage, brussels sprouts, cauliflower.
- Consume dandelion and/or beet greens
- Add in some dandelion tea

Day 5

Say ‘No’ To Sugar

We all have days where we just CRAVE that doughnut, cookie or chocolate bar! Unfortunately, sugar and refined carbohydrates contribute to inflammation, lowered progesterone levels and insulin resistance (think weight gain & even more cravings!). Your hormones will thank you for ditching the sugar. Here are some helpful tips for making the transition:

- Each meal should have a protein to help you stay satisfied and avoid a mid afternoon crash that inevitably, leads to sugar cravings.
- Ensure you are getting adequate sleep. Lack of sleep can perpetuate sugar cravings.
- When the need for sweets hits…choose fruit! Berries are my favourite choice: low in sugar, high in phytochemicals and vitamins and packing some serious DELICIOUSNESS.
- Before giving in to a craving, have a large glass of water. Wait 10-15 minutes. You might be surprised how easily that craving disappears.

Day 6

Increase Your Fibre

Daily intake of fibre should be somewhere around 30 grams. Most women in North America are not hitting this daily goal. Fibre is important for regulating blood sugar levels, promoting satiety, regulating bowel function, modulating estrogen levels and reducing cortisol. To ensure adequate fibre ensure you are eating plenty of veggies and fruits. Some other fibre rich foods include:

- Ground flax seeds
- Chia seeds
- Hemp hearts

If you are moving from a fibre deficient diet to a fibre rich diet, ensure you go at a slow pace. Aim for only about a 5 gram increase at a time to reduce chances of gas, bloating, cramps or other digestive upset. Additionally, if you have a gastrointestinal disorder make sure to discuss any dietary changes with your primary care provider.

Prioritize YOU!

Day 7

I have indeed, left the MOST important habit for last. I want to emphasize the importance of self-care. YOU deserve down-time, time to be pampered, time to play, laugh and be cared for. You are an AMAZING woman. You give to others on a daily basis. Here is my question….. where are YOU on your priority list? I hope you said you are FIRST. If not, then lets make that change today.

- I want you to commit to a MINIMUM of 1 hour per week (I hope you take much more!) to do something that builds you up. Something that ignites your heart and fills you with passion. Not sure what that is? Take up a new hobby. Find out what you LOVE and do it, regularly.
- Get a massage, a manicure (and pedicure), buy some new lingerie/shoes/clothes, take a day off and SLEEP, get some acupuncture. Whatever it is, do it for YOU….. your hormones with thank you.

7-Day Hormone *Reboot*

A NATURAL APPROACH TO HORMONAL BALANCE

DO YOU EVER FEEL LIKE YOUR HORMONES ARE RULING YOUR LIFE? PAINFUL OR IRREGULAR PERIODS? NO SEX DRIVE? IRRITABILITY OR ANXIETY? HOT FLASHES? NIGHT SWEATS? WEIGHT GAIN? TENDER BREASTS? WATER RETENTION?

The symptoms listed above are signals from your body. Your hormones are telling you you may need to make some changes. Whether you are experiencing painful periods or struggling with the changes of menopause, lifestyle and diet can help lay a healthy foundation for BALANCED HORMONES!

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