

Hormone Guidelines

- Follow the hormone reset food strategy and lifestyle recommendations and take your supplements for a minimum of six weeks. It takes time to reset hormone imbalances
- The first week is usually the hardest as your hormones begin to balance but then it gets easier
- Avoid chewing gum. Your body thinks it is getting food and releases insulin in preparation, but food does not arrive
- Avoid “sugar free” products with sweeteners as these trick the body into an insulin rollercoaster
- Make sure you are drinking 2 litres of still water a day
- Reduce stress with massage, counselling and rest as stress alone can destabilise blood sugars
- Exercise. Even a 20-minute walk improves hormone balance. We need to get the insulin out of your cells and one of the best ways of doing that is by moving your body
- Get good quality sleep in a pitch-black room
- Reduce screen time especially at night
- Remove food intolerances, increasing fibre and fatty foods such as oil and squatting to encourage good bowel movements
- Avoid wheat, milk, sugar and processed foods
- Eat regularly to stop your blood sugars crashing which creates more stress hormone
- Hormone imbalance can cause emotional distress. If this feels like you, then add some mindfulness into your day and if that isn't enough check out [Reclaim Your Life our online emotional coaching](#)
- Have a bedtime snack of fat and carb 20 minutes before sleep if your sugars are imbalanced or you wake in the night
- Avoid stimulants and irritants such as caffeine and tobacco
- Do not eat carbs by themselves
- Review your contraception or HRT. This can sometimes be best with a coach or one of our independent nurses
- Work with your cycle and rest during your period
- Cut out the nasties in your toiletries - Parabens, Phthalates, SLS's, Toluene, Propylene Glycol, Perfume