

## EATING RULES FOR HORMONE BALANCE



Take the 5% Solution™ approach and implement when you're ready ...step-by-step:

### What To Eat

- Eat whole, **real foods**.
- The life in foods gives us life so choose healthy-looking vegetables and meats.
- Eat organic when possible.
- Eat local foods in season... organic frozen is next best.
- Always eat protein, fat and whole real carbohydrates (vegetables) **together**.
- **Protein:** Eat lean protein, 100% grass fed, organic (hormone/antibiotic free) meat, wild caught fish, shellfish, eggs (both chicken and duck)
- **Fats:** coconut, avocado, olives, nuts/seeds, butter (from 100% pastured cows), and ghee.
- **Carbohydrates:** Focus on vegetables, berries (limit 1 piece of fruit daily), nuts and seeds. Limit intake of gluten-free grains and beans (legumes).
- Increase **high-fiber** foods (berries, vegetables, legumes). See resource page for additional ideas.
- If you're a **vegetarian**, use nuts and seeds, with gluten-free grains, or a small amount of beans, to get a complete, balanced amino acid profile.
- **Eliminate** altogether: wheat/gluten, gluten-containing grains, dairy, and sugar
- Drink plenty of **water** – eight 8-ounce glasses per day without chlorine and fluoride, tea and soup count!
- Eat a rainbow everyday and **diversify** your diet to get many vitamins and minerals from your food.

# Natural Hormone Solution

## When To Eat

- Eat for hormone balance: eat within an hour of waking (a high protein breakfast) and then every 4-6 hours... a healthy protein, fat, and carbohydrate.
- Stop eating by 7pm (3 hours before bed) for your body to heal and restore.
- Go without eating for 12- 13 hours between dinner and breakfast.
- Plan ahead. Be prepared. Carry food with you so you're not tempted by fast food and treats that don't serve you.
- Stop eating when you're satisfied.

## How To Eat

- Divide your plate into thirds and fill one third with the right amount of lean protein (same size as the palm of your hand and the same thickness) and the other 2/3rds of the plate with vegetables. Add a dash of monounsaturated fat (olive oil, avocado, nuts/seeds) and you've got a hormonally balanced meal.
- Eat mindfully and relax while eating.
- Chew your food very thoroughly.
- Respect your own biochemical uniqueness...don't eat foods that make you feel bad!