



# Hormone Health *Guide*

LEARN SIMPLE DIET AND  
LIFESTYLE SHIFTS TO KEEP  
YOUR HORMONES IN  
BALANCE

*Barbara Horsley*♥

ABDOMINAL MASSAGE  
— HERBAL EDUCATION —  
WOMEN'S HEALTH

# EATING FOR HORMONE HEALTH

Top Tips



## Eat organic

Conventional produce is grown with harmful pesticides such as glyphosate. These chemicals are endocrine disruptors and throw off your hormone balance. So eat organic as much as possible. If eating all organic is out of your budget, follow the EWG's '[Dirty Dozen](#)' & '[Clean Fifteen](#)' guidelines.

## Eat enough healthy fats

Your body uses fats as the building blocks for hormones. Without enough, your hormone production will suffer. Be sure to eat plenty of healthy fats like:

- Avocados
- Nuts & seeds
- Fatty fish (such as salmon, mackerel, sardines, & anchovies)
- Coconut oil
- Extra virgin olive oil
- MCT oil
- Kefir



## Keep your blood sugar balanced

Sugar and refined carbs increase insulin resistance. They also reduce leptin, the hormone that tells you you're full. So to keep your blood sugar (and hormones) balanced:

- Eat fiber rich veggies first, then protein, & starchy carbs last
- Eat a savory breakfast, not a sweet one
- Eat complete meals with a good balance of protein, healthy fats, and complex carbs
- Walk after meals

## Eat protein at every meal

Protein is made up of amino acids, which your body uses to make hormones. Protein also lowers your hunger hormone ghrelin and helps keep your blood sugar stable. Aim to eat 20-30 g of protein with every meal. High protein foods include:

- Chicken
- Eggs
- Salmon
- Grass fed beef
- Sardines
- Lentils
- Turkey
- Beans
- Edamame

# LIFESTYLE TIPS

*For healthy hormones*



## Massage Your Belly

Proper circulation around the ovaries & uterus is vital for hormone balance. Abdominal massage increases blood, lymph, nerve & energy flow to the internal organs so they can function properly. Abdominal massage can also assist in correcting uterine position, reduce menstrual cramps, and help with hormone balance. [Learn How >>](#)



## Take your uterus for a walk

Walking cause the uterus to passively follow your movements. This promotes the healthy mobility of the uterus. Walking also helps reduce pelvic congestion and improve lymphatic drainage. Inactivity can predispose the uterus to inflammation, pain and hormonal imbalance.



## Womb Care an online course

Learn [abdominal womb massage](#) for better menstrual periods, fertility enhancement, tipped uterus, and more. You'll also learn herbal remedies to address painful and/or heavy periods, as well as energetic techniques for moving emotional holding patterns out of the pelvic bowl, abdominal, and womb space. You'll also learn pelvic alignment exercises and nutritious movement for a 'tipped' uterus, prolapsed uterus, and uterine health in general. [Learn More >>](#)



## Poop Daily

The liver breaks down hormones and you then poop out the deactivated hormones. The liver inactivates estrogen by a process called conjugation, but if you have a gut flora imbalance, certain gut bacteria produce an enzyme called beta-glucuronidase, which reactivates estrogen. That reactivated estrogen then recirculates through the body causing estrogen dominance. Constipated? [Click Here](#)

# LIFESTYLE TIPS

*For healthy hormones*



## Manage stress

Stress raises your stress hormone cortisol. This can create a domino effect of other hormonal imbalances. So set aside time for daily stress relief. Meditation, yoga, breathwork, and time in nature are all proven to relieve stress. Aim for at least 10-15 minutes every day. Simply taking a daily walk in nature can make a big difference.



## Go non-toxic

Most personal care products like shampoo, deodorant, lotion, toothpaste, and cosmetics are filled with endocrine-disrupting chemicals like BPA, phthalates, parabens, and dioxins. These toxins can disrupt your hormone balance. So choose clean, non-toxic products instead. Check out the [EWG's 'Skin Deep Database'](#) if you could use some guidance.



## Clean up your cookware

Non-stick cookware is loaded with xenoestrogens. These chemicals mimic estrogen in the body and can mess up your hormone balance. So choose quality stainless steel or cast iron cookware instead. Plastics can also leach endocrine-disrupting chemicals. So swap out plastic food containers and water bottles for glass or stainless steel.



## Get a good night's sleep

Poor sleep can disrupt your hormones. So try optimizing your circadian rhythm.

- Avoid blue light from cell phones, overhead lights, computer screens, etc 1-2 hours before bed
- Use an amber reading light or blue blocker glasses
- Stick to a regular sleep schedule
- Get morning light exposure

# OPTIMIZING DETOX

*For hormone balance*



## Eat enough fiber

Fiber keeps you pooping so you can flush out excess hormones. If you're not pooping regularly these hormones can get reabsorbed and throw off your hormone balance. So how much fiber is enough? Aim for 30-50 grams of fiber a day. Get a range of fruits, vegetables, whole grains and legumes in a rainbow of colors. Flax, chia seeds, and nuts can also boost fiber intake.



## Stay hydrated

The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is about 11.5 cups of fluids a day for women. These recommendations cover fluids from water, other beverages & food, it's not just from drinking water. About 20% of daily fluid intake usually comes from food and the rest from drinks (water, broth, herbal teas-not caffeinated beverages or sodas). Health, climate, & other variables should be taken into consideration.



## Sweat it out

Sweating helps your body remove toxins via your skin. This lightens the load on your liver, which helps your body detox hormones. You can sweat it out via exercise or even take in a sauna session.



## Dry brush

Dry brushing exfoliates your skin. But it also stimulates your lymphatic system, which helps your body remove wastes and toxins. If the lymphatic system gets sluggish, it can lead to a build-up of estrogen.

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Nourishing Therapies for Women's Health



Barbara Horsley

ABDOMINAL MASSAGE  
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WOMEN'S HEALTH

Barbara Horsley teaches abdominal massage, herbal medicine, restorative exercise, and mind-body therapies for better digestion, constipation relief, scar tissue release, emotional tension held in the belly, better menstrual periods, menopause, and uterine health.

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