











Healthy hormone diet & lifestyle tips

Choose at least one from each group daily	
	Herbs and spices Ginger, rosemary, turmeric, coriander, dill, fennel, parsley.
	Nuts and seeds Seeds: Pumpkin, sesame, sunflower. Nuts: Brazil, Almonds, cashews.
	Grains and legumes Soy, chickpeas, quinoa, millet, bulgur, buckwheat, brown rice.
	Fruits Blueberries, strawberries, oranges, grapes, avocado, banana, figs, blackberries.
	Meat, poultry, fish and dairy Milk, cheese and yoghurt (calcium rich alternatives may be substituted), deep-sea fish.
	Vegetables Broccoli, cauliflower, brussel sprouts, kale, spinach, cabbage, mushrooms, celery, onion, alfalfa sprouts.
	Beverages Water, green tea, dandelion tea, chamomile tea, spearmint tea (PCOS).
	Lifestyle Regular aerobic and weight bearing exercise, time out for enjoyment and relaxation techniques. Limit alcohol to <1 drink daily.

Read more about hormones [here](#).

We recommend that you get your epigenetics analysed every 88 days to prevent hormone and wellbeing challenges.

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