

## Good Food - Good Hormones

- ▶ We need 22 amino acids, essential fats and the proper blend of vitamins and minerals in order to manufacture our hormones. Protein powders can help!
- ▶ Phytoestrogens from foods such as flaxseed, soy protein, brown rice, carrots, apples, etc. will guard the hormone receptor sites preventing xenoestrogens (chemicals such as chlorine) from occupying the site and causing elevated estrogen levels to occur.
- ▶ FOS fructo-oligosaccharides stimulate the beneficial bacteria in the gut known as bifido bacteria which inhibits an enzyme that is capable of reactivating estrogen.
- ▶ When considering the role of meat in the diet, eg. type Os who are beef eaters, it is very important that the meat is organic which means that the animal was fed proper grains, exercised and wasn't injected with estrogenic-type hormones or antibiotics or fed animal parts or grains grown with herbicides or pesticides.
- ▶ Pure food without additives such as food dyes, preservatives, trans fats (canola oil or vegetable shortening), artificial sugars like aspartame are extremely important.
- ▶ Drinking lots of pure water daily (1 oz. per lb. of weight) is essential because water is needed to ensure that we have the basic raw ingredient for making hydrochloric acid in our stomachs (which breaks down our food into nutrients) and also to ensure that all of the body's valves such as the illeocecal valve are functioning. Water is also needed to flush out the lymphatic system the pathway for travelling hormones.

## Good Elimination - Well Functioning Hormones

- ▶ Liver support is essential for ensuring that this critical organ does not become overloaded and unable to break down our daily supply of hormones. Cleanse with herbs. Check magnesium levels and B vitamins, particularly B6 to support the liver.
- ▶ Adequate soluble fibre in the diet helps to bind sex hormones excreted in the digestive tract aiding their elimination.
- ▶ Stress upsets the functioning of the hypothalamus which is the brain's control centre. Emotional healing and release will help stabilize this master gland. Suppressing emotions can also suppress the pineal and pituitary gland.
- ▶ Managing stress is important because it influences hormonal imbalances so strongly. Hobbies, meditation, tai chi, yoga, light exercise and reading are suggestions.
- ▶ Exercise is crucial for ensuring that our circulatory and lymphatic systems are moving sufficiently so that hormones are also getting to their target organs.