



Hormone Health Plan & Guide

Hormones.



Hormones are at the core of how we feel, think, and perform every day. This guide is designed to empower you to take control of your metabolic and hormone health. By incorporating these steps into your daily life, you'll work in harmony with your body's natural rhythms, boosting energy, metabolism, and overall well-being.

Mindset

Harnessing the Power of Your Hormones

Your mindset is one of the most important factors in balancing your hormones. Stress, negative self-talk, and poor mindset practices can significantly affect your hormonal health.

Here's how to shift your mindset to support your metabolic and hormone health:

Positive Affirmations

Start your day with positive affirmations that affirm your strength and connection to your body. These affirmations help reduce cortisol levels, which can be a major disruptor to hormonal balance.

“I am in tune with my body and its natural rhythms.”
“My body is capable of amazing things, and I honour its needs.”
“I nourish my body with love and care.”

Mindfulness & Stress Management

Stress is one of the most significant disruptors of hormonal balance, especially cortisol. Integrating mindfulness practices like meditation, deep breathing, and journaling can help lower stress levels and allow your hormones to function optimally.

Sleep as a Foundation

Proper sleep is critical for hormone regulation. Focus on sleep hygiene by reducing screen time before bed, creating a relaxing bedtime routine, and ensuring your sleep environment is cool and dark. Prioritise 7-9 hours of quality sleep each night. (no less, you won't function)



Wellness

Supporting Your Hormones Holistically

Hormone health is supported through a holistic approach that encompasses physical, mental, and emotional well-being.

Here are key wellness practices to support your hormones:

Hydration

Water is essential for every cell in the body. Hydration helps support the proper function of your endocrine system and aids in nutrient delivery. Aim to drink at least 2-3 litres of water per day, depending on activity levels and climate.

Mind-Body Connection

Practices such as yoga, Pilates, and tai chi not only support flexibility and strength but also help in balancing hormones by calming the nervous system. These practices can improve blood circulation, reduce stress, and encourage the release of feel-good hormones like oxytocin.

Breathwork

Stress reduction techniques such as breathwork (e.g., 4-7-8 breathing or box breathing) can help regulate cortisol levels and improve metabolic processes. Incorporating breathwork 2-3 times a day can be incredibly beneficial for hormonal health.

Nourish with Nature

Spend time in nature to reduce stress, improve mental clarity, and enhance overall well-being. Even short walks or sitting outside can significantly lower cortisol and promote balanced hormone levels.



Nutrition

Fuelling Your Hormonal Health

The foods you eat directly impact your hormone health. Focus on whole foods and balanced nutrition to nourish your endocrine system.

Here's how to support your hormones through diet:

Healthy Fats

Your hormones are built from fats, so make sure you're consuming healthy fats to support hormone production. Include omega-3s (found in fatty fish, flaxseeds, chia seeds), monounsaturated fats (avocados, olive oil), and saturated fats (coconut oil, grass-fed butter).

Protein

Protein supports blood sugar balance, which is key to regulating insulin and other hormones. Include lean proteins like chicken, turkey, tofu, legumes, and fish with every meal.

Complex Carbs

Choose whole, complex carbs to support steady blood sugar levels and healthy metabolism. Include vegetables, quinoa, sweet potatoes, oats, and whole grains.

Fibre

Fibre is essential for healthy digestion and the removal of excess hormones from your body. Aim to include plenty of fibre-rich foods like vegetables, fruits, and whole grains.

Micronutrients

Micronutrients such as magnesium, vitamin D, zinc, and iodine are crucial for hormone health. Aim to get these from whole foods like leafy greens, nuts, seeds, fish, and eggs. Consider supplementation if you're deficient.



Seed Cycling

Natural Support for Hormone Balance

Seed cycling is an easy and natural way to balance hormones by supporting the body's fluctuations through the menstrual cycle.

Here's how to incorporate it into your routine:

1. Phases of Seed Cycling

- Follicular Phase (Days 1-14): This phase is when your estrogen levels rise. Use flax seeds and pumpkin seeds during this phase. These seeds help support estrogen production and improve liver function.
- Ovulation Phase (Days 14-16): As your body prepares for ovulation, incorporate sunflower seeds and sesame seeds. These help to promote the balance of estrogen and progesterone levels.
- Luteal Phase (Days 17-28): Progesterone is dominant in this phase. Support your body with flax seeds and sunflower seeds, which help maintain progesterone levels.
- Menstrual Phase (Day 1 of your period): Continue with flax seeds and pumpkin seeds as they help detoxify excess estrogen and support the start of a new cycle.

2. How to Use

- **Ground seeds:** Ground 1-2 tbsp of seeds each day to make them more digestible.
- **Add to meals:** Incorporate them into smoothies, yogurt, salads, or baked goods for an easy and convenient way to add them to your diet.



Fitness

Exercise to Support Hormone Balance

Regular movement is essential for hormone regulation. Exercise helps balance hormones by reducing stress, improving insulin sensitivity, and boosting metabolism. Here are the best exercises to support your hormone health:

Strength Training

Incorporating strength training 2-3 times per week can improve metabolic function, support healthy insulin levels, and balance estrogen and progesterone. Focus on compound exercises (e.g., squats, deadlifts, push-ups) to engage multiple muscle groups.

Cardiovascular Exercise

Cardiovascular exercise, like walking, cycling, or swimming, supports metabolic health by improving circulation and heart health. Aim for 150 minutes of moderate cardio per week, but listen to your body and adjust intensity depending on your cycle phase.

Yoga & Stretching

Stretching and yoga are vital for hormone health, especially to alleviate menstrual cramps, reduce cortisol, and improve flexibility. Incorporating restorative yoga during the luteal and menstrual phases can be very beneficial.

HIIT (High-Intensity Interval Training)

HIIT is a great way to boost metabolism and improve insulin sensitivity. However, during the follicular and ovulation phases, you might want to push yourself harder, while reducing intensity during the luteal phase to avoid over-stressing the body (this is person dependant)



Tracking Your Cycle

Key to Understanding Your Hormones

One of the most powerful tools in balancing your hormones and improving metabolic health is tracking your menstrual cycle. By becoming more in tune with your body's natural rhythms, you can better understand how your hormones affect your energy levels, cravings, mood, and overall well-being.

Why Tracking Your Cycle Matters

Tracking your cycle gives you insights into how your body responds to hormonal fluctuations throughout the month.

This awareness helps you:

- Identify patterns in your symptoms, cravings, and energy levels.
- Make informed decisions about exercise, nutrition, and self-care based on where you are in your cycle.
- Optimise your health by syncing your routine with your body's hormonal needs.

What to Track

Menstrual Cycle Phases

Keep track of the start and end of your period, ovulation, and the different phases of your cycle (follicular, ovulation, luteal, and menstruation). Knowing where you are in your cycle helps predict when to expect shifts in mood, energy, and cravings.

Symptoms

Track physical and emotional symptoms like bloating, cramping, headaches, and mood swings. This can give you a better understanding of how hormonal changes affect you and help you manage symptoms with diet, exercise, or other strategies.

Energy Levels

Pay attention to fluctuations in your energy. You may feel more energetic during the follicular and ovulation phases, while feeling lower energy and needing more rest during the luteal and menstrual phases.

Cravings

Hormonal fluctuations often lead to food cravings, especially in the luteal phase. Tracking your cravings (salty, sweet, or fatty foods) will help you understand your body's nutritional needs during different phases of the cycle.

Mood and Emotional Well-being

Hormonal changes can affect mood, anxiety levels, and emotional well-being. Track your emotional state each day to recognise how it aligns with your cycle and take steps to manage it—whether through exercise, mindfulness, or nutrition.

Tracking Your Cycle

How to Track Your Cycle

- **Use a Period Tracking App:** Apps are great tool for tracking your cycle. These apps allow you to log symptoms, moods, energy, cravings, and other relevant information, giving you an overview of your cycle trends.
- **Manual Tracking:** If you prefer paper and pen, you can create a cycle journal. Track your cycle phases, symptoms, cravings, and energy levels each day. This can give you a more personal, hands-on approach to understanding your body.
- **Listen to Your Body:** Pay attention to how your body feels and how your hormones affect your physical and emotional state throughout the month. This awareness will guide you in making smarter choices about diet, exercise, and self-care.

Benefits of Cycle Tracking

Predict and Manage Symptoms

By tracking your cycle, you can anticipate common symptoms like bloating, fatigue, or mood swings. Understanding when these symptoms are likely to occur will help you prepare and manage them more effectively.

Improve Nutrition

Knowing when you may have specific cravings (like needing more carbs or fats in the luteal phase) allows you to plan meals that support your hormonal needs. It also helps you avoid emotional eating by giving you a clearer understanding of when cravings are linked to hormones rather than hunger.

Optimise Exercise and Movement

Tracking your energy and recovery during different phases of your cycle helps you align your exercise routine with your body's needs. For example, you might want to focus on heavier strength training during the follicular phase and switch to more restorative practices like yoga or walking during the menstrual phase.

Personalised Self-Care

Cycle tracking helps you tailor your self-care routine based on where you are in your cycle. For instance, relaxation techniques like deep breathing and mindfulness might be more beneficial during the luteal phase when stress is higher, while during ovulation, you may feel more energetic and ready for more active pursuits.

Tracking Your Cycle

Tracking your menstrual cycle is one of the best tools for understanding your body and improving your hormonal health. By paying attention to your body's signals—symptoms, cravings, energy, and mood—you can make informed decisions about your nutrition, fitness, and self-care routines. Over time, cycle tracking will empower you to sync your life with your biology, leading to greater balance, health, and overall well-being.

This has personally transformed my life as well as many of my clients, if you aren't aware of where you are at, and have unexplained thoughts and feelings around how you feel and your body, then this life changing hack will start to transform the way you think and feel.



Achieve Hormonal Balance

Balancing hormones is a multi-faceted process that includes nourishing your body with the right foods, practicing mindfulness, staying active, and understanding the cycles of your body. By incorporating these strategies, you'll not only improve your metabolic health but also support your body's natural rhythms and feel more in tune with your physical and emotional needs.



Thank You for Downloading Your Hormone Guide

Good Luck on starting your hormone health journey.

You've taken an incredible step toward prioritising your health and well-being. Remember, this guide is not about perfection — it's about learning the tools that are going to help you to achieve better hormone and metabolic health. This process takes time so be patient.

Stay consistent, listen to your body, and trust the process. You've got all the tools you need to feel amazing from the inside out. Celebrate every small win along the way — they all add up!

You're stronger, more capable, and more radiant than you think. You've got this! 🌱💪🌟

💪 Join My Programs

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You've got this—and I'm here to help every step of the way.

With love and support,
♥️ Renee

