

Eight foods to help Balance Hormones

Interactions between hormones are fundamental to health for both men and women. This means hormone imbalance may negatively impact well-being.



Cruciferous Vegetables

Vegetables such as broccoli, cauliflower, bok choy, brussel sprouts, and cabbage help modulate estrogens.



Egg Yolks

Rich in vitamins A, D, E, B2, B6, B9, as well as elements iron, calcium, phosphorous, and potassium, which support thyroid function & hormone balance.



Legumes

Contain phytoestrogens which are plant-based substances that may help balance your hormones naturally.



Coconut Oil

Contains lauric acid which may be beneficial for hormone production and is antimicrobial.



Carrots

Raw carrots, not cooked, contain a fibre that can help to detox excess estrogen from the body.



Avocados

Rich in omega-3, fibre, potassium, magnesium vitamin E, B-vitamins, and folic acid, avocados help reduce inflammation and maintain hormonal balance.



Liver

A high source of vitamin A, liver may help to improve thyroid function as well as your liver function, which synthesizes and removes excess hormones.



Nuts and Seeds

Rich in Omega-3 and dietary fibre, these foods may reduce inflammation in the body and help remove excess hormones.

Sources:

<http://www.mindbodygreen.com/0-11983/48-foods-to-balance-your-hormones-give-you-glowing-skin.html>

<http://www.prevention.com/beauty/hormone-balancing-foods-better-skin>

<http://empoweredstenance.com/balance-hormones/>



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