

NUTRITION & WELLNESS

HORMONE FRIENDLY SWAPS *for Midlife*



20 SIMPLE SWAPS TO SUPPORT YOUR HORMONES

HORMONE-FRIENDLY SWAPS

#	✗ INSTEAD OF...	✓ SWAP TO...
1	Takeaway coffee cups	Stainless steel, ceramic or glass travel mug
2	Plastic water bottles	Glass bottle or stainless steel
3	Plastic food storage containers	Glass containers with BPA- & phthalate-free silicone lids
4	Microwaving food in plastic	Heat food in glass or ceramic
5	Plastic wrap	Beeswax wraps or glass containers with lids
6	Non-stick pans	Stainless steel or cast iron cookware
7	Plastic cooking utensils	Wooden or stainless steel utensils
8	Plastic chopping boards	Wooden or bamboo chopping boards
9	Canned tomatoes	Glass jars when available
10	Canned beans	Glass jars or cook dried beans
11	Plastic tea bags	Loose-leaf tea or plastic-free tea bags
12	Highly processed packaged foods	Fresh or minimally processed foods
13	Scented lotions	Fragrance-free moisturisers
14	Perfumes with synthetic fragrance	Reduce use where possible or choose fragrance-free products.
15	Fragranced deodorant (especially aerosol sprays)	Fragrance-free, aluminium-free deodorant
16	Air fresheners	Open windows or essential oil diffuser
17	Scented candles	Beeswax or soy candles with natural scents
18	Harsh chemical cleaning sprays	Vinegar, baking soda or castile soap
19	Conventional strawberries & spinach	Organic when possible
20	Receipts (thermal paper)	Decline receipts or wash hands after handling

BONUS DAILY HABITS

- ✓ Eat cruciferous vegetables (broccoli, kale, brussels sprout, cabbage etc.)
- ✓ Aim for 30+ different plant foods each week (herbs, nuts and seeds count)
- ✓ Eat 25–35g fibre daily
- ✓ Strength train 2–4 times per week
- ✓ Sweat regularly through exercise
- ✓ Stay well hydrated
- ✓ Open windows daily to improve indoor air quality
- ✓ Wash fruit and vegetables thoroughly
- ✓ Vacuum regularly (preferably with a HEPA filter) to reduce household dust

MY FAVOURITE LOW-TOXIN PRODUCTS

These are the products I personally use or recommend to clients because they make reducing everyday chemical exposure simple and affordable.

 Ceramic-lined travel mug
 Glass water bottle
 Glass food storage containers
 Stainless steel pan
 Castile soap
 Beeswax wraps
 Essential oil diffuser
 Fragrance-free moisturiser
 Natural deodorant

Remember: you don't need to replace everything overnight. Simply make these swaps as your current products run out or need replacing. Small changes add up over time.

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