

# 5 FOODS WOMEN **MUST AVOID** FOR HORMONAL BALANCE

YIKES! COULD YOUR DIET BE  
RUINING YOUR GOOD LOOKS?



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# MY PERSONAL JOURNEY

WHAT YOU'RE EATING COULD BE DISRUPTING YOUR HORMONES ( AND MAKE YOU **UGLY**):

At 16, my battle with **acne** led me straight to hormonal birth control pills. They cleared my skin, but in return, I gained a whirlwind of issues: I put on **14 kg** (about 31 lbs) and had severe mood swings. My libido disappeared, gaining muscle became difficult, and I resorted to unhealthy ways to shed the weight..

3 years later, I decided it was time to ditch the pill. But a new set of challenges arose: the return of **acne**, **receding hair** , **extremely painful menstrual cramps**, and **PCOS**. In that pain, with painkillers as my only comfort, I realised i had to change something. Becoming a nutritionist seemed like the next logical step. But the irony?

Foods I was taught were 'healthy' were actually waging war on my hormones.

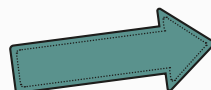
After years of research, I've pinpointed the 5 worst culprits. These are foods that **women everywhere should be wary of to avoid hormonal imbalances**.

Remember, while food plays a pivotal role, it's just one piece of the vast hormonal puzzle. And in this guide, we'll zero in on that crucial aspect.

P.S. Look at this bottom left “before” picture! I just knew something wasn’t right, but nobody was able to help me. So i had to figure it out myself.

*Laura Riffer*

Founder of Missbiohacker



## HAVE YOU EVER BEEN TO THE DOCTOR FOR HELP WITH HORMONAL PROBLEMS?

Well, I've been there.  
It often looked like this:

**Got acne?**-> Take birth control!

**Period cramps?** -> Birth control and painkillers!

**Sleeping problems?** Pills!

**Don't want to get pregnant??** Birth control seems to be your one solution!

**Irregular menstruation?** Freaking birth control

**Endometriosis, PCOS?** Your lifestyle doesn't matter. Just start taking birth control!!

**BULL CRAP!**

Honestly, birth control seems to be the only solution for a person with a uterus.. No doctor ever told me that it could affect my intestinal flora, that it could make me gain weight and that it could affect my cycle, fertility and hormones..**even years after quitting the pill!**

All these symptoms can be helped with simple lifestyle changes. But no doctor ever came up with the idea of talking about diet or other lifestyle changes...

I still find it shocking that most doctors only have about **24 hours of training in nutrition!**



I'd like to spare you that struggle with [this guide](#).

I'm not really a fan of telling people what not to eat, I rather tell what to eat instead. But these 5 foods really made it on the "avoid as much as you can list".

I have listed the 5 most important foods that you should definitely be careful with. I also give tips on what you can do instead.

Have fun!



Laura

# #1 SOY



With all the loads of scientific data available that soy (even edamame) is **not a healthy part of anyone's diet**, it shocks me how many folks are still on the “soy is good for you” bandwagon – even people who should know better”

You might not realize it, but soy is **everywhere**. From the obvious items like tofu and soy milk to the unexpected ones like **baked goods, cereals, and even some sauces** – soy is a constant presence. Why? Because it's an economical protein substitute, making it a favorite for many food manufacturers.

## **MOST PEOPLE HAVE NO IDEA THAT SOY IS A HIGHLY GOITROGENIC FOOD AND ACTIVELY SUPPRESSES THYROID FUNCTION.**

A 1991 study found that eating only 2 TBL/day of roasted and pickled soybeans for 3 months to healthy adults who were receiving adequate iodine in their diet **caused thyroid suppression with symptoms of malaise, constipation, sleepiness, and goiters** (Nippon Naibunpi Gakkai Zasshi 1991, 767: 622-629)!

Science shows that if you're loading up on soy, it might not sit well with your **thyroid**. The isoflavones in soy have the potential to slow down the enzyme responsible for producing your thyroid hormones. And trust me, **you want those hormones working seamlessly**.

## **BREAST CANCER RISK**

Study 1: The soy isoflavones genistein and daidzein appear to **stimulate existing breast cancer growth indicating risk** in consuming soy products if a woman has breast cancer. (Annals of Pharmacotherapy 2001 Sep;35(9):118-21)

Study 2: Estrogens consumed in the diet at low concentrations were found to stimulate breast cells much like DDT to increase enzymatic activity **which leads to breast cancer** (Environmental Health Perspectives 1997 Apr;105 (Suppl 3):633-636).

## PHYTOESTROGENS

Those tofu dishes and soy lattes you love?

They're packed with natural plant compounds called phytoestrogens, specifically isoflavones. These compounds can act a lot like the **estrogen** hormone in your body. By binding to estrogen receptors, they can throw off your natural hormonal balance.

For some of you, especially if you're consuming soy in large quantities, this could potentially lead to issues like **estrogen dominance**.

## PESTICIDES

Unless you're picking up certified organic soy products, there's a chance they've been treated with pesticides. These sneaky chemicals, just like with grains, can mess with your hormones.

Now I hope you think twice about your next soy latte!

## PS

Fermented soy in small amounts, like in traditional Asian diets, is okay for those with healthy thyroid function. This includes miso, tempeh, natto, and traditional soy sauce. Occasional edamame on your salad or tofu in miso soup is fine. Even a bit of soy lecithin in an occasional nonGMO snack is acceptable. Just don't make it a regular dietary habit! But if you have any sort of thyroid issues avoid all soy all the time.



# #2 COFFEE



I'm sorry, this probably hurts the most: Coffee.

We all have those days when the aroma of freshly brewed coffee is the only motivation to get out of bed. Coffee, with its central component, caffeine, can be both a blessing and a curse for our hormonal health. Let's unravel the connection:

## THE ADRENALINE RUSH

Caffeine stimulates your central nervous system, prompting the release of adrenaline (epinephrine), the 'fight or flight' hormone. Constantly sipping on coffee or energy drinks means your adrenals are always on **high alert**, which can lead to adrenal fatigue over time. When the adrenal glands are overworked, it could cascade into a hormonal imbalance.

**PS** if you drink coffee after 2 pm it will probably **impair your sleep**.

## PESTICIDES AND MOLD

If your coffee beans are not labelled organic, they have probably been treated with pesticides. Another problem is that most coffees, especially the lower quality ones (e.g. **from Starbucks**), often contain molds. Certain molds produce mycotoxins that can wreak havoc on your health, and yes, you guessed it, on your hormones too.

## BUT DON'T WORRY:

That doesn't mean you shouldn't drink coffee, there is more to it. Like most things in life, moderation is key. Opt for organic, high-quality coffee to minimize exposure to pesticides and molds. I only drink the NoordCode coffee, you can **save 10%** with my **code missbiohacker** [here](#).

And if you're sipping on multiple cups daily, perhaps it's time to rethink the quantity.

**P.S.** Drinking coffee too soon after waking up can interfere with your cortisol production, affecting your hormones. **I wait 90 minutes** to allow my body to naturally regulate cortisol levels before introducing caffeine.



# #3 ALCOHOL

Okay, let's chat about that Friday night glass of wine or the occasional weekend cocktail. I get it – sometimes there's nothing better than unwinding with a drink, especially after a long week.

But let's take a look at your hormones..

## ALCOHOL & YOUR HORMONES:

You might not realise it, but when you're toasting to the good times, alcohol might be messing around with your hormones. And I'm not just talking about those regrettable post-drinking choices ;-). Here's the deal:

### HORMONAL CHAOS

Alcohol can interfere with your estrogen and testosterone levels. For us ladies, too much drinking can cause low estrogen and testosterone, which isn't ideal for our hormonal balance. Lowered estrogen levels can also make it harder for you to conceive a child.

It also **slows down how your thyroid works**, and trust me, we want that little gland to be on its A-game.

### SLEEP DISRUPTIONS

Even if alcohol might make you feel drowsy, it can mess with your sleep cycle. This can lead to issues with cortisol, your stress hormone, which you don't need more of.

### DID YOU KNOW? WOMEN METABOLISE ALCOHOL **DIFFERENT** THAN MEN!

Ever notice how sometimes one drink can feel like two?

Well, it's not just you. Us ladies process alcohol differently than men. First off, our bodies generally have less water to dilute the alcohol. Plus, we naturally have fewer of those helpful stomach enzymes that break down alcohol, so we can **end up absorbing more of it**.



Now, let's take a look at our **menstrual cycle**. When we're in the follicular phase (the first half of our cycle leading up to ovulation), our **tolerance for alcohol might be higher**, making us less susceptible to its effects.

But during the **luteal phase** (the second half after ovulation), some of us may find that alcohol hits a bit harder.

And remember, some studies suggest that the effects of alcohol can be even stronger **right before our period starts**.

So next time you're sipping on a cocktail, take a moment to think about where you might be in your cycle and how your body might react!



## MY PERSONAL TAKE ON ALCOHOL

Avoid it as much as possible..That is the **hard truth**. Especially if you're a woman in fertile age and want to have children in the future. Alcohol is a **neurotoxin** and women with hormonal problems should especially avoid.

Do I personally drink alcohol? Very Very rarely, on special occasions. Then it is usually a glass of biodynamic wine (and I use activated charcoal to bind). For me personally, it is easy to go without alcohol because my friends have the same values and for us it's normal not to drink.

And when I drink, it's a glass, I **NEVER** get drunk. My partner, for example, is more of a "connoisseur", he loves a good glass of red wine once a month. For him it would be more stressful to give up wine than to enjoy the evening. It's all about balance.... :-)

### **And...have you ever heard of the beneficial compounds in wine, like resveratrol?**

Reminder: the positive effects of resveratrol have been studied with supplements, not wine. To absorb these high levels of resveratrol from wine, you would have to drink litres. And that would then cancel out all the positive effects of the resveratrol.

**PS** If you want to get pregnant, I recommend abstaining **100% from alcohol** at least one year beforehand.

**PPS** When I go out or want to drink something more "fancy" i usually drink a **virgin pina colada**. It's super easy to make, just mix this: 1 cup of fresh pineapple chunks, 1/2 cup of coconut milk, 1/2 cup of pineapple juice (unsweetened) and 1 cup of crushed ice. You can add a splash of coconut water for extra hydration.

# #4 SEED OILS



Alright, let's get into something that's probably lurking in your kitchen right now. Seed oils! Think of those bottles of **vegetable oil, canola, or sunflower oil** you use for frying or in salads. They're super common, and most of us don't think twice about them.

## THE SCIENCE BEHIND WHAT SEED OILS MIGHT BE DOING TO YOUR HORMONES:

### OMEGA-6 OVERLOAD

Many seed oils are loaded with omega-6 fatty acids. Now, they aren't the bad guys on their own, but in high doses, and especially when they overshadow our omega-3 intake, they can kickstart inflammation. And chronic inflammation? Well, that will certainly mess up your hormones.

Plus, they also increase your **risk for obesity**. Need more reasons to finally ditch them?

### HEAT & TOXINS

Heating these oils, especially past their smoke point, means they can start to degrade and produce harmful compounds. We're essentially inviting toxins to dinner. Not the most appealing thought, right? A better option is for example coconut oil, because it is more stable and doesn't produce toxic fats when heated.

### HORMONAL ROLLERCOASTER

All this inflammation and toxin talk translates to potential hormonal disruptions. It's a tricky chain reaction that could have wider implications for your health. And if you often eat out: Guess what oil 90% of restaurants are using? You've guessed it. Seed oils! Sometimes I say I'm allergic and ask them to fry in butter. Some of them do it, some don't.

# #5 ARTIFICIAL SUGARS

Tempted by that "sugar-free" label or often reaching out for that white bread sandwich? Here's what you might not know about artificial sugars and refined carbs:

PS. : Im not claiming that carbs in general are “bad”. In fact, carbs can be beneficial for hormonal balance in the right context, at the right time.

The problem is, we are overconsuming processed carbs, at the wrong times of the day and year, and don't do our hormones favours by doing so.

- **THE “SUGAR FREE” MYTH**

Both artificial sugar and refined carbohydrates **can** cause blood sugar levels to rise quickly = can lead to hormonal imbalances in women.

Even though these artificial sweeteners do not provide calories, they can still **trigger an insulin response**. Over time, this can lead to insulin resistance, a precursor to type 2 diabetes and a factor in conditions such as **polycystic ovary syndrome (PCOS)**.

- **GUT DISRUPTION**

Some artificial sweeteners have even been found to **alter the gut microbiome**. Stay away from these things. Eat real sugar that comes from real food.

- **CRAVINGS & OVEREATING:**

Even though they're calorie-free or low-cal, artificial sugars can stimulate your appetite, leading to increased calorie consumption throughout the day. Plus, refined carbs, being void of fiber, **don't keep you satiated for long**, nudging you to eat more frequently.



# ENDOCRINE...WHAT?

## LET'S BREAK DOWN ENDOCRINE DISRUPTORS

What Are These Things?

You know those chemicals that can mess with your body's regular hormones? Those are called Endocrine Disrupting Hormones, or EDHs. They act like tricksters, pretending to be your natural hormones or blocking them

## WHY YOU SHOULD CARE

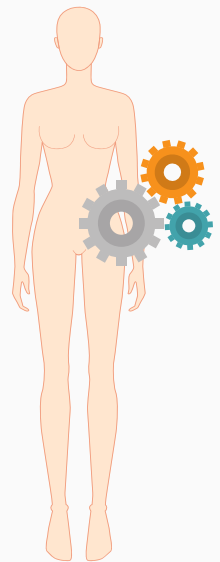
You might have the sneaking suspicion that,

**"I'm young and problem-free, so why worry about endocrine disruptors?"**

If this is you,  
**THINK AGAIN!**

Think of your body like a finely-tuned machine. Everything's balanced and working smoothly. But when these EDHs come into play, they can:

- **Fertility Issues:** They can interfere with your ability to have children. It's not just about getting pregnant, but ensuring a healthy pregnancy too.
- **Kids' Health:** If you've got kids or think of having them someday, be aware! These chemicals might affect their growth, development, and even their behavior.
- **Your Defense System:** We all rely on our body's natural defense mechanism to fight off illnesses. These tricksters can make your defense system less effective, leaving you more vulnerable to getting sick.



Now, the "ugly truth":

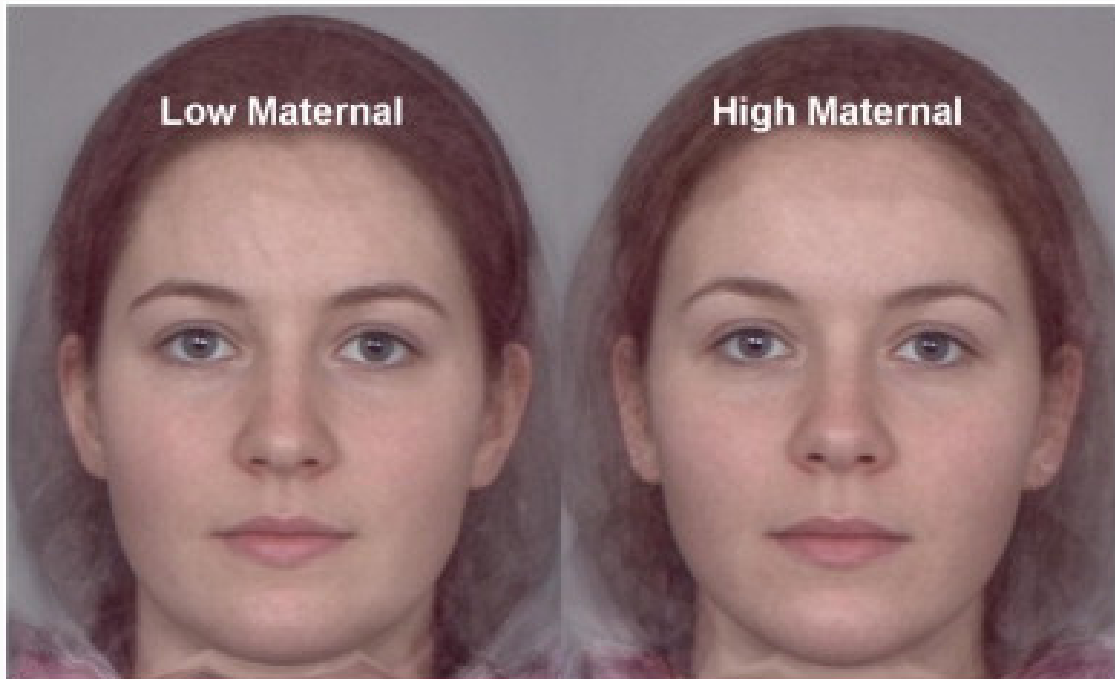
**They can even make you less beautiful!**

( Now that i have your attention, continue on the next page to find out why))

Yes, you heard me right! Endocrine disruptors can reduce the amount of your "real" hormones, such as estrogen and progesterone.

**These hormones directly impact how full your lips are, your skin glow, how beautiful you appear to the opposite sex, and yes, even your natural scent.**

**So maybe now you want to consider to prevent being exposed to too many of these endocrine disruptors.**



Look at this striking image that compares the facial composition of 18 women combined.. On the left, we have ladies with a low desire for offspring, and on the right, women who are ready to start a baby-making frenzy!

This is where it gets juicy: Turns out, these differences in baby fever are linked to the **estrogen hormone**. The high-estrogen squad on the right got top ratings for their **alluring, feminine features**, while the others just couldn't keep up.

Who knew hormones could play such a big role in what we find attractive?

## Let's refocus on the topic of endocrine disruptors ( that mess with your hormones)

Are They Only in Food? You might wish it were so simple! Unfortunately, these sneaky chemicals have made their way into many aspects of our daily lives:

- **Plastics:** Your everyday water bottle, food containers, and even some toys might contain these chemicals that can leach into what you consume.
- **Makeup & Beauty Products:** Some of your makeup essentials like lipsticks and foundations, and even skincare products might be culprits.
- **Daily Essentials:** Think shampoos, soaps, or even the detergent you use for your laundry.
- **Air:** Yup, you read that right. Sometimes, the air you breathe in, especially in highly industrialized areas or homes with lots of synthetic materials, can contain these hormone-disrupting chemicals.
- **Your Cozy Bed:** The mattress you sleep on, especially if it's made of synthetic materials, might be releasing these chemicals.
- **What You Wear:** Some fabrics, dyes, or treatments used in clothing can also have these disruptors.

Knowledge is power, so being aware of these sources helps you make healthier choices!

### But There's Hope...

Navigating the world filled with these hidden hormone disruptors can be daunting. But what if there was a clear roadmap to help you sidestep these pitfalls? Enter the [Home Detox Academy](#) here.



The academy isn't just another course. It's a transformative experience designed specifically to empower you. Want to reclaim control over your hormonal health? This is your master key. You'll discover:

- **Guided Strategies:** Practical, easy-to-follow steps to detoxify your home, starting from the bedroom to the kitchen.
- **Product Breakdown:** An inside look at everyday products, and healthier alternatives to keep those sneaky chemicals at bay.
- **Real-Life Applications:** Knowledge alone isn't power; applying it is. Learn how to make better choices every day.

•  
If you're genuinely committed to restoring and maintaining your hormonal balance, Home Detox Academy isn't just an option; it's a must-have. Say yes to a healthier you! [Join now](#)

Thank you for using this guide to identify the foods that may be harmful to your hormones. Here's to hoping you throw them all away!

If you found this guide helpful or would like to share some feedback, please feel free to send me a message on Instagram at @missbiohacker. I always appreciate hearing from you.

sending good health and love,

*Laura*

**PS.** Don't forget to pay close attention to the information on page 10. This is no joke

**PPS** Exciting news, if you're interested in learning more about hormones, something amazing is on the way! Stay tuned.