



Small
Choices
Powerful
Change

Nutrition for Hormone and Energy Balance



Hormones Affect EVERYTHING



- mood
- metabolism (how your body turns food into energy)
- sleep
- energy
- weight



5 Key Hormones That Tend to Get Out of Balance

Estrogen

Drops and fluctuates, leading to hot flashes, brain fog, and bone changes



Progesterone

*Drops earlier
Often causes anxiety, poor sleep and irregular cycles*



Insulin

Sensitivity to insulin decreases and often leads to weight gain, especially around the belly



Cortisol

This hormone will stay elevated if we are under chronic stress



Melatonin

Declines with AGE and makes restful sleep harder to come by.



Food is Powerful Medicine



“Let food be thy medicine
and medicine be thy food.”

_ Hypocrates

“All things are permissable,
but not all things are
beneficial.” 1 Cor. 10:23



The Impact of Processed Foods

"Food can be the most powerful form of medicine or the slowest form of poison."



Impact on Sex Hormones

Diets high in processed food and unhealthy fats may affect estrogen, progesterone, and testosterone balance, which can contribute to mood swings, PMS, and fertility issues.

Insulin Imbalance

Processed foods are often high in sugar or refined carbs. These cause fast blood sugar spikes, leading to too much insulin being released. Leads to insulin resistance and risk of diabetes

Increased Cortisol

Eating lots of processed food puts stress on the body, which can raise cortisol levels. High cortisol can lead to weight gain, sleep problems, and low energy.

Disrupted Appetite Hormones

Processed foods can mess with hormones like leptin (which tells you when you're full) and ghrelin (which tells you when you're hungry). This can lead to overeating and cravings.

5 Simple Nutrition Strategies

Stabilize energy, reduce cravings, protect cortisol levels, calm inflammation, and support hormone repair.

Prioritize Proteins

Fuel with Healthy Fats

Fill With Fiber

Eat Live Foods

Reduce Sugar and Refined Carbs



Prioritize Protein



Supports Muscles

Muscle helps regulate stress hormones like cortisol. Muscle affects appetite hormones — active muscle helps keep hormones like leptin and ghrelin (which control hunger and fullness) working properly.

Supports Blood Sugar Control

Slows down digestion — sugar from carbs enters your blood more slowly, avoiding big spikes. helps insulin function, the hormone that moves sugar out of your blood and into your cells for energy.

Supports Satiety

Reducing hunger — protein helps you feel full, so you're less likely to overeat or snack on sugary foods.

Aim for 20-30 g per meal

Eggs, Lentils, Greek Yogurt, Chicken, Turkey, and Fish



Add Fiber + Plant Diversity



Goal: 25-30 g

Fiber and plants help eliminate excess estrogen and supports gut health.

Eat more **LIVE** food and less **DEAD** food

Living foods exist in "raw" or "close to raw" state. They are beautifully packaged in divinely created wrappers called skins and peels.

Dead food is the opposite. They have been altered by human hands in almost every way possible to make their shelf life longer and addictive to the consumer

- 5 servings of fruits and vegetables daily
- Whole grains like oats and quinoa instead of processed grains
- Flax seed, leafy greens, lentils, berries and oats



Include Healthy Fats

Hormones are built from fat. don't fear it. They're essential for making hormones (like estrogen and progesterone) They help absorb vitamins (A, D, E, K) They support brain health, skin, and mood



20% to 35% total daily calories. If you eat around 2,000 calories/day, that's about 44 to 77 grams/day.



Omega-3's

fatty fish,
flaxseed,
chia
Omega-3's reduce
inflammation and support
mood

Monosaturated Polyunsaturated

olive oil,
avocado,
nuts,
seeds
walnuts,
sunflower seeds

Simple target:

- ✓ Include a healthy fat at each meal (like olive oil on salad, avocado on toast, or a handful of nuts).
- ✓ Aim for 2 servings of fatty fish per week for omega-3s.




Limit unhealthy fats:




Avoid or limit trans fats (found in many processed foods).
Keep saturated fats (from butter, fatty meats) in moderation

Reduce Sugar + Refined Carbs

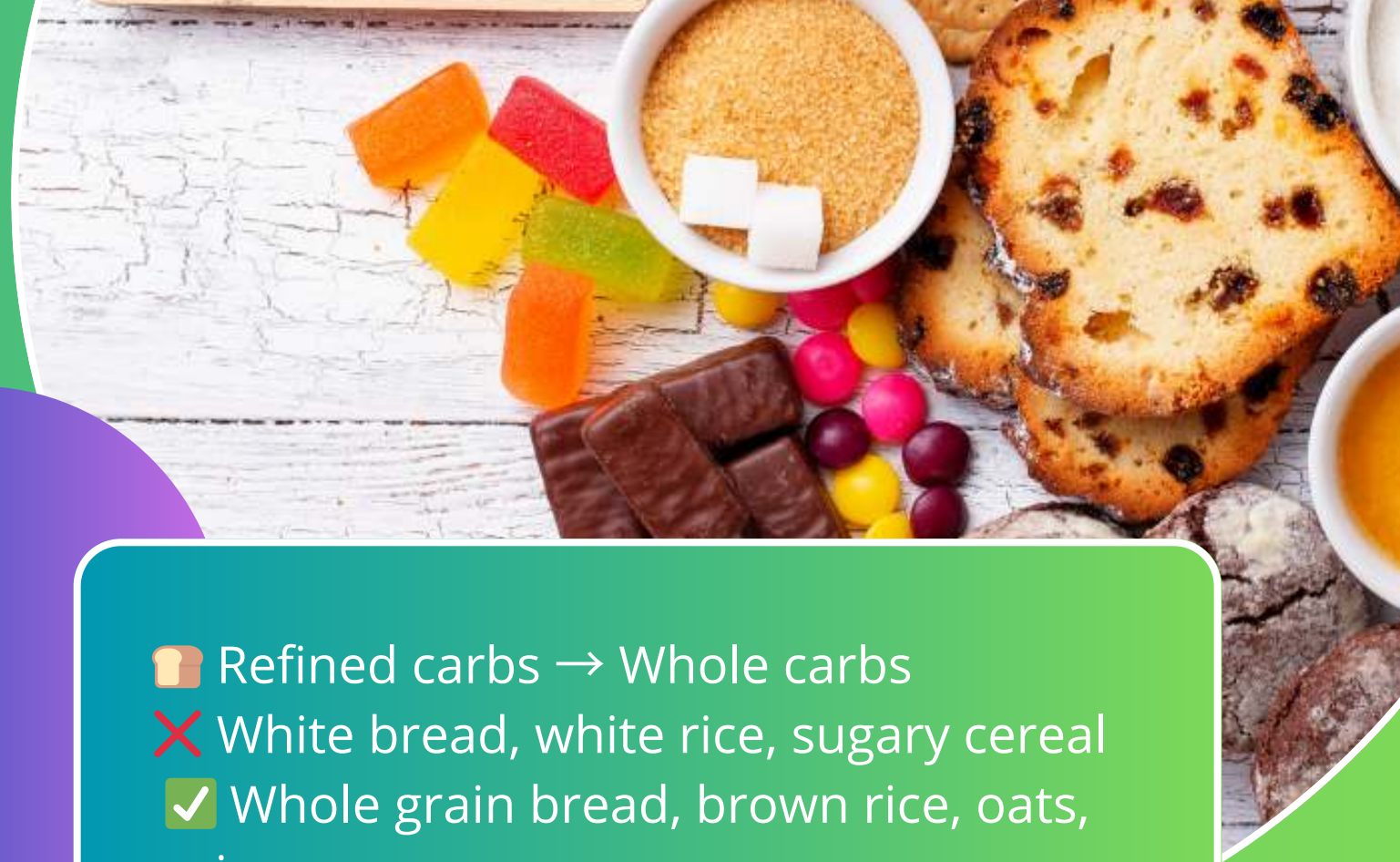


Hormone-Friendly Food Swaps

 Refined carbs → Whole carbs
 White bread, white rice, sugary cereal
 Whole grain bread, brown rice, oats, quinoa
➔ Whole carbs break down slower = steady blood sugar + happy insulin levels.

 Sugary snacks → Naturally sweet foods
 Candy, pastries, sweetened yogurt
 Fresh fruit, plain Greek yogurt with berries, dates (in moderation)
➔ Natural sweets give fiber + nutrients = less blood sugar spike.

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Hydrate and Limit Alcohol

Water supports every cell, hormone, and function. Alcohol disrupts sleep, mood, and can increase cancer risk post-menopause

Caution: Tap Water

Daily Recommendation: Most health experts recommend drinking 8-10 glasses (2-2.5 liters) of water daily. However, needs vary based on activity level, climate, and individual health.



Hydrating Foods: Cucumbers, watermelon, and oranges have high water content, contributing to daily hydration.



Simple Daily Steps to Achieve Optimal Health



Increase Fruit and Vegetable Intake:

Aim for at least 5 servings per day, focusing on a variety of colors for a wide range of nutrients.

Cut Back on Sugary Drinks:

Replace soda and sugary juices with water, herbal teas, or natural fruit-infused water.

Choose Whole Grains:

Swap white bread, pasta, and rice for their whole grain alternatives to increase fiber intake.

Incorporate Omega-3 Fatty Acids

Aim for two servings of fatty fish (like salmon or mackerel) per week, or use plant-based options like flaxseed or walnuts.

Stay Hydrated:

Drink water regularly throughout the day, especially before meals, as it aids in digestion and helps prevent overeating.

Conclusion

Supporting hormone balance and steady energy doesn't have to mean complicated diets or drastic changes. By focusing on small, sustainable shifts — like eating enough protein, adding more fiber and colorful plants, including healthy fats, reducing refined sugars, and staying well-hydrated — we give our bodies what they need to function at their best. These choices help smooth hormone fluctuations, stabilize blood sugar, and nourish us from the inside out. Remember, every small step counts, and the goal is progress, not perfection. Together, let's choose foods that strengthen, energize, and support the beautiful design of our bodies.



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