

# THE HEALTH FORMULA

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## Paleo for Women

The following recommendations are important for optimizing hormonal health and fertility. Good hormone balance will promote optimal weight, energy, mood, skin health, and libido, among other health factors.

### Eat a nutrient dense diet

- Choose anti-inflammatory foods rich in micronutrients
  - Avoid sugar, white flour, soy, and vegetable oils
  - Limit added sugar to 25 grams per day or less (6 tsp)
- Eat a balance of protein, fat, and carbohydrates
- Most important micronutrients for fertility and hormonal health:
  - Fat-soluble vitamins A, D, and K2
  - Zinc and copper
  - Vitamins B6, folate, and B12
  - Magnesium
  - Choline and inositol
  - Omega-3 fats

### Exercise regularly

- Promotes good insulin sensitivity, weight loss, and normal hormone function
- Too much exercise can impair hormonal output
- Aim for 3 to 5 days per week of 30 to 60 minutes of exercise
- Strength training, sprints, and longer steady-state cardio is a good mix

### Decrease stress

- HPA axis dysregulation (aka “adrenal fatigue”) influences ovarian and thyroid hormone activity
- Participate in regular stress management activities
- Examples include: yoga, meditation, deep breathing, artistic expression, music, laughing, quality time with loved ones (people or pets!)

### Sleep well

- Aim for 7 to 9 hours of uninterrupted sleep per night
- Circadian rhythms affect hormonal production and fertility

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- Minimize exposure to blue light at night (phones, TV, computer, etc.)
- Maximize exposure to natural bright light at midday

## Support your gut and liver

- Poor gut or liver health leads to hormone imbalance and impaired clearance of excess hormones
- Eat a diet rich in leafy greens, fruits, fresh herbs, fermented foods, and root veggies
  - Insoluble fiber binds to excess hormones, while soluble fiber and resistant starch feed healthy gut bacteria
- Eat plenty of healthy fats and cholesterol-rich foods like egg yolks and liver
- Consider adding a probiotic if necessary
- Limit alcohol to 1 drink per day
- Limit caffeine to 100 to 200 mg (e.g., 1 to 2 cups of coffee) per day

## Avoid environmental estrogens

- Common sources include: plastic containers, cosmetics, hair and body products, conventional produce and meat, tap water, household cleaning chemicals, medications