



Dr. Evelyn's
**HORMONE
BALANCING**
Diet

Ready to start working with your body's
natural cycles?

*please consult a healthcare professional before following these
recommendations.

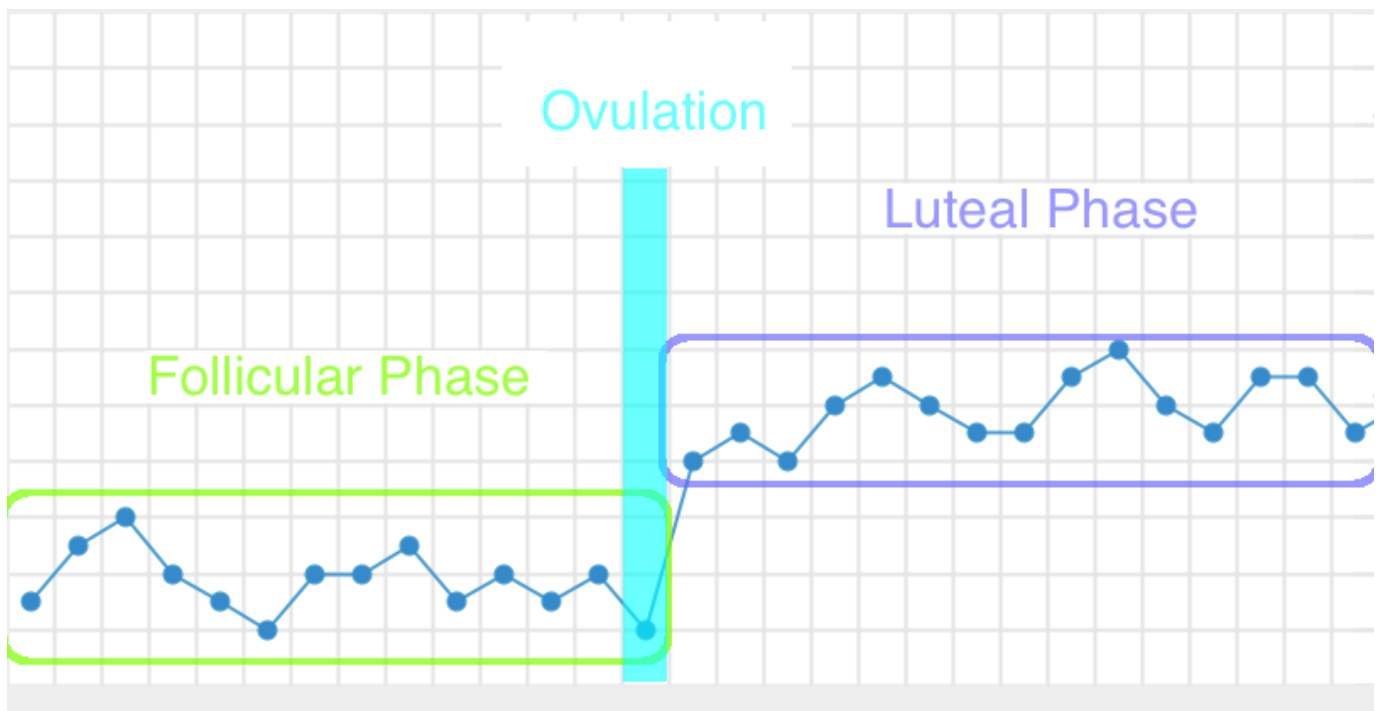
*protocols are based on an average menstrual cycle and should be tailored to
suit each individual appropriately

BY DR. EVELYN MOSELEY D.C.

Step #1: Phase finding

The first step in eating for your cycle, is knowing your cycle! Cycles can vary drastically between women and even change throughout a woman's lifetime. The first step is going to be getting a clear sense of your current cycle.

1. Start on the first day of your period.
2. Use a thermometer to take your temperature when you wake up every day.
3. Write down your temperatures for as long as it takes to get through one cycle.
4. Lower temp should correspond with Day 1-14 (on average) then there will be a slight dip in temperature, followed by a spike in temperature and then a maintained higher basal body temperature during day 15-28.



Step #2: Eat for your Phase

1. Based on YOUR results, we can figure out what a healthy cycle would look like for you. (For example, if your cycle is a little longer, we can split it in half based on those days)
2. In the Estrogen Phase, the first two weeks of your cycle (Day 1: first day of your period - midway), cooling recipes are best. In the Progesterone Phase, the last half of your cycle, warming recipes are best.

	ESTROGEN	PROGESTERONE
Heating or Cooling	Cooling	Heating
What is Happening	increase metabolism, increase energy, burn carbs, better digestion	Slower metabolism, less energy, burns fat, slower digestion
Daily Nutritional Requirements	You can workout harder, here's the time to reach your P.R. or really push yourself.	Take extra recovery or do lighter workouts. Consume an extra 500 calories per day (extra nutrients)
Foods to Eat	Chicken, Turkey, Fish, Raw Fruits and Veggies, Iced water with cucumber and mint, rosemary, dill and thyme.	Beef, Bacon, Cooked Fruits and Veggies, Hot Beverages, Spice, Ginger (Lemon and Ginger in water)
Essential Oils	Peppermint essential oil	Cinnamon essential oil

*** Very general!- one meal won't ruin it. It's OVERALL.

Download [this free cookbook](#) if you want some recipe ideas!

Step #3: Supplement Support

Supplements can help our body heal and regulate, by giving an extra boost of some essential nutrients that could be depleted in your system. Until you build back up to normal levels (this can take about a year), supplementation is recommended as part of a healthy diet! Consult a professional before starting any supplement regime.

- B Complex- Energy
- Magnesium Lactate- Replenish
- Omega-3 with Vitamin D- Inflammation Reduction
- Probiotics- Gut health
- LivaPlex- Liver support/ Detox

Step #4: Foods to Avoid

- **Non-Organic Food/ Farm Raised Protein:**
 - Farmed meats and fish may contain high levels of hormones, antibiotics, PCBs, and mercury. These are endocrine-disrupting chemicals (EDCs)—they come into your body and send your hormones, like estrogen and progesterone, into a tailspin. —Vincent Pedre, M.D., and author of Happy Gut
 - There are seven hormones (testosterone propionate, trenbolone acetate, estradiol, zeranol, progesterone, melengestrol acetate, and bovine somatotropin) that are used in industrial food production of meat, eggs, and dairy that may wreak havoc on human estrogen levels in humans. Sugar: When you eat a diet high in sugar, your insulin levels will be elevated chronically until such time that your cells will develop resistance. As this is happening, your body is focusing more on insulin and processing the sugar and not on the other hormones, causing an imbalance in estrogen, testosterone, and progesterone, for instance.”—Eva Selhub, M.D.
- **White Bread**
 - Gluten plus sugar increases inflammation in the body that causes stress on the adrenal glands (and subsequently the thyroid and gonads) and autoimmunity. This leads to dysregulation of the hypothalamic-pituitary-hormone axis, a decrease in the production of the hormones from the adrenals, thyroid, and gonads due to the stress, and increased autoimmunity to these glands.—Evan Hirsch, M.D. and author of Fix Your Fatigue

- Dairy

- Dairy works on a variety of levels to disrupt hormonal balance. It can be irritating to the gut, inflammatory, and, if it's conventional dairy, it can even be packed with antibiotic residue and recombinant bovine growth hormone. — Ellen Vora, M.D. and instructor of mbg classes on anxiety and insomnia
- Milk contains an abundance of IGF-1, which is a growth hormone. Too much causes inflammation and a spike in insulin, which causes the liver to produce even more growth hormone. Excess IGF-1 may lead to increased risk of diabetes and increased triglycerides. Dairy can also cause your skin to produce more sebum or excess oil leading to clogged pores and acne.—Tiffany Lester, M.D., director of Parsley Health SF and creator of The Unconscious Workout

- Alcohol

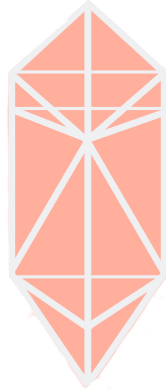
- Alcohol interferes with your brain and that leads to an interference with your hypothalamus and pituitary gland, aka the parts of your brain that tell your body when to make the hormones it needs. Our hormones are so tightly regulated that even a temporary disruption in their production can have drastic effects. Alcohol reduces testosterone production leading to lower energy levels in both men and women. It augments insulin secretion causing a deregulation of blood sugar. Regular alcohol use can also increase cortisol levels, triggering more belly fat storage and an inability to deal with everyday stressors. The good news is that even one month sans alcohol can help restore your hormone function back to where it should be.—Meagan Purdy, N.D.

- Soy

- Soy acts to mimic estrogen (phytoestrogen), and therefore blocks normal estrogen from binding to receptors, and disrupts various other hormones due to elevated estrogen such as decreasing testosterone, and inhibiting thyroid function by facilitating production of "thyroid binding globulin" (binds up thyroid hormone). Soy is also one of the most genetically modified crops, meaning that it is loaded with toxic pesticides that can further lead to hormone imbalance.—Serena Goldstein, N.D.

- Nightshades

- Nightshades can promote thyroid imbalance and inflammatory disease. White potatoes, tomatoes, peppers, and eggplants are all a part of this botanical family. The majority of hormone problems are somewhere on the autoimmune-inflammation spectrum, with the most common being Hashimoto's disease.—Will Cole, D.C., IFMCP, instructor of The Elimination Diet



Chiropractic is a catalyst.

A catalyst is something that facilitates and speeds up reactions that could otherwise happen.

You can heal on your own. You can repattern your body and your mind. You can prevent stress, overuse and damage to your body.

Chiropractors make it faster, easier and more accurate- they help take the trial and error out of the process.

If you are interested in learning more about what to do specifically in your case, visit EudaimoniaChiropractic.com and set up an Online Initial Intake with me, Dr. Evelyn.

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Here is to you and your flourishing!

*Love Always,
Dr. Evelyn*