



ERIN GALVIN

NUTRITION & NATURAL HEALTH

## TOP 5 FOODS TO SUPPORT HORMONE BALANCING

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- 1) **Broccoli** – Broccoli is a member of the cruciferous vegetable family which includes cauliflower, cabbage and Brussels sprouts. Cruciferous vegetables contain a nutrient called Indol-3-Carbinol (I3C), which is a potent estrogen regulator. I3C and broccoli help to balance estrogen levels by:
  - Boosting an enzyme in the liver which breaks down used estrogen into metabolites that can be excreted or that are no longer active. This function helps to reduce PMS, fibroids and endometriosis.
  - Decrease the growth of tumors that are sensitive to estrogen such as breast or uterine tumors.

*Have one serving of cruciferous vegetables per day to support hormone metabolism.*

- 2) **Ground Flaxseeds** – Flaxseeds support healthy, balanced hormones in a number of ways.
  - They contain essential fatty acids which help to reduce inflammation. With this action, they can potentially aid in reducing menstrual cramps and improving endometriosis.
  - They contain phytoestrogen compounds called lignans, which modulate the production, availability and actions of estrogen.
  - The added fiber from the seeds helps to eliminate metabolized hormones via the bowels and prevent them from recycling back into your system.

*Have 1 tbsp of ground flaxseed each day. You can sprinkle them over salads, yogurt, oats, soup...*

- 3) **Spinach** - Spinach has about 40% of your daily requirement of Magnesium. Magnesium is an essential nutrient to the entire endocrine system. Its actions include:
  - Regulating cortisol production and supports nervous system function.
  - Improving insulin sensitivity of cells and reducing sugar cravings which would aid in reducing blood sugar levels.
  - Supporting thyroid hormone production.
  - Enhancing the function of estrogen, progesterone, and testosterone creation.
  - Reducing period pain

*Be sure to buy organic spinach. Add spinach to your salads, stir fries, soups, and smoothies.*



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- 4) **Avocados** – Avocados are chocked full of hormone helping nutrients:
- Vitamins B5 and B6 which are required for reproductive hormone synthesis and balancing of cortisol.
  - Vitamin E which is an antioxidant and important for hormone synthesis.
  - Vitamin C is essential for progesterone and cortisol production.
  - Fiber which help to eliminate metabolized hormones.
  - Monosaturated fats which help to build hormones and reduce hunger.

*Enjoy 1 – 2 avocados per week.*

- 5) **Hummus** – Yep, hummus! Hummus is made from garbanzo beans, tahini (sesame paste), olive oil, lemon juice and garlic. Hummus is a great source of:
- Protein which is the building block of hormones and cells
  - Fiber which supports the elimination of metabolized hormones
  - Zinc from both the garbanzo beans and sesame seeds. Zinc is essential for the synthesis and actions of estrogen, progesterone and testosterone. It is also important for ovulation and egg health.
  - Phytoestrogens from the sesame seeds which would aid in regulating estrogens in the body.

*Have hummus as a dip, a spread, or on salads.*

*To further discuss health goal or specifics like PMS, PCOS, Fatigue, Anxiety, IBS, Body Image Struggles, schedule a [FREE 30 Minute Clarity Call!](#)*

**Check out [my website](#) for more information.**