

Your Body in Balance

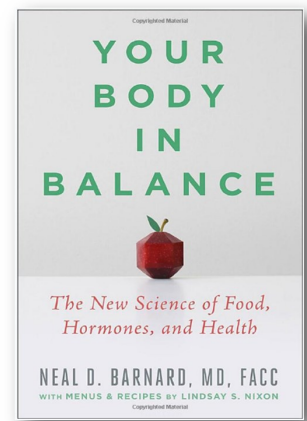
The New Science of Food, Hormones and Health - Some of the most troubling health problems have a surprising solution. Weight problems, infertility, menstrual cramps, diabetes, thyroid problems, acne, hot flashes, and many others are related to the foods you eat. In each case, whether you know it or not, foods are changing your hormones, make you feel great or terrible, vigorous or lethargic, pain-free or miserable.

The key is that you CAN control your hormones—and the problems they cause – by the food choices and lifestyle behaviors you make every day.

Recommendations to keep your body in balance:

- **Consume a whole-food, plant-based diet.** This will allow you to trim excess body fat (a source of unwanted hormones), keep excess hormonal activity in check, have plenty of fiber to eliminate excess hormones through the digestive tract.
- Avoid dairy products and the fat, calories, hormones and galactose they harbor.
- The healthiest eating plans of all are those that skip animal products and focus on four healthy food groups: fruits, vegetables, whole grains, and legumes (beans, peas, and lentils).
- Keep your diet low or free of added oils.
- **Avoid environmental chemicals.** Avoid animal products, favor organic where possible, favor fresh or frozen foods over canned (avoid BPA), in the microwave, use glass containers over plastic, drink clean water, skip thermal receipts and check labels on personal care products (the fewer additives the better).
- **Take vitamin B12 daily.** This is important for everyone, especially those on a plant-based diet.
- **Get sunlight.** Get outside and enjoy nature and the sun; however, be sure to protect your skin from excess sun exposure.
- **Get regular exercise.** Move more through enjoyable physical activity and exercise.
- **Get plenty of sleep.** Aim for 7-9 of quality sleep nightly.
- **Manage Stress Better.** Assess your stressors and identify opportunities to better manage your stressors healthfully. If something is important and controllable - take action. If something is important but uncontrollable - accept and positively cope.
- **Minimize caffeine and alcohol.** These substances may provide temporary euphoria or energy; however, they have negative personal health effects.
- **Avoid sugar and chocolate.** These foods can cause increased pain and negatively affect your mood.

Consider taking some or all of the above steps to maintain or achieve balance in your life. You deserve the health and happiness that these opportunities provide.



Assess - Evaluate current habits and think about how you would like things to be different.

Purpose - Find your why and your reason for wanting to make a healthy change.

Prioritize - What do you need to do to make this a priority in your life?

Mindset - Determine how you will choose to think about your change efforts.

Game Plan - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

Action - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

Reflect - Think back on what you accomplished and what you learned from the experience.

Improve - Continue to progress and consider using this strategy to improve in another area of your life.

Lead - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.