

Riannan's Tips

Hormones & Lowering Inflammation

Prep Phase

LEARN SIMPLE DIET AND
LIFESTYLE SHIFTS TO GET
YOUR BODY BACK IN
BALANCE



EATING FOR HORMONE HEALTH

Must Do - Top Tips



Eat organic

Conventional produce is grown with harmful pesticides such as glyphosate. These chemicals are endocrine disruptors and throw off your hormone balance. So eat organic as much as possible. If eating all organic is out of your budget, follow the EWG's '[Dirty Dozen](#)' & '[Clean Fifteen](#)' guidelines.



Eat enough healthy fats

Your body uses fats as the building blocks for hormones. Without enough, your hormone production will suffer. Be sure to eat plenty of healthy fats like:

- Avocados
- Nuts & seeds
- Fatty fish (such as salmon, mackerel, sardines, & anchovies)
- Coconut oil
- Extra virgin olive oil
- MCT oil
- Kefir



Keep your blood sugar balanced

Sugar and refined carbs increase insulin resistance. They also reduce leptin, the hormone that tells you you're full. So to keep your blood sugar (and hormones) balanced:

- Eat the protein and vegetables on your plate first.
- Eat complete meals with a good balance of protein, healthy fats, and complex carbs
- Keep snacking to a minimum, no carbs by themselves



Eat protein at every meal

Protein is made up of amino acids, which your body uses to make hormones. Protein also lowers your hunger hormone ghrelin and helps keep your blood sugar stable. Aim to eat 20-30 g of protein with every meal. High protein foods include:

- Chicken
- Eggs
- Salmon
- Grass fed beef
- Sardines
- Lentils
- Turkey
- Beans
- Edamame

LIFESTYLE TIPS

To continue to work on



Manage stress

Stress raises your stress hormone cortisol. This can create a domino effect of other hormonal imbalances. So set aside time for daily stress relief. Meditation, yoga, breathwork, and time in nature are all proven to relieve stress. Aim for at least 10-15 minutes every day. Simply taking a walk at lunch can make a big difference.



Go Non-Toxic

Most personal care products like shampoo, deodorant, lotion, toothpaste, and cosmetics are filled with endocrine-disrupting chemicals like BPA, phthalates, parabens, and dioxins. Choose clean, non-toxic products instead. Check out the [EWG's 'Skin Deep Database'](#) [Purchase Better Options HERE](#)



Clean up your cookware

Non-stick cookware is loaded with xenoestrogens. These chemicals mimic estrogen in the body and can mess up your hormone balance. So choose stainless steel or ceramic cookware instead. Plastics can also leach endocrine-disrupting chemicals. So swap out plastic food containers and water bottles for glass or stainless steel. I bought the brand Caraway and also use Cast Iron too.



Get a good night's sleep

Poor sleep can disrupt your hormones big time. So for healthy hormones, try optimizing your circadian rhythm. Here are 3 ways to do that:

- Avoid blue light from cell phones and computer screens 1-2 hours before bed
- Stick to a regular sleep schedule
- Get morning light exposure (even 5-10 min can help)

LIFESTYLE TIPS

To continue to work on



Eat enough fiber

Fiber keeps you pooping so you can flush out excess hormones. If you're not pooping regularly these hormones can get reabsorbed and throw off your hormone balance. So how much fiber is enough? Women should aim for at least 25+ g of a day, while men should aim for 38 g. High-fiber foods include cruciferous vegetables, apples, sweet potatoes, legumes, and avocado.



Get Clean Water

You wouldn't believe what's allowed to be in the water! Start with getting a Reverse Osmosis system at least for counter if you can't do an installation. Besides that, lots of benefits of Hydrogen water as well as at least a Fluoride filter. Check EWG's website to see where your city water ranks



Exercise regularly

Exercise has a natural anti-inflammatory effect on the body. Even just 20 minutes of exercise is enough to reduce inflammation. Aim for 30 minutes of moderate exercise (walking, cycling, yoga, weight training, etc) a day. Injured? work on chair exercises and stretching on the floor to start. Not doing anything at all? Start with 3 days a week of something to get started.



Say No to extra Stress

Chronic stress creates inflammation and gut lining permeability. Find ways to keep your stress at bay and focus on self-care and self-love. Let go of extra projects or people that don't serve you and start learning to say "No" to a few things. Take one thing OFF your plate this month

OPTIMIZING DETOX

Must Dos for Detox



Take your Supplements now and get ready for Body Phase: Daily supplements and then Body Phase: 3 Days ON, 4 Days OFF
Remember it takes 3-4 months MINIMUM for gut **HEALING** to take place, be patient

Be sure to add in others as needed: D3 with K2, Magnesium, etc.



Stay hydrated

Drinking plenty of water helps your body detox excess hormones. Without enough water, all that fiber will just sit inside you. So aim to drink at approximately half your body weight in water every day. For example, if you weigh 160 pounds, your water goal would be 80 ounces a day. Make sure you have a good electrolyte drink mix. My favorite is Shaklee Hydrate [HERE <--Click](#)



Sweat it out

Sweating helps your body remove toxins via your skin. This lightens the load on your liver, which helps your body detox hormones. Exercise is a MUST, even something light per week such as 20-30 minutes light cardio indoor biking if needed, something at home if needed.

Weight training 3x a week light weights helps with insulin management as well.



Dry brush

Dry brushing exfoliates your skin and reduces the appearance of cellulite. But it also stimulates your lymphatic system, which helps your body remove wastes and toxins. If the lymphatic system gets sluggish, it can lead to a build-up of estrogen. New to dry brushing? [This post](#) will walk you through it. And [here's](#) a great set. Do 3x week at least. Brush towards heart, easy to do before shower.