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**NOURISHED + EMPOWERED**

# Healthy Hormones

**THE TOP 5 THINGS YOU CAN DO TO  
SUPPORT YOUR HORMONAL HEALTH**





# Disclaimer

**THIS GUIDE IS INTENDED FOR EDUCATIONAL PURPOSES. NOTHING HERE IS TO REPLACE THE ADVICE OF YOUR DOCTOR OR HEALTH CARE PROVIDER. IN NO WAY IS THIS INTENDED TO DIAGNOSE OR TREAT ANY DISEASE.**

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**HI AND WELCOME!**

**MY NAME IS GERMAINE BENOIT AND I AM A NUTRITIONAL THERAPY PRACTITIONER. OUR HORMONES SHAPE HOW WE SEE AND EXPERIENCE THE WORLD AROUND US SO IT'S SO IMPORTANT TO DO ALL WE CAN TO SUPPORT THEM AND OUR HEALTH! BECAUSE OF THAT, HORMONAL BALANCE IS MY PASSION AND I WANT TO SHARE MY TOP 5 THINGS YOU CAN DO TODAY TO START TO MOVE THE DIAL IN THE RIGHT DIRECTION.**

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TIP #1

# Quality Protein



- Protein is very supportive to our blood sugar levels and balancing our blood sugar is one of THE MOST IMPORTANT things we can do to balance our hormones. When our blood sugar levels are off, our cortisol levels will be, too. This sends stress signals through the body and a body in stress can not heal.
- It's important to build each meal with protein. Animal protein is more easily digestible to our bodies. I always say to aim to get about 30 grams/ meal. But always pair it with a fat and a carb (this is how we balance our blood sugar levels most effectively).
- Proteins break down into amino acids - and our livers need certain ones to effectively detox. Particularly: glycine, cystine, taurine and glutamine. The liver must be healthy to support healthy hormonal conversions and detox properly. My favorite choices include: grass fed beef,
- eggs, fish, shellfish, bone broth, organ meats, yogurt, cottage cheese and collagen. Shellfish are especially supportive because they are great sources of zinc, selenium, iodine, and copper - all are very therapeutic to the thyroid gland.



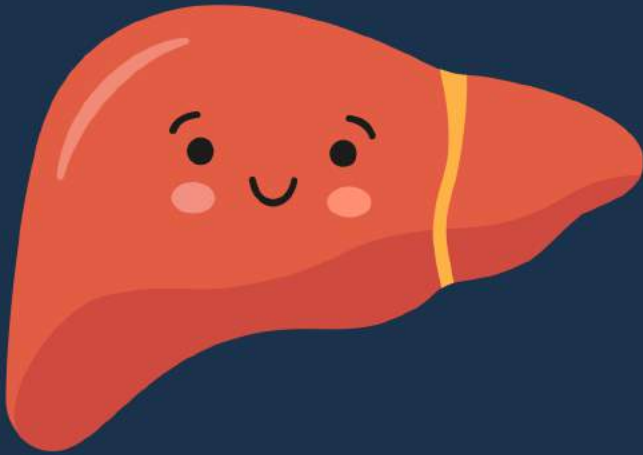
## TIP #2

# Saturated Fat

- Saturated fats allow us to absorb our fat soluble vitamins: A, D, E, and K. These are all pivotal to proper hormonal balance as well as liver detoxification.
- Saturated fats can be a nice source of cholesterol for our bodies. Cholesterol is what makes our steroid hormones - estrogen, progesterone, testosterone and cortisol - without foundational fats, these suffer to be made properly
- Favorite sources include: grass fed butter, ghee, tallow, coconut oil, palm oil cheese and eggs.

## TIP #3

# Support the Liver



Our livers have to work overtime these days because of all the toxins it has to filter.

For women, the burden is bigger- think about the makeup, lotions and potions we have used on our skin for years.

Chemicals in our cleaning products, tap water, medications, plastics, alcohol, pollution and thats just a start.

Also, it takes energy for the liver to work correctly, so if you've had a restricted diet over the years or lack key nutrients the body needs to run efficiently, then it wont have the power it needs to fully detoxify.

Your hormones can't be happy if your liver is toxic and overburdened. The liver is responsible for converting your thyroid hormones T4 into T3 (the usable form of your thyroid hormones). If your liver is burdened, this conversion won't happen efficiently.

You also need your detox pathways open to efficiently detox toxins as well as estrogen. When estrogen isn't detoxed properly, then it builds up and this can lead to estrogen dominance.

ED is associated with heavy periods, cramps, breast tenderness, PCOS, PMS, tiredness, low libido and endometriosis.

Foods that support the liver: fruits and root veggies, esp. beets and raw

carrots, liver, eggs, cruciferous veggies, protein, mushrooms, and onions.

Supplements like milk thistle, magnesium, whole food Vit C, NAC (N-acetylcysteine) which is a precursor to glutathione, our master antioxidant and detoxifier).



#### TIP #4

# Raw Carrot Salad

- As we said earlier, it's important for us to detox excess estrogen so that we don't recirculate it and cause estrogen dominance in our bodies.
- The Raw Carrot salad is an easy way to help this process along. Raw carrots contain a fiber that helps absorb hormones and toxins in the digestive tract. Absorbing these out will take the burden off of the liver and prevent them from being reabsorbed.
- To make: 1 large carrot, shredded, 1/2 tbs of coconut oil or olive oil, 1 tsp of lemon juice or apple cider vinegar, salt to taste. Have daily for the best results. You can also eat a raw carrot, but the added oil amplifies the results.



## TIP #5

# Connect to Nature Daily

- Research shows that exposing our eyes to early morning light is paramount to helping our hormonal health. The frequencies in the early AM light signal to our bodies to stop melatonin production and increase cortisol to fuel our day. Conversely, seeing the evening light tones in a sunset will signal to turn down cortisol production and increase melatonin to help the body get ready for sleep.
- Minimizing screen time after 7pm or at least wearing blueblocker glasses needs to be a must. This protects us from the bluelight that these screens put off. That bluelight is similar to the mid day sun and tells our body to keep moving - that is not what we need when it's time to sleep.





## TIP #5

# Connect to Nature Daily

- Science now shows that if we can be intentional ,daily, about touching the ground or nature in some way, it has a grounding effect on our bodies. Nature is negatively charged and we build up a positive charge over time and in times of high stress. When we touch nature, we recalibrate our overall charge and this helps calm the nervous system. This turns down our cortisol production and allows the hormonal process to work more efficiently.
- As we talked about earlier, we need good forms of cholesterol/saturated fats in our diets to make our sex hormones. The sun converts cholesterol into Vit D, which is actually a hormone. So spend a few minutes daily in the sun with no sun protection to allow this process to happen correctly. !0 mins is enough to get the job done.

# Healthy Hormone Habit Tracker

WEEK OF: \_\_\_\_\_

S M T W T F S

**EARLY MORNING SUN**



**PROTIEN/FAT/CARB AT  
EACH MEAL**



**RAW CARROT SALAD**



**LATE EVENING SUNSET  
OR NO SCREEN TIME  
AFTER 8PM**



**TOUCH THE GROUND  
FOR 10 MINS**



**NOTES**

# Healthy Hormone Habit Tracker

WEEK OF: \_\_\_\_\_

	S	M	T	W	T	F	S
<b>EARLY MORNING SUN</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>PROTIEN/FAT/CARB AT EACH MEAL</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>RAW CARROT SALAD</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>LATE EVENING SUNSET OR NO SCREEN TIME AFTER 8PM</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>TOUCH THE GROUND FOR 10 MINS</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## NOTES

# Continue The Journey

**USE THE LINK BELOW TO SIGN UP FOR MY NEWSLETTER AND BE THE FIRST TO BE NOTIFIED OF WHEN EXCITING NEW INFO COMES OUT.**

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