

# Healthy Hormone Diet

The following is a balanced diet recommended to nearly everyone to follow most of the time. It is not intended to be overly ridged or make you feel like an inmate, quite the opposite. In fact, the physical and emotional improvements will delight you. And what you eat or drink at the occasional party or special occasion is not going to be significantly harmful to you or your hormonal balance in the long run. So splurge once in a while and enjoy it. Moderation in everything, including moderation!

**Protein:** Eat 2-4 ounces of lean healthy protein at each meal.

**Vegetables:** Eat huge amount—you cannot over do it here—especially lots of leafy greens. Go for rich color and variety, avoid the starchy vegetables as a general rule. Prepare vegetables raw or lightly cooked.

**Fruit:** Eat moderate amounts of fresh fruits on an empty stomach. Stay away from sweeter fruits as a general rule.

**Carbohydrates:** Less is best, save them for the complex carbohydrates, and save them for the evening meal. Decrease use of starchy grains and vegetables.

**Fats:** Good fats you need, they are like a tonic. Bad fats are poison.

**Sweeteners:** Minimal, occasional, very occasional. *Less is best.*

**Milk Products:** Ensure you are not allergic and go easy here, using raw unpasteurized where possible.

**Liquids:** Yes to filtered water, limited amounts of diluted fruit juice, no sodas, limited use of wine, beer and coffee.

**Remember:** Always choose the best quality products possible, avoid pesticides, inorganic fertilized products, and hormonally raised animal products.

When possible, always choose Certified Organic.

Avoid processed foods, fast foods, chemically treated foods, and industrially prepared foods.

Eat foods as close to Nature as possible.