

info sheet 1:

# Hormone Harmony Nourishment

## **The *really enjoyable good food guide***

- Real food—fresh and whole
- Lots of vegetables (including some seaweed) and some fruit
- Whole grains, legumes and fresh nuts (always soak grains and legumes before cooking, nuts also benefit from being pre-soaked and dehydrated)
- If you eat animal products, consume only meat, dairy foods and eggs from pasture-fed, ideally organic, animals
- Some raw food—including raw milk, butter and cheese if you're lucky enough to find them
- Eat fermented foods regularly, raw cultured vegetable eg sauerkraut , kefir, yoghurt. Some helpful websites are [www.bodyecology.com](http://www.bodyecology.com) [www.culturedfoodlife.com](http://www.culturedfoodlife.com) [www.summerbock.com](http://www.summerbock.com)
- Use traditional cold pressed vegetable oils only e.g. olive oil
- Use coconut oil for cooking
- Use filtered water for cooking and drinking
- Use natural sugars like raw honey, maple syrup, date sugar, dehydrated cane sugar juice (Rapadura) *very sparingly*. Preferably use stevia or lokanto (not available in UK). Check out the work of [JJ Virgin](#) it's excellent.

## **The *not good food guide—to be avoided***

- Soft drinks
- Sugar and artificial sweeteners including sucralose and aspartame
- Commercially processed foods
- Soy products produced in non-traditional ways
- Coffee, tea and chocolate (raw chocolate naturally sweetened is OK occasionally)
- Hydrogenated fats and oils
- Excessive amounts of processed grain, like pasta, bread, cakes and biscuits (consider removing completely and especially if you are suffering with extreme symptoms)
- All refined vegetable oils from soy, corn, safflower, canola or cottonseed
- Processed, pasteurised, ultra-pasteurised, homogenised, low fat, skim milk, powdered milk or imitation milk
- Battery-produced eggs and factory farmed meat and fish
- Highly processed luncheon meat and sausages

- Quick-rise breads and extruded breakfast cereals
- Canned, waxed and irradiated fruits and vegetables
- Genetically modified foods, artificial food additives and colourings

### Some helpful tips

- It's OK to go slowly. Start with one or two changes and gradually build from there.
- Allow at least 3 months for the new diet to take effect, although you will notice gradual improvements over that time.
- Follow the food 'rules' closely leading into and during menstruation.
- Eat light, easily digestible meals leading into and during menstruation to minimise pain.
- Address any allergies.
- Avoid constipation to ease pain.
- Be prepared for your period with good food in your house.
- Plan for breaking the food rules rather than reacting to 'that damn diet'. Ideally do it in the first half of the cycle.
- Consider seeking professional naturopathic help if you suffer from any kind of chronic digestive disturbance such as wind, bloating, pain, constipation, diarrhoea or irregular bowel movements.
- [Flo Living](#) have created an excellent dietary plan for healing menstrual problems that we highly recommend.