

Vitamins and Foods for Hormone Reset

Vitamins

Omega – 3

Vitamin D

Foods

Foods high in Omega -3s:

- Flax seeds and flax seed oil
- Salmon (wild only; not farmed!)
- Chia seeds (added bonus is they help lower blood pressure) – Get an easy and delicious recipe for chia pudding in my recipe section

Appetite Suppressing Foods

Apples –

- The pectin prevents blood sugar spikes
- The soluble fiber helps you feel full
- A fruit that will help you avoid a blood sugar crash
- Apple pectin can help you feel satisfied for 1-2 hours!
- Always eat organic apples

Rice Bran –

- An insoluble fiber, so contains zero calories
- 1-2 TBSBS in a glass of water stops the release of ghrelin for about an hour
- Avoid wheat bran (wheat sensitivity is common and so much of our wheat is GMO)

Green Tea –

- Contains EGCG (epigallocatechin gallate) which calms your ghrelin and creates a feeling of fullness
- EGCG stimulates thermogenesis which stimulates your metabolism and helps your cells burn fat
- Tip! – If you think green tea is boring, try adding a little xylitol (sweetener) and a little coconut or almond milk...it's very good!

Avocado –

- Contains protein as well as healthy fat and fiber, especially the flesh next to the skin

Green Leafy Vegetables

- Contain phytonutrients which are vital for good health

Choosing high-volume foods that are low calorie will reduce your ghrelin levels before you've overeaten. They include:

- Soups (not creamed soups)
- Salads
- Veggies
- Any food with high water content would be an option

Keep nuts with you

- Almonds
- Cashews
- These are a high protein snack that will patch you over until you can eat a proper healthy meal