STRIVE4Balance

Foundations of hormone balance

Digestion: ways to improve it

- 1-3 bowel movements a day
- Fiber rich foods 20-30 grams a day
- Probiotic rich foods
- Lower stress so you can produce digestive juices

Blood Sugar Balance: ways to improve it

- Eat balanced meals with protein 20-30 g, carbs and fats
- Don’t skip meals
- Don’t eat carbs alone
- Minimize processed foods

Liver: ways to support it

- Get adequate nutrients: vitamin C, proteins, B vitamins, sulfur rich foods, cruciferous veg