



Rehabilitating balance Oestrogen / progesterone

What do we avoid?

- Birth control pills and hormone treatments
- Soy and genetically manipulated foods
- Processed foods
- Industrialised dairy products
- Plastic: bottles, packaging...
- Synthetic hormones, hormones in foodstuffs

What do we add?

- Sunflower, chia, flax, psyllium seeds
- Guar gum
- Cruciferous vegetables
- Nutritional yeast, B-complex (progesterone and oestrogen balance)
- Spicy sprouts help cleanse the liver
- Plenty of fibre from various vegetables that does not increase bloating
- Regular liver cleansing (time-critical up to once a month, then 1-2 times a year)