

# Perimenopause Priorities

## Hormone Health Tips



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### References:

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Disclaimer: This is for educational purposes only and not intended to treat or diagnose any disease.

## NUTRITION

Real, minimally processed foods are crucial for hormone balance & detox:

1. Protein: 80-100g protein/day
2. Fiber: 25-35 g/day from whole foods
3. Omega 3s: 3x/week from fatty fish
4. Cruciferous veg: daily.

## EXERCISE

Maintaining muscle mass and non-stressful exercise balance fluctuating hormones:

1. Strength Training: 2x/week
2. Walking: 4000 steps/day minimum.

## SLEEP HYGIENE

Circadian rhythms help hormone balance:

1. Establish a consistent wake time and bedtime.
2. Get early morning sunlight 5-15 minutes each day.
3. Limit exposure to electronic forms of light after sunset.

## DETOX

Minimize exposure to hormone disruptors:

1. Switch from dryer sheets to wool dryer balls.
2. ID & eliminate skin care products w/ phthalates & hormone mimickers.
3. Avoid plastic food & drink containers.