Healthy Hormones
A Nutrition Guide for PCOS & Fertility
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HOW HORMONES IMPACT YOUR BODY

If you’re living with hormonal imbalance, you know this disease has a number of profound effects on your body, complicating fertility, causing pain, and impacting your overall feeling of wellbeing.

BUT WHAT’S ACTUALLY HAPPENING?

I often refer to hormonal imbalance, PCOS, and fertility as a “wheel with many spokes”; they are interrelated and respond to similar approach to treatment.

The contributing factors, or spokes of the wheel, are

- metabolic syndrome or blood sugar dysregulation;
- inflammatory processes;
- HPA or Hypothalamic-Pituitary-Adrenal Axis imbalance; and
- your body’s response to environmental toxins.

Each of the spokes contributes to hormonal imbalance, PCOS, and impacts your health and fertility.

The metabolic component of the disease elevates the insulin and sugar levels, contributing to the cysts on the ovaries as well as to the underlying inflammatory process.

The inflammation, with elevated blood markers such as CRP, IL6, IL8, can make it difficult to conceive.

Imbalance of the HPA Axis, Hypothalamic-Pituitary-Adrenal Axis
can contribute to irregular menses, thyroid disorders, difficulty losing weight, acne, excess body and facial hair, and fatigue.

**MY APPROACH**

My approach towards treatment of your hormonal health, PCOS, and fertility is founded in naturopathic philosophy, or a root-cause perspective, towards disease. I incorporate Acupuncture and Chinese Medicine, Functional Medicine, and Homeopathy to provide a comprehensive approach towards diagnosis and treatment.

Treatment can only be truly effective when it addresses the contributing factors of hormonal imbalance, so it’s important to understand and address the root causes that can interrupt a woman’s natural processes. By combining these modalities and working in close partnership, together you and I will be able to obtain a complete medical picture. From there we can begin to unravel the complex disease of hormonal imbalance, PCOS and infertility.

**MY EDUCATION**

A native Philadelphian, I received my undergraduate degree from Temple University and went on to attend the National College of Naturopathic Medicine in Portland, Oregon. In 1987, I obtained my Acupuncture license from the San Francisco College of Acupuncture and Oriental Medicine. After working at the well-known Berkeley Holistic Health Center as a Homeopath and Clinical Nutritionist, I founded the Natural Health Care & Healing Center in Berkeley, CA, where I have been providing integrative care to women for over thirty years.

I provide a concierge-style approach towards our work together, striving to understand you – your history, lifestyle, diet, stresses, and emotions, as well as your physical symptoms – to launch you on a path to full health and wellness.

[Questions? Click here for your complimentary 15-minute consultation!]
Hormones are specialized cells, created within a specific gland, which are part of the endocrine system. They are part of a class of signaling molecules and are transported by the circulatory system to “bring messages” to distant organs. Their messages help regulate most physiological functions in your body, including hunger, blood sugar control, mood, thyroid health and especially your reproductive system.

What you eat matters for your hormone balance

Every steroid hormone—estrogen, progesterone, testosterone, cortisol, DHEA, aldosterone—has cholesterol as it’s foundation. Cholesterol is used by the body to make your hormones.
Many years ago the “best” diet was thought to be low fat, but research has shown that not to be the case.

This means, you can have an enormous amount of control over your hormonal health through what and how you eat, as well as the lifestyle choices you make.

Cholesterol is the precursor to all steroid hormones, but the ones which impact your fertility include:

• Glucocorticoids, which regulate blood sugar
• Sex Hormones, which regulate egg development and release
• Thyroid Hormones, which provide the necessary energy for your body

Optimize your nutrition and your hormone health will respond
It’s this belief that forms the foundation for my approach to working with women, and their partners. Whether you are healing your hormones or are approaching pregnancy with conscious conception, nutrition forms the foundation of optimizing your health.

**Fertility**

The Chinese Medicine perspective, which has been active for thousands of years, believes the Qi, or energy, of both the woman and man, contribute to the making of the egg. In addition, the Kidney energy of the woman goes into the growing of the baby, so you need enough energy for your own body, plus extra to provide for the growing baby.

With this in mind, you can understand why it’s important to be at your healthiest for conception and gestation.

Wondering how to do this? Through nutrition, lifestyle and supplements, it’s all possible. Together, you and I will make it happen.
Inflammation and Food

Your food choices directly impact your health & wellbeing

When your immune system is behaving normally, pathogens – bacteria and viruses, damaged cells or irritants such as gluten, and other inflammatory foods – trigger your body to attempt to eliminate what it perceives as a threat. In acute situations, your body functions to eradicate the cause of cell injury and repair the damaged tissue. This is a positive and necessary biochemical response.

The problems arise when the inflammation becomes long lasting, meaning the inflammatory response continues for a prolonged period, doing more damage than protecting. Chronic inflammation occurs when the body’s immune system malfunctions in response to harmful stimuli.

All chronic disease brings inflammation; one of the most important ways to lower your body’s inflammatory quotient and help it heal is by changing your diet. There is a direct relationship between what you eat and how inflamed – or not – your body is.

To calm your body’s overactive immune response, I recommend eating foods with a low inflammatory quotient, as outlined in this guide. Avoid gluten, dairy, processed foods, sugar. Focus on organic, local, in-season vegetables, proteins, and fruits, with low intake of grain, and you’ll soon see and feel the difference.
There are many articles on gluten and gluten-free foods in the media and on the Internet. There is also a lot of conflicting information. This is why a nutritional consultation with a professional is important for your health recovery.

I am frequently asked about gluten and gluten-free foods and diets. I have put together an easy-to-use guide to answer the most frequently asked questions:

“What is gluten, and how does it affect my health?”

Gluten, or gliadin, is a protein found in products made with wheat, rye, barley, and spelt.

Oats are not necessarily a gluten-containing grain. However, I feel it should be eliminated with the other grains because oats are often processed on the same equipment as wheat and may be contaminated by it.

Gluten sensitivity, which is what affects and concerns so many people, causes a weakening of the villi of the small intestines. Once weakened, their atrophy may lead to a host of chronic ailments. If you are sensitive to gluten you might see any of the following symptoms:
Nutritional malabsorption related to gluten intolerance is one of the roots of all of these conditions. In order to recover your health, it is necessary to eliminate gluten from your diet.

**INFLAMMATION:**
- Arthritis
- Chronic Fatigue Syndrome
- Crohn’s Disease, and other digestive issues
- Fibromyalgia
- Hashimoto’s thyroiditis
- Skin problems, such as eczema or psoriasis

**METABOLIC SYNDROME:**
- Diabetes
- Inability to lose weight
- Infertility
- PCOS
- Pre-diabetes
- Unexplained weight loss

**Date & Nut Bread**

Preheat oven to 350°

½ pound organic dried dates, cut into small pieces.

Put them into a large measuring cup and pour over them:
- 2 cups boiling water
- 2 tsp. baking soda

Let mixture cool

In a mixer, with the paddle attachment, cream the following:
- 1 stick unsalted organic butter
- ½ - 2/3 cup date or coconut sugar
- 2 eggs, one at a time, blending well after each egg

**Dry Ingredients:**
- Sift 2 cup organic gluten-free flour mix
- 1 cup organic teff flour
- ½ tsp salt

**Wet Ingredients:**
- The cooled date/soda mixture
- 1.5 tsp vanilla
- 2 tsp. finely grated orange rind (optional)
- 1 cup chopped walnuts

To the creamed ingredients in the mixing bowl, begin with the dry ingredients, then alternate between the wet and dry ingredients, until all ingredients are added and batter is smooth.

Bake until cake tester comes out dry, about 40 minutes depending on the size of the pan you are using.

*Here is an example of how simple and delicious gluten-free baking can be! You don’t have to sacrifice the little pleasures in life to be healthy.*
To optimize your health, nutrition is the place to start!

Gluten sensitivity contributes to inflammation which significantly impacts your health and well-being.

Adopting a gluten-free diet is the first step to addressing this source of inflammation and metabolic dysfunction.

Below are lists of foods you can focus on and foods to avoid. Buy organic whenever possible for your and your family’s health.

**FOCUS ON:**
- Amaranth
- Arrowroot
- Corn
- Millet
- Tapioca
- Taro
- Teff
- Quinoa
- Wild rice and all types of rice

**AVOID:**
- Barley
- Buckwheat
- Couscous and other wheat pasta
- Kamut
- Oat (i.e. oatmeal)
- Rye
- Spelt
- Wheat
Healthy Hormones & Fertility Shakes

Supplements are not regulated by the FDA, so that makes it even more important to trust the company you are buying your supplements from. In order to insure your good health the supplement company should say GMP (Good Manufacturing Practices) certified by NSF or NNFA. This means that only 11 out of 100 ingredients have been tested, leaving 89 NOT tested!

**Carol Lourie Supplements** are GMP certified by the TGA (Therapeutic Goods Administration). This organization requires that every single batch of ingredients are quarantined and tested.

In addition, the minerals and the B vitamins are in the form most easily used by your body.

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### The Basic Healthy Hormone Shake

- It's very important that everything is organic
- 1-2 scoops Fertility Cleanse powder
- 8-10 oz. liquid —which can be any one or combination of: water, coconut water, coconut milk, unsweetened rice or nut milk.
- 1 heaping tablespoon each:
  - Flax seed and Chia seed (please refrigerate in glass jars)
  - 1/2 cup of fruit (which can be any one or combination of blueberries, strawberries, raspberries, blackberries, apples, kiwi, papaya, and seasonal summer fruit.

Possible additions:
- 1/4 avocado
- Heaping tablespoon of: molasses; tahini
- Fresh lemon, peeled ginger to taste
- Greens such as spinach, kale, chard, parsley or watercress

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[Shop Now!](http://www.CarolLourie.com)
Matcha Green Tea Fertility Shake

Tea has been part of our food for thousands of years, and for nearly that long, we’ve known that some teas have medicinal value for our bodies. Green tea is particularly healthful.

From the aqueous-alcoholic extract of green tea leaves, six useful, healthful compounds, as well as caffeine, have been isolated and purified, with the chief constituent of green tea being epigallocatechin gallate (EGCG), one of the powerful antioxidant components.

Tea does many pharmacological actions in our bodies, but a few are particularly important for hormone regulation and fertility. Specifically, tea...

- is a potent anti-oxidant
- promotes hepatic detoxification pathways
- has anti-inflammatory properties, and
- inhibits aromatase activity

DOSAGE: For your healing smoothie, use ¼ tsp. Please find a brand that is organic or ceremonial grade. Look for 100% First Harvest Premium Japanese Green Tea powder from Nishio, Japan.

<table>
<thead>
<tr>
<th>Matcha Green Tea Healthy Hormone Shake</th>
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<tbody>
<tr>
<td>Ingredients: (It’s very important that everything is organic)</td>
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<tr>
<td>- 1-2 scoops Fertility Cleanse powder</td>
</tr>
<tr>
<td>- 1-2 tablespoons of Matcha green tea powder</td>
</tr>
<tr>
<td>- 8-10 oz. liquid—which can be any one or combination of: water, coconut water, coconut milk, unsweetened rice or nut milk.</td>
</tr>
</tbody>
</table>

| Additions: |
| - 1 heaping tablespoon each: |
| - Flax seed and Chia seed (please refrigerate in glass jars) |
| - 1/2 cup of organic blueberries. |

- Greens such as spinach, kale, chard, parsley or watercress
- Peeled ginger to taste
We recommend eating a "Mediterranean-Style Diet." The goal is to focus on vegetables, healthy fats (yes, not all fats are bad) and minimize animal protein. Here are some guidelines for you to follow:

**FOCUS ON:**

**Legumes:** Any kind of organic, non-GMO dried beans or peas, lentils and fresh hummus.

Lentils are an excellent protein source; 26% of their calories are from protein. They are also an excellent course of complex carbohydrates, and they increase your energy while maintaining stable blood sugar.

**Fish:** Fresh, wild-caught fish, including cod, halibut, salmon, flounder, sole, tilapia, mahi-mahi, and trout.

**AVOID:**

Farmed fish, shellfish (shrimp, lobster, crab, oysters, and mussels).
Nuts and seeds are an excellent way to get both protein and positive fats into your diet.

Almonds, pine nuts, pistachios, walnuts, and cashews have the most grams of protein, 6-6.8 grams, per serving (about ¼ cup or a small handful).

Pumpkin, and sunflower are the seeds with the most protein per serving. It’s important to note that flax seeds have the most Omega-3 and oleic fats per serving.

I’ve broken it down for you in this easy chart:

*Please be sure to refrigerate all seeds and nuts using a glass container.*

<table>
<thead>
<tr>
<th>Seeds</th>
<th>Serving Size</th>
<th>Protein (grams)</th>
<th>Fiber (grams)</th>
<th>Omega-3 (mg)</th>
<th>Omega-6 (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chia</td>
<td>1 Tbsp.</td>
<td>4.4</td>
<td>10.6</td>
<td>4.9</td>
<td>1.6</td>
</tr>
<tr>
<td>Flax</td>
<td>1 Tbsp.</td>
<td>1.8</td>
<td>7.6</td>
<td>6.3</td>
<td>1.7</td>
</tr>
<tr>
<td>Pumpkin</td>
<td>1 Tbsp.</td>
<td>9.3</td>
<td>1.1</td>
<td>0.51</td>
<td>5.8</td>
</tr>
<tr>
<td>Sunflower</td>
<td>1 Tbsp.</td>
<td>5.5</td>
<td>2.4</td>
<td>0.21</td>
<td>6.5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nuts</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Almond</td>
<td>1/4 Cup</td>
<td>6.0</td>
<td>3.5</td>
<td>0.2</td>
<td>3.4</td>
</tr>
<tr>
<td>Cashew</td>
<td>1/4 Cup</td>
<td>5.2</td>
<td>0.9</td>
<td>0.2</td>
<td>2.2</td>
</tr>
<tr>
<td>Pine</td>
<td>1/4 Cup</td>
<td>3.8</td>
<td>1.0</td>
<td>0.31</td>
<td>9.4</td>
</tr>
<tr>
<td>Pistachio</td>
<td>1/4 Cup</td>
<td>5.8</td>
<td>2.9</td>
<td>0.71</td>
<td>3.7</td>
</tr>
<tr>
<td>Walnut</td>
<td>1/4 Cup</td>
<td>4.3</td>
<td>1.9</td>
<td>2.5</td>
<td>10.7</td>
</tr>
</tbody>
</table>
FOCUS ON:

Meat & Poultry: Organic chicken, turkey, lamb and wild game.

AVOID:

Meat and poultry which has been fed hormones and antibiotics (i.e. non-organic), processed, canned or smoked meat, including sausage.

Eggs: While on this program, we recommend eliminating eggs from your diet. We strongly recommend avoiding products which contain the growth hormone rBST. Organic dairy product can now be purchased in most supermarkets.

FOCUS ON:

Have small amounts (2 to 3 ounces) of goat cheese once per day.

AVOID:

While on this program, we recommend avoiding the following kinds of dairy products: cow’s milk, hard and soft cheese, cottage cheese, cream, cow’s milk yogurt, butter, ice cream, and frozen yogurt.
When you choose to eat grass fed beef, you are doing the environment and your body a favor. Grass fed cattle are raised in open pastures and humanely treated. The beef from these animals is better for your body because they are not fed grains, especially not corn, nor treated with hormones or antibiotics. Those drugs get into their meat and then into your body. The last thing women need are more external estrogens!

The diet of the cattle significantly impacts the amount and type of fats present, which is a contributing factor to why grass fed beef has less fat and more of the heart healthy ratio of lower Omega-6 to Omega-3 fatty acids. Grass fed beef also has higher antioxidant levels and glutathione, which help protect your body from oxidative damage caused by free radicals.

### Marinated Meat

Here is a delicious and easy marinade that goes well with any meat:

In a glass jar, combine:

- ¼ c olive oil
- Juice of ½ lemon OR lime
- Several cloves minced garlic
- 2 tsp. Paprika,
- 1 tsp. Turmeric,
- 1 tsp. Garam Masala,
- Pinch of Cayenne pepper,
- ¼ tsp. Coriander,
- Salt and pepper to taste
- ½ cup plain organic yogurt (optional)

Shake vigorously and cover your protein with the marinade. May be left over night in refrigerator, or even ½ hour prior to cooking is good, also.
FOCUS ON:

- Deep sea fish—mackerel, salmon, cod liver, herring, oysters, sardines, anchovies, black cod, bluefish, and caviar.
- Seeds: flax and chia seeds, pumpkin and raw sunflower seeds, Acai
- Nuts: Pine nuts, pistachios, walnuts, pumpkin and raw sunflower seeds
- Oils: Borage, evening primrose, black currant, flaxseed, grapeseed, hemp, olive
- Leafy vegetables and
- Grass-fed beef.

AVOID:

Fats that do not say “Cold Pressed” on the label, processed or hydrogenated oils, margarine and shortening spreads.
Healthy Fats

There are two acids, called Essential Fatty Acids, that our body is unable to make, so they must be obtained from food: Omega 3 and Omega-6.

Omega-3s have many important roles in your health, but as relates to women’s health, they are involved in making hormones that regulate blood clotting, contraction and relaxation of artery walls, and inflammation. Omega-3s lessen menstrual cramping, improve fertility, and are important in fetal brain development.

Prior to the incorporation of processed and fast food into our diets, when people grew and made the majority of their food, our diet had a ratio of Omega-6 to Omega-3 essential fatty acids (EFA) of approximately 1:1. The Western diet with industrialized food oil production, used in fast and boxed foods, has impacted the ratio so there is approximately 15 times more Omega-6 than Omega-3.

Changing what you eat has a direct impact on this imbalanced ratio. Increasing the levels of omega-3 PUFA foods in your diet will create a low Omega-6/Omega-3 ratio.

Make healthy fats part of your daily diet!
The dairy industry has spent millions of dollars on advertising to convince us that we need to drink milk. Dairy has undergone changing perspectives over the years.

It used to be thought dairy was needed for strong bones; it’s now known that drinking milk and eating dairy doesn’t reduce fracture risk. In fact, Africa and Asia, which have the lowest dairy consumption, also have the lowest rates of osteoporosis. It is now known that bone health is not calcium dependent.

Many people are lactose or dairy intolerant, which can result in digestive imbalance and nutrient deficiency.

**FOCUS ON:**

Many people need to avoid dairy, but if you are able to eat dairy, have small amounts (2 to 3 ounces) of local, organic butter, whole-milk yogurt and/or goat or cottage cheese occasionally.

**AVOID:**

We recommend avoiding the following kinds of dairy products: cow’s milk, hard and soft cheese, cream, non-organic yogurt, and ice cream.
Beverages & Milk Substitutes

FOCUS ON:

Water—filtered and mineral, herbal teas—non-dairy milk alternatives such as rice, soy, hazelnut, hemp, almond or coconut milks. NOTE: It’s very important to drink at least eight large glasses of the recommended options per day.

AVOID:

Soda—both regular and diet, energy or sports drinks, all alcohol, coffee—both regular and decaffeinated, cows’ milk, other dairy products including heavy cream, half and half, soft and hard cheeses as well as processed non-dairy creamers.

It’s especially important to stay hydrated to balance your hormones.
Spices are integral to cooking! Their medicinal and healing qualities are well known throughout the ages, and across all cultures.

**FOCUS ON:**

Any and all fresh or dried organic spices.

For sweeteners, I recommend products from nature, such as: honey, maple syrup, date, coconut, maple sugars, or brown rice syrup. Monk fruit is also a sweetener which a very low glycemic index.

**AVOID:**

Fake mayonnaise-type salad spreads, bottled salad dressings, barbecue sauce, ketchup, mustard in a jar or squeeze bottle and non-gluten-free soy sauce.
Becoming gluten free is a process, and takes time. It’s about changing life-long habits that you realize are no longer beneficial for your health.

It’s not just gluten that you have decided to remove from your diet, it’s also sugar, which is why eating gluten-free cookies daily does not contribute to your optimal health.

It’s also about minimizing your carbohydrate intake. Yes, there are gluten-free grains, but your diet should not be grain-based.

I’ve included a list of gluten-free grains on page 11 for your convenience.

As you become more familiar with the gluten-free options in your local health food store, eating this way will become second nature to you. And you will notice a huge improvement in your health!

*If you are buying anything in a bag, box, or can, it’s important to read the label to avoid hidden gluten.*
Choose how many calories per day you feel is correct for you, and follow the recommended serving amounts in that column.

<table>
<thead>
<tr>
<th>Food Type</th>
<th>1300 Calorie</th>
<th>1600 Calorie</th>
<th>1800 Calorie</th>
<th>2000 Calorie</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fertility Shake</td>
<td>1 serving</td>
<td>2 servings</td>
<td>2 servings</td>
<td>2 servings</td>
</tr>
<tr>
<td>Legumes</td>
<td>1 serving</td>
<td>2 servings</td>
<td>2 servings</td>
<td>2 servings</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Unlimited</td>
<td>Unlimited</td>
<td>Unlimited</td>
<td>Unlimited</td>
</tr>
<tr>
<td>Protein</td>
<td>2 servings</td>
<td>3 servings</td>
<td>3 servings</td>
<td>3 servings</td>
</tr>
<tr>
<td>Oils</td>
<td>4 servings</td>
<td>4 servings</td>
<td>6 servings</td>
<td>6 servings</td>
</tr>
<tr>
<td>Nuts and Seeds</td>
<td>1 serving</td>
<td>1 serving</td>
<td>1 serving</td>
<td>2 servings</td>
</tr>
<tr>
<td>Fruits</td>
<td>2 servings</td>
<td>2 servings</td>
<td>3 servings</td>
<td>3 servings</td>
</tr>
<tr>
<td>Whole Grains</td>
<td>1 serving</td>
<td>1 serving</td>
<td>1 serving</td>
<td>1 serving</td>
</tr>
</tbody>
</table>

Serving sizes:
Legumes: 1 serving is 1/2 cup, cooked.

Vegetables: unlimited steamed or baked with no added fats.

Protein: 1 serving is 3 to 4 ounces, about the size of a deck of cards.

Oils: 1 serving is 1 tablespoon.

Nuts and Seeds: 1 serving is 1/4 to 1/3 of a cup.

Fruits: Small fruits such as apples, pears or bananas; a single serving is one piece of fruit. Medium fruits such as grapefruits or papayas; a single serving is half of the fruit. Large fruits such as melons; a single serving is one cup of cubed fruit.

Whole Grains: 1 serving is 1/2 cup, cooked.
Follow your intuition on what attracts you and where you need to go for your deepest connection to your self.