Hormone Cheat Sheet

The fastest way to boost your hormonal health

STRESS

Respect the power of recovery + pace yourself..

Focus on daily meditation, at least 8-10 min daily. .

SLEEP

Honor your circadian rhythm.

Prioritize quality sleep, aim for 7-9 hours nightly

MOVEMENT

Focus on strength training 2-3 days a week.

Make daily movement a consistent habit.

NUTRITION

Focus on adequate protein and fiber intake daily.

Eat 7-9 servings of colorful produce daily .

RELATIONSHIPS

Cultivate connections that fill your cup.

Live in aligmenet with your values.

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