

Foods which provide hormone-balancing effects:

Isoflavones	Coumestans	Resorcylic acid lactones	Lignans#	Steroidal saponins	Others
Soya bean* Chick pea Cherry Alfalfa Parsley Licorice Whole grains Mung bean	Alfalfa Soya sprouts* Cow pea Green bean Kidney beans Split peas Mung beans Olives	Oats Barley Rye Sesame seeds Peas Corn Rice	Linseed* Rye Buckwheat Millet Sesame seed Sunflower seeds Legumes Beans Whole grains	Licorice* Potatoes	Fennel Carrot Aniseed Hops Cabbage family Sage Rhubarb Beetroot Yeast Plums Garlic

* contains high levels of phyto-oestrogens

requires good bowel flora

- As good digestion and bowl health are essential to absorption and conversion of nutrients for hormonal health, I highly recommend that you see a qualified health professional.
- Always ensure that you purchase organic products as these have not been genetically modified.
- Prescription HRT medication should not be ceased without professional guidance.