



Alive February Challenge

Week 3: Hormone Health



Hormone health is crucial to a woman's overall well-being, impacting everything from energy levels and mood to reproductive health and metabolism. Hormones like estrogen, progesterone, and testosterone regulate many bodily functions, and imbalances can lead to a variety of symptoms, such as irregular periods, weight gain, fatigue, and mood swings. As women transition through different stages of life, from puberty to menopause, their hormone levels fluctuate, which can contribute to both physical and emotional changes. Maintaining hormone balance is essential for a woman's quality of life, and it often involves a combination of proper nutrition, exercise, stress management, and sometimes medical intervention.

While hormone health is most commonly discussed in the context of women, it is equally important for men. Men also experience hormone fluctuations, particularly with testosterone, which can influence mood, energy, muscle mass, and sexual function. As men age, testosterone levels naturally decline, sometimes leading to symptoms such as fatigue, reduced libido, and mood changes.

LIVING ROOM
Like women, maintaining balanced hormone levels is vital for men's health and well-being, and addressing hormonal issues can help improve their quality of life.

Key Nutrients to Prioritize

Healthy Fats

Omega 3s:

Support hormone production and fight inflammation. Found in oily fish, avocado, nuts, and seeds.

Nuts & Seeds:

Rich in healthy fats and vitamin E, which reduce inflammation and support hormone production

Vitamins & Minerals

Vitamin B6:

Helps regulate estrogen levels. It is found in Fish, chicken and organ meats.

Selenium:

Found in Brazil nuts, this mineral is important for thyroid health.

Fibre:

Flaxseeds:

Contains lignans and plant-based estrogens that promote the hormonal balance of estrogen.

Leafy Greens:

Help to regulate blood glucose levels.

Cruciferous Vegetables:

Broccoli, cauliflower, Brussels sprouts, kale, and cabbage help the liver metabolize estrogen.

Recipes

Chocolate Cauliflower Shake



Ingredients (1 serving):

- 2 cups Frozen Cauliflower
- 2 Banana (frozen)
- 2 tbsps Almond Butter
- 1/4 cup Cacao Powder
- 1/2 cup Chocolate Protein Powder
- 2 cups Unsweetened Almond Milk
- 1 tbsp Maca Powder

Directions:

1. In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Strawberry Yogurt Chia Pudding



Ingredients (2 servings):

- 1/2 cup Plain Greek Yogurt
- 2 tbsp Chia Seeds
- 1/4 cup Unsweetened Almond Milk
- 1/2 cup Frozen Strawberries
- 1 tbsp Almond Butter
- 1 tbsp Hemp Seeds

Directions:

1. Add the yogurt, chia seeds, almond milk, and strawberries to a medium-sized bowl. Stir well to combine.
2. Place in the fridge for 25 to 30 minutes or until thickened.
3. When ready to serve, stir in the almond butter and garnish with the hemp seeds. Enjoy!

Recipes

Halibut with Dill Pesto



Ingredients (2 servings):

- 1/2 cup Parsley (packed)
- 2 tbsps Fresh Dill (packed)
- 2 2/3 tbsps Slivered Almonds
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 1/2 Garlic (clove)
- Sea Salt & Black Pepper
- 10 ozs Halibut Fillet
- 3/4 tsp Coconut Oil
- 4 cups Mixed Greens (or Arugula)
- 1 cup of cooked quinoa

Directions:

1. Combine the parsley, dill, slivered almonds, olive oil, lemon juice and garlic in a food processor. Season with sea salt and black pepper to taste and blend well until a thick paste forms. Transfer to a bowl and set aside.
2. Season halibut with sea salt and black pepper. Heat coconut oil in a cast iron skillet over medium-high heat. Cook fish for 3 to 4 minutes per side or until golden. When finished, the fish should flake with a fork. Cook quinoa according to package instructions.
3. Divide mixed greens and quinoa between plates. Set halibut on the greens and top with a large dollop of pesto.

Egg Roll in a Bowl



Ingredients (2 servings):

- 1 tbsp Avocado Oil
- 1/2 Yellow Onion (medium, diced)
- 2 1/2 stalks Green Onion (diced)
- 2 Garlic (cloves, minced)
- 1 1/2 tps Ginger (peeled and grated)
- 8 ozs Lean Ground Pork
- 3 cups Coleslaw Mix
- 1 cup Bean Sprouts
- 2 tbsps Coconut Aminos

Directions:

1. Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
2. Add the pork and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
3. Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!