

Healthy Fats for hormone building

- Avocado, olive oil, nuts, seeds, salmon, flaxseed, and coconut oil.
- These help regulate estrogen and progesterone, keeping cycles regular.

Iron-Rich Foods especially during menstruation

- Lentils, spinach, pumpkin seeds, grass-fed meats, beets, and molasses.
- Pair with vitamin C (like citrus or berries) for better absorption.

Nourishing Foods for Reproductive Health

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graph TD; A[Nourishing Foods for Reproductive Health] --> B[Healthy Fats for hormone building]; A --> C[Iron-Rich Foods especially during menstruation]; A --> D[Mineral Support]; A --> E[Blood-Sugar Balance];
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Mineral Support

- Zinc, magnesium, and calcium are key for muscle relaxation and hormone regulation.
- Found in dark leafy greens, pumpkin seeds, almonds, cacao, and bananas.

Blood-Sugar Balance

- Eat protein with every meal (beans, eggs, tofu, chicken, or nuts).
- Avoid skipping meals or overdoing sugar and caffeine.

Red Raspberry Leaf

Tones the uterus,
rich in minerals,
eases cramps

Tea or infusion

Nettle Leaf

Restores iron,
supports kidneys
and hormones

Tea or daily tonic

Chamomile

Calms cramps,
supports sleep and
digestion

Tea before bed

Herbal Allies for the Reproductive System

Maca Root

Balances
hormones, boosts
energy and mood

Smoothies or
capsules

Chaste Tree Berry (Vitex)

Supports cycle
regularity, PMS, and
hormonal balance

Capsule or tincture
under supervision

Ginger

Improves
circulation and
relieves cramps

Tea or cooking