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

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

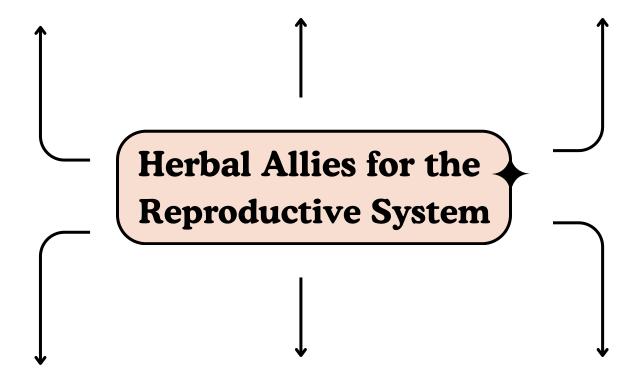
Restores iron, supports kidneys and hormones

Tea or daily tonic

Chamomile

Calms cramps, supports sleep and digestion

Tea before bed



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