

# Tips for a healthy, balanced endocrine system

## Nutrition

- *Eat organic.* Many endocrine disruptors are involved in the production of conventional foods.
- *Make every mouthful count.* Think about every bite you take as nourishment and don't fill yourself with junk so you don't have room for the good stuff.
- *Eat whole foods.* Particularly stay away from refined sugars and grains.
- *Eat REAL food.* Make sure you can tell what it looked like before it became your meal.
- *Eat seasonally, locally, and diversely.* You will get more variety and more nutrition. An easy way to accomplish this is to do your shopping at the farmer's market.
- *Try to get your nutrients from whole foods, herbal infusions, and superfoods.* If you feel (or know!) that you need more use a food based multivitamin.
- *Prepare things well for maximum nutrition.* Soak, sprout, or ferment grains (and legumes and nuts! Anything that is a seed has anti-nutrients that need to be neutralized), cook at lower temperatures, etc.

## Endocrine Disruptors

- *Avoid plastic.* I like the site [lifewithoutplastic.com](http://lifewithoutplastic.com) for alternatives to things that normally contain plastic. Especially keep plastic away from your food (particularly if it's warm).
- *Buy used.* The more demand you put on processes that rely on the endocrine disrupting chemicals the more that are in our environment.
- *Watch your cosmetics.* Check out [cosmeticdatabase.com](http://cosmeticdatabase.com) for safe ones
- *Watch your cleaning products.* Buy safe ones (a lot of the ones that are environmentally friendly are OK) or make your own!
- *Eat organic.* You don't want to take in the pesticides that are sprayed on crops or hormones and antibiotics given to animals.

## Lifestyle

- *Exercise.* Helps decrease stress and affects a whole host of bodily processes. Do something you love and that your body wants to do.
- *Sleep.* Helps produce melatonin and keep adrenals healthy. Try to get to sleep earlier and get up earlier. Sleep in complete darkness (you shouldn't be able to see your hand 15 minutes after turning out the lights).
- *Ideal weight.* This will vary from person to person and isn't about how you look, but how your body works at certain weights. Being overweight or underweight could be a problem.
- *Stress.* Work at reducing your stress levels in whatever way works for you.
- *Herbs.* I suggest using nourishing infusions to get extra vitamins and minerals. Examples are nettle, red raspberry, red clover, comfrey, oatstraw.
- *Food supplements.* Think "superfoods", cod liver oil, nutrient dense foods. Try to make sure you are eating enough good stuff so that your nutrition is coming from your food.
- *Supplement.* If necessary (and diet is already stellar), use a food based supplement. You may need this if your food supply is poor, if you have health issues, if you are rebuilding/have increased need, etc.