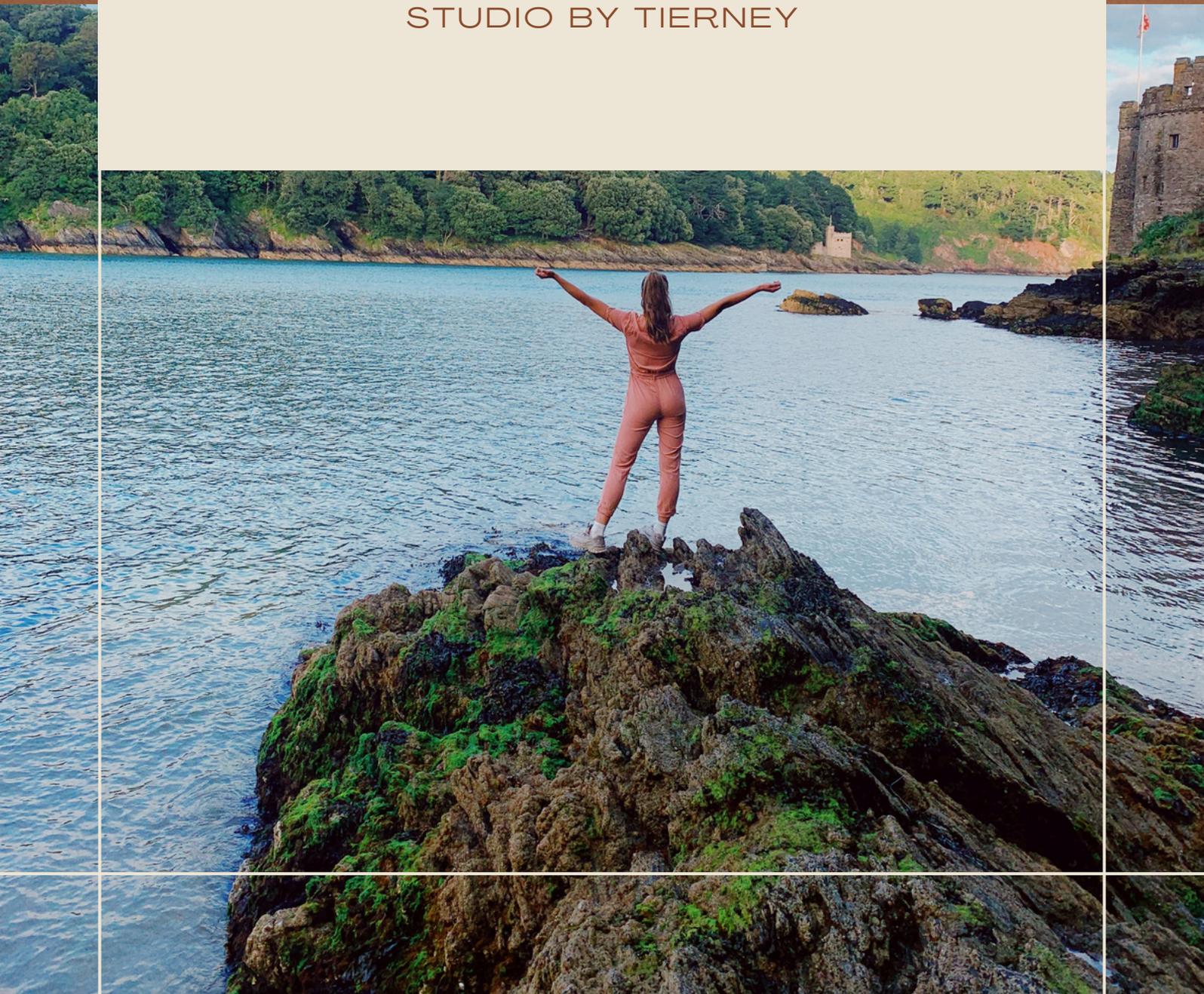


YOUR GUIDE TO

# Hormone Harmony

STUDIO BY TIERNEY





# WELCOME

Welcome to Hormone Harmony! If you're feeling tired, foggy, moody, or just not like yourself, you're not alone. Hormonal changes, whether it's your regular cycles, PMS, during or after pregnancy or the demands of motherhood, can make balance feel out of reach.

This guide is your calm corner in a busy world. Rooted in whole foods, mindful routines, and realistic nutrition tips, it's designed for the woman who's giving everything to others and ready to give a little back to herself.

*Tierney*

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# Key Hormones

Hormones are our chemical messengers that tell your body how to function - when to eat, sleep, release energy or wind down. There are over 50 in our body but for now we will focus on these specific ones!

## **PROGESTERONE**

A hormone that helps prepare the body for pregnancy and balances the effects of estrogen. A calming hormone that helps with sleep and reducing PMS. It is often depleted by stress.

## **ESTROGEN**

The primary female sex hormone that regulates your menstrual cycle and reproductive system. Builds up your uterine lining and supports mood and skin. Low levels = fatigue, anxiety, dryness.

## **CORTISOL**

Hormones released in response to stress that helps regulate your metabolism and immune function. Too much = blood sugar crashes, weight gain, anxiety.

## **INSULIN**

Your blood sugar regulating hormone by allowing cells to take in glucose for energy. Imbalances = cravings, fatigue and mood swings.

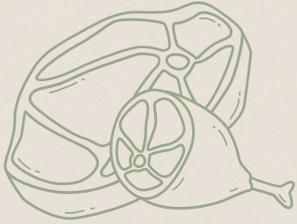
## **THYROID HORMONES**

These hormones drive your metabolism and energy. Low: can increase estrogen dominance, heavier periods, PMS. High: can cause lighter, irregular periods.

# Nourishing With Whole Foods

## BALANCE BEGINS WITH WHAT'S ON YOUR PLATE

You don't need exotic ingredients—just real food that stabilizes your energy and supports hormone production.



### PROTEIN

Protein provides the building blocks (amino acids) needed to produce hormones and enzymes that regulate many bodily functions. Consuming enough high quality protein supports the production of hormones like insulin, growth hormone and those involved in appetite and metabolism. It also stabilises blood sugar levels, reducing stress on the adrenal glands and promoting balanced cortisol levels.



### VEG & FRUIT

Fibre rich veggies and fruits support hormone balance by aiding in the removal of excess hormones, especially estrogen, through the digestive system. Fibre helps regulate blood sugar levels, which is crucial for maintaining stable insulin levels. Additionally, the antioxidants and phytonutrients in these foods reduce inflammation and support liver function, both essential for hormone metabolism.



### CARBS

Carbs provide the body with steady energy and support thyroid and reproductive function. Whole, unprocessed carb-like legumes and whole grains, help regulate insulin levels and prevent blood sugar spikes, which in turn keeps stress hormones like cortisol in check. They also support the production of serotonin, a mood-regulating hormone, by aiding in the transport of tryptophan to the brain.



### FATS & OILS

Hormones are largely made from fat, particularly cholesterol. Consuming good fats such as avocados, nuts, seeds and fatty fish, supports key hormone production such as estrogen, progesterone and testosterone. These fats also help to reduce inflammation and assist in the absorption of fat-soluble vitamins (A,D,E,K) which are vital for hormone health.



# Foods & Specific Hormones

*"Nourish to Flourish"*

| HORMONE SUPPORTING FOODS  | LIMIT/WATCHOUT FOR                         |
|---|--|
|  <p><b>Estrogen</b><br/>Flaxseeds, lentils, chickpeas, fermented foods</p>          | Alcohol, refined sugars                    |
|  <p><b>Progesterone</b><br/>Vitamin B6 rich foods: salmon, spinach, bananas</p>    | Stress, low-fat diet                       |
|  <p><b>Cortisol</b><br/>magnesium: pumpkin seeds, leafy greens</p>                 | High sugar, excess caffeine, late nights   |
|  <p><b>Insulin</b><br/>balanced meals, cinnamon, low glycaemic foods</p>            | refined sugars, white bread, energy drinks |
|  <p><b>Thyroid</b><br/>iodine (seaweed or iodised salt), selenium (brasil nuts)</p> | gluten (for sensitive individuals), soy    |

# Seed Cycling

FOR HORMONE BALANCE



## WHAT IS IT?

Seed cycling involves consuming specific seeds (pumpkin, sesame, flax and sunflower) at different phases of your menstrual cycle to help balance hormones, particularly estrogen and progesterone, and to support menstrual health, fertility or reduce symptoms of PMS or perimenopause.

## EASY WAYS TO ADD IN:

- Mix into smoothies, oatmeal or yoghurt
- Add to energy balls or muffins
- Sprinkle on salads

## WHY IT'S SO IMPORTANT

- **Supports your body's natural rhythm:** Each half of your cycle has different hormonal needs and those require certain nutrients to support and nourish the phases. Follicular phase where estrogen rises to prepare for ovulation and the luteal phase where progesterone takes over to support a potential pregnancy.
- **Delivers key hormone-balancing nutrients:** Flax Seeds have lignans that help modulate estrogen levels. Pumpkin seeds are high in zinc but also support progesterone production. Sesame seeds have more lignans and calcium for mood and PMS. Sunflower seeds are rich in selenium and vitamin E for detox and hormone production.
- **Gentle detox:** Hormone balance isn't just about producing enough hormones, it's also key that your body is able to remove excess (such as used up estrogen). Seeds assist the liver and gut detoxify gently and naturally without harsh cleanses or expensive supplements.
- **Reduces PMS and cycle symptoms over time:** So many women report lighter periods, reduced cramps and mood swings, improved skin and energy, less fatigue and anxiety. It may take 2-3 months of consistently seed cycling to notice such improvements but these are long lasting and natural.

## HOW DOES IT WORK?

Start on Day 1 of your cycle (first day of your period) or you can follow the moon phases if you're not regular.

### DAYS 1-14 (Follicular Phase)

1 tbsp flaxseeds + 1 tbsp pumpkin seeds

- Support estrogen production and detox

### DAYS 15-28 (Luteal Phase)

1 tbsp sesame seeds + 1 tbsp sunflower seeds

- Promote progesterone and reduce PMS





# SEED CYCLING RECIPES

## FOLLICULAR PHASE (DAYS 1-14)

### OVERNIGHT OATS

- ½ cup oats
- 1 tbsp ground flaxseeds
- 1 tbsp pumpkin seeds
- 1 tsp honey
- ½ cup milk or yoghurt
- Mix & refrigerate overnight
- Add berries & chopped nuts of your choice

### FLAX SMOOTHIE

- 1 cup almond milk
- 1 banana
- 1 tbsp ground flaxseeds
- 1 tbsp pumpkin seeds
- Handful of spinach
- ½ cup berries
- Blend and Enjoy!

### HOMEMADE GRANOLA

- 2 cups rolled oats
- ¼ cup ground flaxseeds
- ¼ cup pumpkin seeds
- ¼ chopped nuts (optional)
- 2 tbsp coconut oil
- 2 tbsp maple syrup
- Bake at 325F (160C) for 20-25 mins (stir halfway)



## LUTEAL PHASE (DAYS 15-28)

### CRACKERS

- ½ cup sunflower seeds
- ½ cup sesame seeds
- ½ cup flax meal (optional binder)
- ¼ cup water
- Salt + herbs of choice (I like rosemary & thyme)
- Mix, spread thin, bake at 300F (150C) for 25-30 mins

### ENERGY BITES

- ½ cup sunflower seeds
- ½ cup sesame seeds
- ½ cup oats
- ¼ cup nut butter
- 2 tbsp honey
- Blend, roll into balls and chill

### SEED BUTTER

- ½ cup sunflower seeds
- ½ cup sesame seeds
- Roast, blend with a bit of oil and salt until creamy
- Spread on toast, apples or use in smoothies

# Food For Thought

## WHAT FOODS SHOULD YOU BE EATING?

This is where restrictive eating often comes into play and it's something I tend to avoid. It might work for some but in my experience and from clinic observations, for most women it has the opposite effect. More energy dips and mid afternoon crashes, increased mood swings and more often than not it's short-lived. You want to support and nourish your body, not restrict it. Does that mean you should eat whatever you want... not exactly but it's less about calorie restriction or removal of foods and more about incorporating hormone loving foods, balancing your meals and making healthier swaps/choices.

## ESTABLISH GOOD FOUNDATIONS

First you want to establish the foundations:

- Avoiding processed and microwaved foods as much as possible.
- Focus on local, seasonal, whole, fresh and (ideally) organic foods
- Include a rainbow of vegetables, fruit, legumes, whole grains, nuts, seeds, water and herbal teas.
- Include small amount of oily fish and meat (organic and grass fed).
- Encourage effective digestion..... what do I mean by this? Well basically chew your food well, keep fluids away from meals and avoid snacking where possible, this all assists the digestive process.
- Build your microbiome: gut health is key to overall health and is often overlooked! Pre-biotic foods such as onion, artichoke, rocket and probiotic foods like kefir, sauerkraut and kimchi are great to optimise your gut and bacteria.



**I don't like to use the word "diet" too often however if you are looking for more general guidance on what approach to take regarding food intake then I always suggest focusing on the Mediterranean Diet. Consisting of good fats, lean protein, plenty of healthy whole grains and fresh, organic produce.**



# Hormone Disruptors

Where are they and what can we do to reduce our exposure?

| HORMONE DISRUPTOR           | WHERE TO FIND IT  | WHY IT MATTERS   | ALTERNATIVES   |
|-----------------------------|---|--|--|
| Bisphenol A (BPA)           | Plastic containers, canned food linings, water bottles  | Mimics estrogen, disrupting the menstrual cycle  | Opt for glass or stainless less containers and water bottles                   |
| Phalates                    | Fragranced personal care and beauty products, vinyl and soft plastics                           | Interferes with estrogen and testosterone balance                                      | Unscented or "phalate free" labelled products                                  |
| Parabens                    | Preservatives in skincare, makeup and baby products (yes you read that correct, baby products!) | Weak estrogen mimic, linked to hormonal cancrs in some studies                         | Paraben free cosmetics and natural skin care (check labels properly)           |
| Synthetic fragrances        | Air fresheners, scented candles, laundry detergents, beauty products                            | Contain endocrine disrupting chemicals that accumulate in the body                     | Choose essential oil based scents or fragrance free options                    |
| Pesticides/ herbicides      | Non-organic produce, lawn chemicals   | Some contain chemicals that mimic estrogen and disrupt thyroid function                | Eat organic produce where possible or use dirty dozen clean produce            |
| Ultra processed foods       | Deep fried foods, margarine, cakes, microwave meals   | Promotes inflammation in the body, blood sugar spikes that impact insulin and cortisol | Eat whole foods as much as possible and healthy fats such as avocado/olive oil |
| Hormones in animal products | Non organic dairy, meat and poultry   | Added hormones can affect our own estrogen levels                                      | Choose organic, grass fed, hormone free sources                                |

# The Power of Herbs

## **VITEX (CHASTE BERRY)**

I took this particular herb whilst I was trying to conceive as it's great for stimulating the pituitary gland to produce more progesterone naturally. It's best for low progesterone, irregular cycles, PMS and postpartum recovery, however avoid during pregnancy and breast feeding.



## **MACA ROOT**

Maca root is great for energy, libido, adrenal fatigue, mood swings and perimenopause. I use it in powder form in my smoothies, Its an adaptogen that supports the HPO (hypothalamus-pituitary-ovary) axis. I suggest using it early morning to early afternoon to avoid sleep disruption.

## **RED RASPBERRY LEAF**

Red raspberry leaf is high in nutrients and minerals, particularly iron and calcium. It supports reproductive tissue and hormone production and is a great healer post partum, aiding the recovery of your uterus and whilst breastfeeding. You can steep the leaves in hot water for 10-15 minutes and drink 1-3 cups per day.

## **NETTLE LEAF**

Dried nettle leaves are perfect for a tea and are best for supporting the detoxification of estrogen in the body as well as nourishing the blood and helping the liver process hormones. Feeling tired or have strong PMS this one is for you.

## **ASHWAGHANDA**

Ashwaghandha is another adaptogen that helps to regulate your cortisol levels. So this one is useful for high stress as well as thyroid support and adrenal balance. You can add it to pretty much anything but I tend to use it in warmed oat milk or added to my smoothies.

# Herbal Teas

## FANCY A CUPPA?

Herbal teas are a beautiful, calming, and practical way to support hormone balance, especially for busy mums. They provide nutrients, calm the nervous system, support detox pathways, and help regulate key hormones—all in a soothing cup. Ideally you want to try and get the leaves and stew the tea in a cafetière, however, I completely understand time is often restricted so sourcing a good quality, unbleached teabag option is perfectly fine!

| HERB                      | FUNCTION   |
|---------------------------|--|
| Chamomile & passionflower | Supports cortisol balance, calms stress & anxiety, encourages deeper, restorative sleep                        |
| Spearmint                 | Anti-androgenic which is helpful for acne, oily skin, and hair growth  |
| Liquorice root            | Supports low cortisol, Soothes digestion and stress responses  |
| Dandelion root            | Promotes liver detox which helps remove any excess hormones such as estrogen, supports digestion and bile flow |
| Green tea                 | Reduces blood glucose, insulin and testosterone  |
| Tulsi (holy basil)        | Adaptogenic, calms the nervous system, supports insulin sensitivity  |

### EVERYDAY TEA BLEND

- 1 part raspberry leaf
- 1 part nettle
- 1/2 part peppermint or lemon balm
- Optional: rose petals or cinnamon stick
- Steep 1-2 tsp per cup for 10-15 minutes. Drink warm or iced.

### EVENING CALM BLEND

- 1 part chamomile
- 1 part tulsi
- 1/2 part lavender
- Optional: licorice root (only for short-term use)
- Steep and sip before bed



# LIFESTYLE



SMALL SHIFTS, BIG RESULTS — DAILY RHYTHMS THAT RESTORE BALANCE

## SLEEP

Hormones like cortisol, melatonin and insulin are all regulated during sleep so aiming for 7-9 hours where possible even if it's broken. Create a calming bed time routine: herbal tea, phones off, low light, breathwork.

## MOVEMENT

Prioritise movement you love! Exercise helps your body detox hormones, balance insulin levels and more importantly boost those happy brain chemicals.



## HYDRATION

Drink plenty of water aiming for 2L per day, herbal teas count too! You can add a pinch of salt or trace minerals too for extra hydration. Dehydration can slow down hormone detoxification.

## LOWER STRESS

Gentle yoga, breathwork, journaling, magnesium salt baths, herbal teas are all great to help lower cortisol levels. Chronic stress hijacks progesterone and thyroid function causing mood swings, fatigue and cycle issues.

## REDUCE TOXIC LOAD

An environmental cleanse is great to support your hormones and detoxification. Avoiding hormone disruptors, filter your water, upgrade your cookware, ditch the artificial fragrances.

## CONNECTION

Lean on mum friends, join an online community or local group and Look after YOU because you need to be at your best to give your best. Whether thats giving yourself you time for 15 minutes per day or going for a walk, make that time!



# Meal Plan

## Monday

### BREAKFAST

Chia pudding with almond milk, raspberries, flaxseeds and walnuts

### LUNCH

Lentil & Sweet potato salad with argues, avocado and tahini dressing

### DINNER

Grilled Salmon, quinoa and roasted broccoli with lemon

### SNACK

Hummus and carrot, cucumber sticks

## Tuesday

### BREAKFAST

Avocado toast on sprouted bread with poached egg and hemp seeds

### LUNCH

Chickpea and cucumber bowl with olive oil, lemon, parsley and brown rice

### DINNER

Turkey meatballs with zucchini noodles and tomato basil sauce

### SNACK

Handful of pumpkin seeds and orange slices

## Wednesday

### BREAKFAST

Green smoothie with spinach, banana, chia seeds, pea protein and almond butter

### LUNCH

Wild rice and roasted vegetables bowl (beetroot, kale, sweet potato and red cabbage)

### DINNER

Baked mackerel with herby potatoes and steamed green beans

### SNACK

Edamame with sea salt and herbal tea

## Thursday

### BREAKFAST

Overnight oats with flaxseeds, blueberries, cinnamon and almond milk

### LUNCH

Quinoa tabbouleh with chickpeas and cucumber-yogurt dressing

### DINNER

Stir-fry with tofu, bok choy, shiitake mushrooms, and brown rice

### SNACK

Apple with tahini



# Meal Plan

## Friday

### BREAKFAST

Scrambled eggs with sautéed spinach and tomato on sourdough

### LUNCH

Roasted veggie wrap with hummus, carrots, zucchini and greens

### DINNER

Cod with lentils, roasted carrots, and dill yogurt sauce

### SNACK

Brazil nuts (for selenium!) and a few dark chocolate squares

## Saturday

### BREAKFAST

Buckwheat pancakes with chia seeds, almond butter, and sliced strawberries

### LUNCH

White bean and kale soup with whole grain toast

### DINNER

Grilled chicken breast, wild rice, asparagus and arugula salad

### SNACK

Greek yogurt (or coconut yogurt) with flaxseed and crushed berries

## Sunday

### BREAKFAST

Miso soup with tofu, greens, brown rice, and sesame seeds

### LUNCH

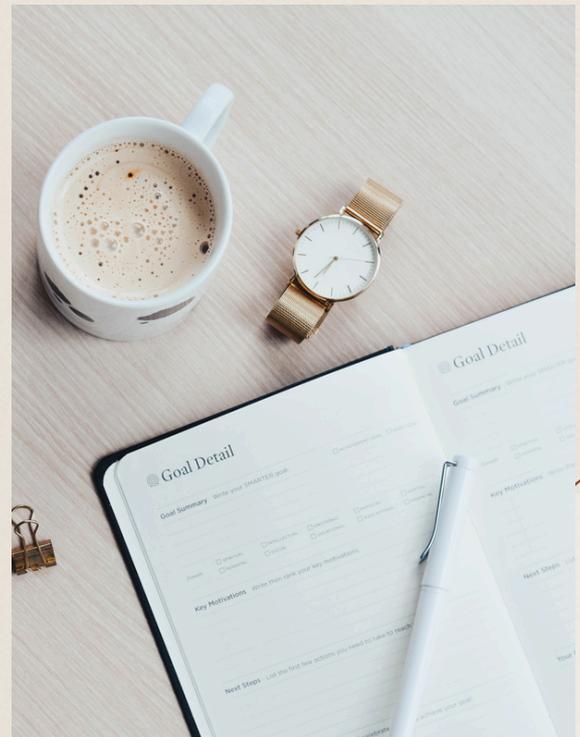
Salmon & avocado nori rolls with cucumber and seaweed salad

### DINNER

Stuffed sweet potatoes with black beans, guacamole and cilantro

### SNACK

Smoothie with berries, spinach, flaxseed and oat milk





# You're on your way!

This guide was designed to give you a gentle, grounded foundation for balancing your hormones naturally, without stress or perfection. Whether you're just starting out or continuing your wellness journey you're already showing up for yourself in powerful ways.



WHEN YOU NOURISH YOURSELF, YOU NOURISH  
EVERYONE AROUND YOU.

