

Shaniqua Cousins Hormone Balancing Blog

Take 3: Hormone-Balancing Action Plan for Women

Hormones play a huge role in how we feel every day—our energy, focus, mood, and even how our body responds to stress. While shifts in hormones are completely normal, small, intentional habits can make a big difference in keeping them balanced.

I recently came across a really insightful article from *Ask the Scientists* about hormone imbalance in women. Supporting hormonal health doesn't have to be complicated. According to the article, a healthy diet nourishes your body and supports your gut microbiome, which plays a central role in your endocrine system.

Protein and healthy fats provide the building blocks for hormone production, while cruciferous vegetables—like broccoli, kale, and cauliflower—help your liver detoxify hormones. Even small dietary choices, like adding nutrient-rich foods and probiotics, can make a meaningful impact on energy, mood, and overall wellness.

 **Read the full article here:** <https://askthescientists.com/hormone-imbalance/>

Take 3: Hormone-Balancing Action Plan

1. Eat Hormone-Supporting Foods

- Include protein and healthy fats (eggs, salmon, avocado, nuts).
- Add cruciferous veggies like broccoli, kale, or cauliflower. **Tip:** Start small—add one hormone-supporting food to each meal this week.

2. Move Your Body Daily

- Gentle movement like walking, yoga, or light strength training.
- Helps reduce stress and supports metabolism. **Tip:** Commit to 10–15 minutes a day and notice your energy shifts.

3. Prioritize Rest & Mindfulness

- Aim for 7–9 hours of quality sleep.
 - Take 5 minutes daily to journal, meditate, or practice deep breathing. **Tip:** Even a short wind-down routine at night can reset your hormones.
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TTB Coaching Program Reminder ✨

If you need extra support aligning your habits, goals, and wellness routines, the **Total Transformation Breakthrough (TTB) Coaching Program** is here to guide you.

TTB Coaching Program Offer: Private one-on-one sessions are available to support you in making meaningful, lasting changes. Learn more: www.shaniquacousins.com/coaching