



# **Hormone Reset Starter Guide**

Simple nutrition habits to  
support energy, hormones  
& sustainable weight loss

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Cenla Healthy Living





# Welcome

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If you've been feeling frustrated by changing hormones, low energy, cravings, poor sleep, or stubborn weight changes – you are not alone.

Many women notice that the strategies that once worked for their health and weight no longer feel effective during perimenopause and menopause.

The good news? You do not need extreme dieting or perfection to support your health.

Small, sustainable nutrition and lifestyle habits can make a meaningful difference in how you feel.

This guide was created to help you better understand perimenopause and provide realistic nutrition and lifestyle strategies that support energy, hormone balance, and long-term wellness.

I hope this guide helps you feel more informed, supported, and empowered as you navigate this stage of life.

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# What is Perimenopause

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Perimenopause is the phase of life when your body begins to transition toward menopause. It typically begins in your 40s, but it can start as early as your mid-to-late 30s. During this time, your ovaries produce less estrogen, leading to a variety of changes in your menstrual cycle and symptoms.

This stage can last several years before your periods stop completely. You've officially reached menopause once you have gone 12 full months without a period.

## Signs & Symptoms

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Changes in hormone levels can bring on a variety of symptoms. These symptoms can vary in intensity and don't affect everyone in the same way.

### Common Symptoms

- Irregular or skipped periods
- Hot flashes
- Night sweats
- Mood swings or irritability
- Trouble sleeping
- Vaginal dryness
- Lower sex drive
- Brain fog or forgetfulness
- Fatigue
- Weight gain, especially around the middle



*Everyone experiences symptoms differently. Tracking yours helps your provider see the full picture.*

## Hormones & Lab Testings

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Some women may have lab work done to help confirm they're in perimenopause. But hormone levels can change daily, so these tests are not always conclusive.

### Tests That May Be Ordered

- **FSH (Follicle Stimulating Hormone)**: Often increases as the ovaries slow down
- **Estradiol (Estrogen)**: May go up and down
- **Thyroid (TSH)**: Checked to rule out thyroid issues
- **Vitamin D and Iron**: Checked for general health and energy support

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# Nutrition to Support Perimenopause

Nutrition helps to support your body through hormone changes. The right foods can also help relieve symptoms such as fatigue, poor sleep, and mood swings.

## Important Nutrients

- 1 Calcium:** Calcium helps keep bones strong and prevents bone loss as estrogen levels decline.

### Food to focus on:

- Dairy products or fortified plant milks like soy, almond, or oat milk
- Leafy greens like kale, collard greens, and bok choy
- Tofu made with calcium
- Canned salmon or sardines with bones
- Chia seeds



- 2 Vitamin D:** Vitamin D helps the body absorb calcium and supports mood and immune health.

### Foods to focus on:

- Fortified dairy products/plant milks and cereals
- Fatty fish (like salmon, sardines, and mackerel)
- Egg yolks
- Mushrooms exposed to sunlight

*Getting 10–15 minutes of sun exposure on bare skin a few times per week can also help your body make vitamin D.*



- 3 Magnesium:** This mineral helps promote sleep, regulate mood, and induce muscle relaxation.

### Foods to focus on:

- Pumpkin seeds
- Almonds and cashews
- Spinach and Swiss chard
- Black beans
- Avocados
- Dark chocolate (in small amounts)



## Important Nutrients Continued

**4 B Vitamins (especially B6, B12, and Folate):** B vitamins help your body produce energy and support brain function.

### Foods to focus on:

- Whole grains (like oats, quinoa, and brown rice)
- Eggs
- Leafy greens
- Lentils and beans
- Animal proteins (like fish, chicken, and beef)
- Nutritional yeast (fortified with B12 if plant-based)



**5 Omega-3 Fatty Acids:** Omega-3s support brain health, reduce inflammation, and may help with mood swings.

### Foods to focus on:

- Fatty fish (like salmon, sardines, and trout)
- Ground flaxseed
- Chia seeds
- Walnuts
- Hemp seeds
- Algal oil (a plant-based supplement for omega-3s)



**6 Fiber:** Fiber supports digestion, helps manage weight, and balances blood sugar and estrogen levels.

### Foods to focus on:

- Whole grains like oats, brown rice, and barley
- Beans and lentils
- Fruits like berries, pears, and apples with skin
- Vegetables, especially broccoli, carrots, and sweet potatoes
- Nuts and seeds



**7 Phytoestrogens:** These are plant compounds that act like weak estrogens in the body. They may help ease hot flashes and support hormone balance.

### Foods to focus on:

- Soy foods like tofu, tempeh, soy milk, and edamame
- Ground flaxseeds
- Lentils and chickpeas
- Sesame seeds



# Lifestyle Habits for Hormone Balance

## Get 7–9 Hours of Sleep Each Night

Sleep supports hormone balance, mood, and brain function.

### Tips:

- Keep a regular sleep schedule
- Avoid screens 1 hour before bed
- Limit caffeine and alcohol in the evening



## Move Your Body Every Day

Regular movement reduces stress, supports bones, and helps to improve your mood.

### Ideas:

- Walk, stretch, or do yoga
- Strength train 2–3 times a week
- Choose activities you enjoy

## Drink Plenty of Water

Staying hydrated helps with digestion, energy, and temperature control.

### Tips:

- Aim for 8 cups (64 oz) of water per day
- Sip throughout the day
- Carry a water bottle with you



## Limit Sugar and Processed Foods

Reducing added sugar keeps blood sugar steady and lowers inflammation.

### Tips:

- Eat mostly whole, unprocessed foods
- Cook more meals at home
- Read labels to spot added sugars

# Lifestyle Habits for Hormone Balance

## Practice Stress Management Every Day

Reducing stress helps support sleep, mood, and hormone balance.

### Ideas:

- Deep breathing or meditation
- Journaling or reading
- Gentle stretching or yoga



## Spend Time Outside in Natural Light

Sunlight boosts vitamin D and supports sleep and mood.

### Tips:

- Get 15 minutes of morning sunlight
- Walk outside daily
- Open windows to let natural light in

## Avoid Smoking and Limit Alcohol

Cutting back reduces hot flashes and protects heart and bone health.

### Tips:

- Limit alcohol to a few drinks per week
- Avoid smoking or get help to quit
- Replace evening drinks with herbal tea or water



## Build Supportive Social Connections

Staying connected reduces stress and supports emotional health.

### Ideas:

- Call or meet with a friend regularly
- Join a support group or club
- Volunteer in your community

# Ways to Relieve Perimenopause Symptoms

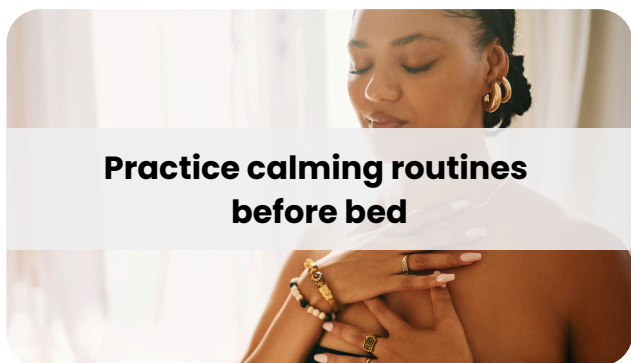
## Helpful Tips



**Layer your clothing to help with temperature changes**



**Use cooling tools like fans or cooling pillows**



**Practice calming routines before bed**



**Reduce caffeine and alcohol, especially in the evening**



**Exercise regularly to boost mood and energy**



**Stay socially connected**



**Talk to your healthcare provider about treatment options**



## Chocolate Avocado Smoothie

SERVINGS: 1

PREPPING TIME: 10 MIN

COOKING TIME: 10 MIN

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### Ingredients

- 1/2 avocado
- 1/4 cup spinach, frozen
- 1/2 banana, frozen
- 2 dates, pitted and chopped
- 3 Tbs cocoa powder, unsweetened
- 1 cup almond milk, unsweetened

### Directions

Make

1. Place all ingredients in a blender and process until smooth, adding water or ice to achieve the desired consistency.



## Blueberry Walnut Overnight Oats

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 8 HR

### Ingredients

- 1/2 cup Greek yogurt, plain
- 1 cup oats, rolled gluten-free, if needed
- 1 cup almond milk, unsweetened or milk of choice
- 2 Tbs chia seeds
- 1 Tbs maple syrup
- 1/2 tsp vanilla extract
- 1 lemon, zested (for 1 tablespoon lemon zest)
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 2 Tbs walnuts, crushed for garnish
- 1 cup blueberries

### Directions

#### Prep

1. Zest lemon for 1 tablespoon of zest.

#### Make

1. In a glass jar, mix yogurt, oats, milk, chia seeds, maple syrup, vanilla, spices, and lemon zest. Add the top to the jar and shake.
2. Leave in the refrigerator overnight.
3. Top with walnuts and blueberries.



## Kale, Quinoa & Tofu Salad

SERVINGS: 4

PREPPING TIME: 20 MIN

COOKING TIME: 40 MIN

### Ingredients

- 1/2 cup quinoa, frozen, defrosted
- 14 oz tofu, extra-firm, drained, cut into ½ inch cubes (1 packaged block)
- 5 Tbs olive oil, extra-virgin
- 1 bunch kale, spines removed and leaves torn
- 1 lemon, juiced
- 3 Tbsp tahini
- 1 tsp maple syrup
- 2 cups cabbage, red, shredded
- 1/4 onion, red, small, thinly sliced
- 2 Tbs pepitas, raw
- 1 Tbs hemp seeds
- salt, to taste
- black pepper, to taste

### Directions

#### Prep

1. Defrost quinoa & drain and cube tofu.
2. Remove spines from kale and tear leaves into bite-sized pieces.
3. Shred cabbage & slice the onion.

#### Make

1. Pat the tofu dry between paper towels. Feel free to season the tofu with herbs or spices if desired. Heat 3 tablespoons olive oil in a large nonstick skillet over medium heat. Add the tofu, turning once, until well browned.
2. Place kale in a large bowl. Drizzle with 1 teaspoon of the lemon juice and massage until tender, about 2 minutes.
3. Add the remaining lemon juice, maple syrup, tahini, and the remaining 2 tablespoons of olive oil to a small bowl and whisk together. Add 2 tablespoons of water to thin.
4. Add cabbage, onion, quinoa, pepitas, and hemp seeds to the bowl of kale and drizzle with 2 tablespoons of the dressing. Toss to combine.
5. Season with salt and black pepper.
6. Plate the salad and top with tofu cubes. Drizzle with remaining dressing.



## Triple Seed Crusted Salmon

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

### Ingredients

- 1 1/2 lb salmon, cut into portions
- 1 Tbs black sesame seeds (or white sesame seeds)
- 3 Tbs sunflower seeds, raw
- 1 Tbs hemp seeds (hemp hearts)
- salt, to taste

### Directions

#### Prep

1. Rinse and pat salmon dry. Slice into portions [recommended 4-6 oz. per portion]
2. Preheat oven to 375° F and line a baking sheet with parchment paper.

#### Make

1. In a small bowl, mix together the seeds and salt. Place the seed mixture on a plate.
2. Press the flesh side of the salmon into the mixture and place it on a parchment-lined baking sheet. Repeat with all fillets.
3. Place the baking sheet in the middle of the oven and bake until salmon is cooked through [internal temperature should reach 145° F]. Cooking time will depend on the thickness of the fish.
4. Serve atop greens with a side of vegetables.

**Notes:** This recipe is terrific with any fish.



# Interested in learning more?

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Virtual nutrition counseling:

- hormone-related weight changes

- GLP-1 nutrition support
- blood sugar balance

- sustainable weight loss

- ✓ Virtual appointments available

- ✓ Most major insurance plans accepted

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