

**FOODS RICH IN ESTROGEN**

Alfalfa Sprouts	Black Beans	Cashews
Dried Apricots	Dried Dates	Dried Prunes
Flaxseed	Garlic	Hummus (Chickpeas)
Mung Beans	Peanuts	Pistachios
Red Wine	Sesame Seeds	Soy (Milk, Edamame, Tempeh, Tofu, Miso, Yogurt, Nuts)
Walnuts	White Beans	

**ADAPTOGENS TO BALANCE HORMONES**

Ashwagandha	Astragalus	Cordyceps Mushrooms
Holy Basil (Tulsi)	Licorice Root	Maca Root
Rhodiola Rosea	Schisandra Berries	Shatavari
Siberian Ginseng (Eleuthero)	Turmeric	

**OTHER HORMONE BALANCING FOODS**

Avocado	Bone Broth	Coconut Oil
Hemp Seeds	Salmon	