



TARA THORNE HEALTH

# HAPPY HORMONES

## COURSE

FUNCTIONAL FOOD GUIDE







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## FUNCTIONAL FOODS TO INCLUDE

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### GINGER AND TURMERIC

These are powerfully anti-inflammatory spices. You can drink them as teas or use them in your cooking to fan the flames of inflammation, (and inflammation is the underpinning of all disease states).

### FERMENTED FOODS

Fermented Foods can be beneficial for gut health however, they're not a good idea if you have estrogen dominance / histamine excess or candida. If you don't have these issues then choose whichever fermented foods you enjoy the best such as kim chi, sauerkraut, beet kvass, etc.

### RASPBERRIES & RAW CARROTS

Raspberries and raw carrots are great functional foods for women because they help with estrogen detoxification. If you suffer with estrogen excess symptoms such as PMS, headaches, water retention, and so on then incorporate these foods into your daily diet.

### BROCCOLI SPROUTS / POWDER

Broccoli sprouts are a woman's superpower food! They support so many aspects of health. They kill cancer cells, support brain health, boost detoxification, and more. If any kind of estrogen dominant cancer runs in your family then I highly suggest you consume broccoli sprout powder or broccoli sprouts on the daily. They will help with preventing estrogen damaging your DNA, (being carcinogenic).



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### GREEN TEA

Green tea encourages the growth of beneficial bacteria, it's anti-fungal, it helps to breakdown candida biofilm, and it also targets a range of bacterial pathogens. It's also an antioxidant powerhouse.

### POLYPHENOLS

Polyphenols from purple, black, blue and red foods, are very important for balancing the microbiome. They help to reduce inflammation in the GI tract too, (which is the source of most inflammation for many people). Pomegranate is particularly beneficial for the microbiome. It's very effective against candida, fungal and bacterial biofilms, worms, blood infections, diarrhoea and parasites. It has gut healing and anti-inflammatory effects.

### RESISTANT STARCH

These are things like cooked and cooled rice and potatoes, seeds, legumes, green bananas, raw plantains. Resistant starch feeds keystone strains of bacteria in the gut - and these keystone strains are invaluable for our health.