

## ASK DR OLZ — HORMONE-SAFE LIFESTYLE CHECKLIST

**Your daily habits either support or sabotage your hormones. Use this checklist to reduce hidden hormone disruptors and create a more balanced, vibrant life.**

---

### 1. NUTRITION

- Eat protein with every meal to stabilise blood sugar
  - Include healthy fats (avocados, olive oil, nuts)
  - Eat fibre-rich foods daily (flaxseeds, leafy greens, berries)
  - Limit refined carbs and sugar
  - Avoid processed vegetable oils (canola, sunflower, soybean)
  - Drink filtered water — avoid plastic bottles
  - Include cruciferous vegetables for estrogen detox (broccoli, cauliflower, kale)
  - Eat organic or hormone-free animal products when possible
- 

### 2. SLEEP

- Sleep 7–9 hours per night
  - Go to bed before 10:30 PM consistently
  - Keep bedroom dark, cool, and quiet
  - Avoid screens 1 hour before bed
  - Use [magnesium](#) or calming teas to support deep sleep
- 

### 3. STRESS MANAGEMENT

- Start your day with calm (stretching, prayer, journaling, or breathwork)
- Schedule time to rest and recharge — avoid burnout
- Say no to energy-draining commitments

- Do 5–10 minutes of deep breathing or meditation daily
  - Use [adaptogenic herbs](#) if stress is chronic
- 

#### 4. MOVEMENT

- Walk or move your body every day
  - Avoid overtraining — too much high-intensity exercise can disrupt hormones
  - Include strength training 2–3 times per week
  - Sync workouts with your menstrual cycle if applicable (more intense after your period, gentler before)
- 

#### 5. DETOX SUPPORT

- Use a dry brush or gentle exfoliation daily
  - Sweat regularly (exercise or sauna)
  - Drink warm lemon water in the morning
  - Take regular breaks from alcohol
  - Support liver detox with [supplements](#) or herbs (milk thistle, dandelion, NAC — ask your practitioner)
- 

#### 6. PERSONAL CARE & HOME PRODUCTS

- Switch to non-toxic skincare and body care
  - Use glass, ceramic, or stainless steel — avoid heating plastic
  - Avoid fragrance-heavy products — look for "fragrance-free" or essential oil-based
  - Use natural laundry detergents and cleaning products
  - Minimise exposure to pesticides (wash fruits/veggies or buy organic when possible)
- 

#### 7. TRACKING & MONITORING

- Track your cycle with a journal or app
- Pay attention to signs like sleep quality, energy levels, mood, and skin

- Review supplements with a functional medicine practitioner every 3–6 months
  - Test your hormones annually or as symptoms change
- 

### **NEED PERSONALISED GUIDANCE?**

Ask Dr Olz offers hormone testing, supplement protocols, and lifestyle coaching tailored to your symptoms and goals.

**Visit [askdrolz.com](https://askdrolz.com) to book your virtual hormone consult today.**