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Hormone Balancing

Plant oestrogen foods: soya beans, lentils, barley, mung beans (these are the bean sprouts you find in Chinese food), split peas, fenugreek seeds and red clover tea.

Suggestions: Soya can be cooked as the whole bean in soups and stews
The next best is Tofu which is a block of soya curd. It resembles a block of cheese and has a very neutral taste. You can use either smoked or unsmoked. Use small amounts to start with and put it in lots of things. The simplest is mixed into a stir fry, use about the same amount as you would like to find mushrooms in your meal!

Pearl or soup barley and lentil and split pea soup mix are available in every supermarket and can be added to soups and casseroles. As always start with a little to gradually get used to the texture.

Whole grains; whole wheat, buckwheat, oats, barley etc

Vegetables and fruit: A wide variety, include a range of all colours and textures, these contain a variety of helpful substances to keep you healthy.

Cold Pressed oils: (These are full of essential fatty acids) especially Hemp and Linseed oil. Use these on salads, or drizzle over a stir fry, Mash into potatoes. Do not cook them they lose their goodness and are too expensive to waste.

Calcium-

Good sources include all dairy products, tinned bony fish, nuts and seeds, green leafy vegetables (including broccoli, spinach, cabbage, lettuce) blackstrap molasses, dried figs and prunes, green tea, legumes (bean/pea family).

Boron; this is especially high in raw fruits and vegetables.

General hints:

Laughter is great medicine

Keeping the bowels clear is important so that the body does not recycle hormone waste products eliminated in bile. Ground linseeds can help (also providing Essential Fatty Acids and minerals-3 for the price of 1).

Water is important particularly so if you are taking linseed.

Weight Bearing exercises and a little sunshine helps strong bones.