



# 5 STEPS

## To Hormonal Healing

**BY:**

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# FEELING OUT OF SYNC?

This goes for you men too! Hormones might be the silent conductor calling the shots. These chemical messengers influence everything from your energy levels and mood to your metabolism and sleep. When hormones are balanced, your body functions like a well-oiled machine. But imbalances can cause a domino effect, leading to fatigue, weight fluctuations, and even brain fog. By prioritizing hormonal health, you're investing in your overall well-being, paving the way for a more vibrant and energetic you.

So, let's get you some ideas on how to optimize your hormonal health!



# Step 1:

## Ensure you're eating enough

A lot of my clients with hormonal imbalances, including men with low testosterone, are not eating enough. Take some time to track your intake and see where you're at. If you're low see how you feel once you start eating enough for your body type.

### Health tips:

- Estimate your BMR using the calculator below. This is the bare minimum that you should be eating. Eating slightly higher is ideal.
- Balance your macros to be 40% carbs, 30% protein, and 30% fat.
- Choose healthy fats only (nuts/seeds, salmon, avocado, quality meat and oils)

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### BMR Calculator



# Step 2:

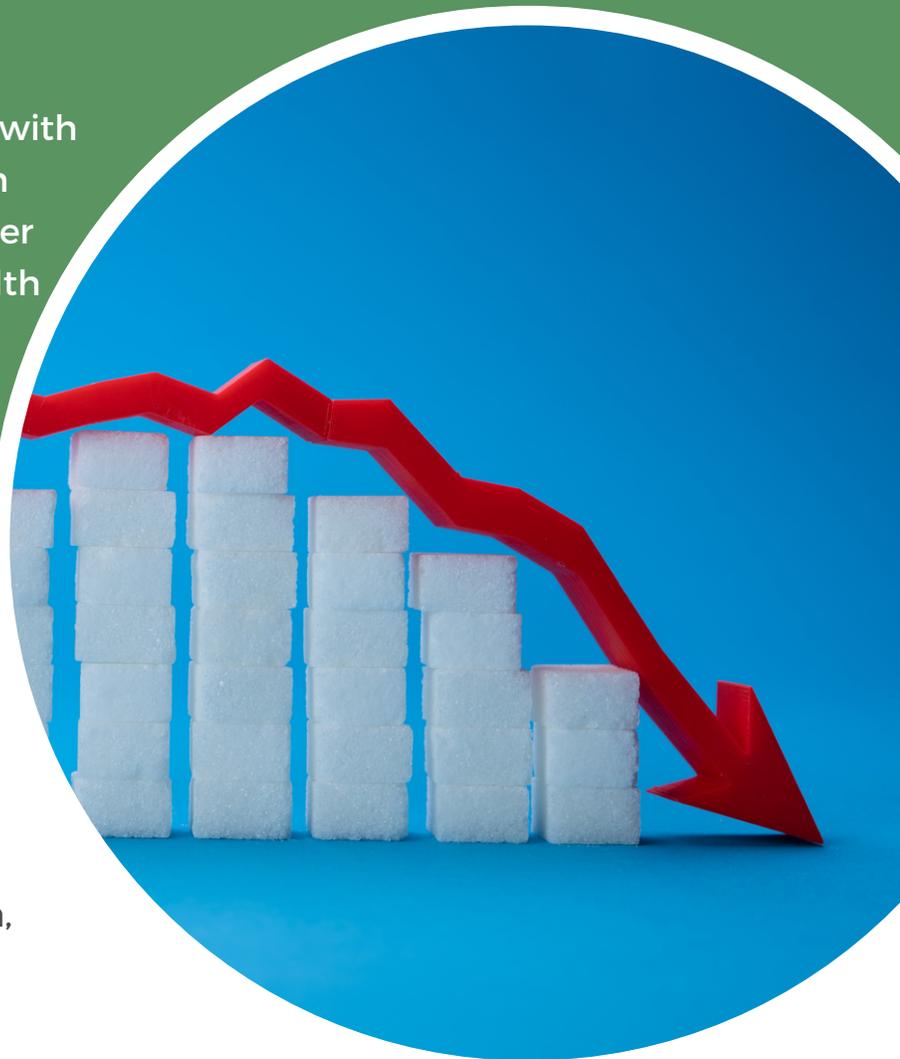
## Balance your blood sugar

Blood sugar spikes are like a screeching record for your hormones! Eating meals and snacks that are well-balanced with more protein, fat, and fiber can keep it stable. This means better energy, mood, and overall health

### Meal Prep Tips:

- Use beans, potatoes, and squash as carbs instead of grains like rice, bread, or pasta.
- Eat the carbs last if you can, or after the fats.
- Keep snacks as nuts, seeds, veggies w/ guac or hummus, protein shakes, and salads.
- Walk for 15 min after a meal

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**Try these low carb recipes!**



# Step 3: (Gals)

## Don't be overdoing it at the gym

Gals, if you're exercising too much you might be setting yourself up for a rollercoaster ride. Too much power lifting can make it hard to balance the system. Some exercise is definitely important! It's just about finding the right balance.

### Health Tips:

- Aim to get a solid 150 minutes per week of moderate cardio activity
- Plus 2-3 days of moderate intensity strength training.
- Shoot for rep ranges of 15-20, 2-3 sets per exercise
- Get at least 2 days of rest per week
- Don't forget to stretch!



Check out this free workout app!



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# Step 3: (Guys)

## Upgrade your strength routine

Guys, if you're not hitting the weights, you're probably going to flatline testosterone. Hitting the weights is crucial to getting that libido lift. Albeit, going too hard can have the opposite effect. It's all about finding the right balance.



### Health Tips:

- Follow a strength routine that fits in each major muscle group (3 day split)
- Aim for 90% max power - don't opt for 100%!
- Always do squats, deadlift, or bench every week.
- Do a 20 min HIIT workout a few times per week or for a few minutes after each workout to boost your T.

Check out this free workout app!



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# Step 4:

## Increase your antioxidant intake

Free radicals can wreak havoc on your hormones! Antioxidants have been shown to balance estrogen levels and protect the testes from inflammation. By incorporating antioxidant-rich fruits, veggies, and nuts into your diet, you empower your hormones to function optimally, leading to a healthier, more vibrant you.

### Top Foods:

- Bell peppers
- Strawberries
- Broccoli
- Sunflower seeds
- Acai berry frozen (0 sugar)
- Carrots
- Butternut squash
- Hemp seeds
- Brazil nuts
- Fresh Oyster
- Wild Caught Salmon
- Organic Spinach

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**Check out these rainbow recipes!**



# Step 5:

## Fix your sleep and self-care routine

Stress or sleep issues will slowly take a toll on your hormonal health and can often make all the difference when you fix them. Try assessing which of these could be worth focusing on and start with small changes.

### Small Changes:

- Deep breathing 5 min/day
- Walking every morning
- Going to bed 30 min earlier
- Drinking calming hot tea before bed
- Stretching for 5 min/day
- Turning the phone off in the evening
- Journaling 3 min every day
- Incorporate more skin care
- See a therapist

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Check out this self-care journal!





**Do you want a more  
customized approach?**

**Start with a FREE CALL!**

We'll Discuss:

1. Your primary concerns.
2. How I can help you.
3. What you need to get started.

*Let's Go Deeper!*

## CONTACT ME

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