Shopping List For Balanced Health

Magnesium

Relaxes the nervous system and improves hormone receptor sensitivity

- Pumpkin seeds
- Almonds
- Cashews
- Spinach
- Avocado
- Black Beans
- 85% Dark Chocolate
- Hemp seeds



Zinc

For the immune system and tissue health, testosterone and libido

- Oysters
- Grass-fed beef
- Pumpkin seeds
- Chickpeas
- Lentils
- Lamb





Vitamin C

Lowers inflammation and heals wounds, gum health



- kiwifruit (with skins!)
- Strawberries
- Bell Peppers
- Oranges
- Papaya
- Broccoli
- Rose hips

B6 (P5P)

calming

- Wild-caught salmon
- Turkey
- Chicken
- Bananas
- Sunflower seeds
- Pistachios
- Chickpeas
- Sweet Potatoes

Vitamin E

Antioxidant

- Sunflower seeds
- Almonds
- Hazelnuts
- Avocado
- Olive Oil
- Spinach



Omega 3

Reduces inflammation and supports gut diversity

- Sardines
- Salmon
- Mackerel
- Chia seeds
- Walnuts
- Flax seeds





Choline

Supports liver detox

- Egg yolks
- Salmon
- Chicken breast
- Beef liver
- Brussels sprouts
- Shiitake mushrooms



Calcium

Controls muscle release

- Sardines
- Salmon with bones
- Kale
- Broccoli
- Almonds
- Dairy

Protein

Amino acids form hormones

- Eggs
- Salmon
- Turkey
- Chicken
- Beef
- Bison
- Greek Yogurt
- Tofu/Tempeh

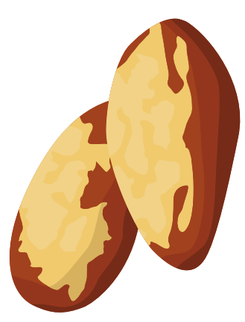




Selenium

Supports thyroid

- Brazil nuts 2-3/day
- Eggs
- Sardines
- Tuna
- Mushrooms





Fiber

Clears Estrogen to keep ratio, healthy gut

- Flax Seeds
- Chia Seeds
- Lentils
- Apples
- Pears
- Oats





Healthy Fats

Cholesterol is the precursor to all hormones

- Avocado
- Olive oil
- Flax oil
- Nuts & Seeds
- Coconut
- Grass-fed Meat

www.vervenutrition.ca