SelfDecode™

Hormone Balance (Functional)

Biohacker Report

REPORT CATEGORY —

SEX HORMONES

Sample Client

Report date: 15 January 2026

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

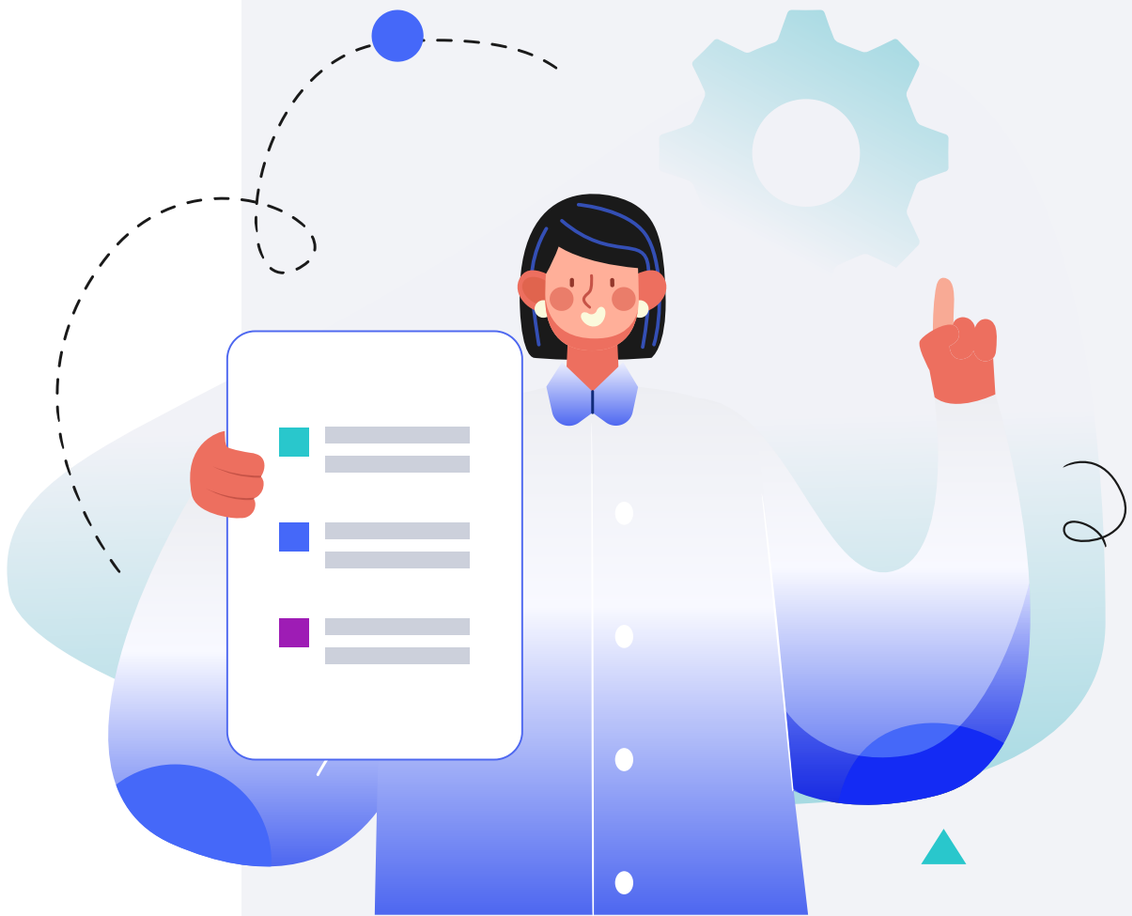
Male

HEIGHT

5ft 5" 165cm

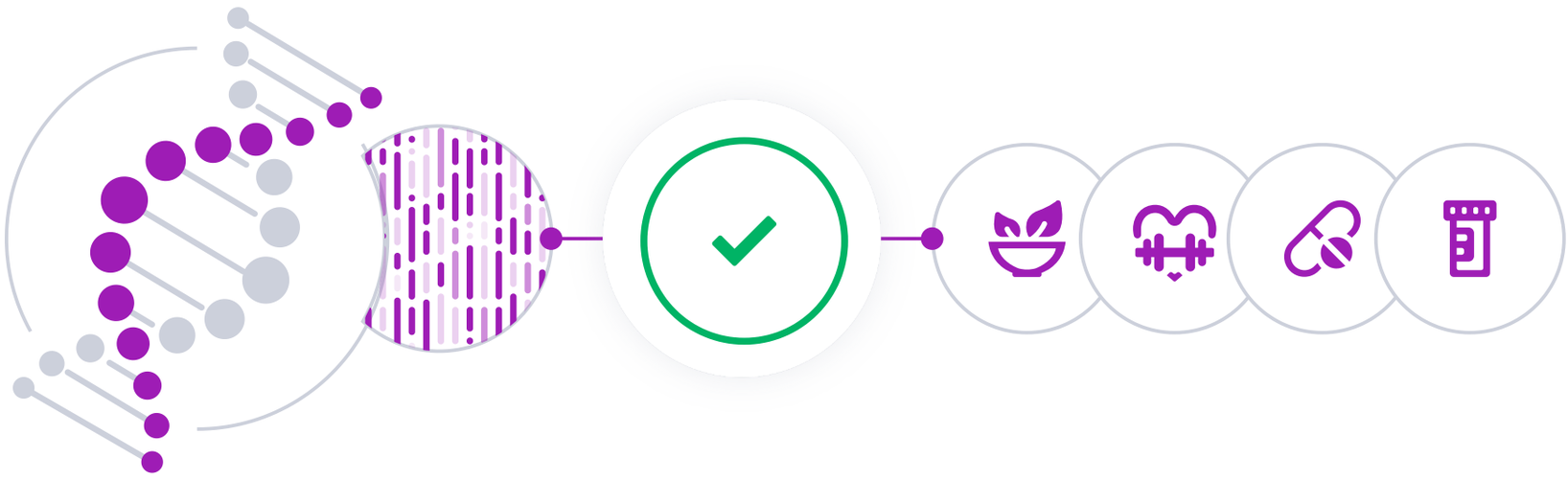
WEIGHT

137lb 62kg



How this works

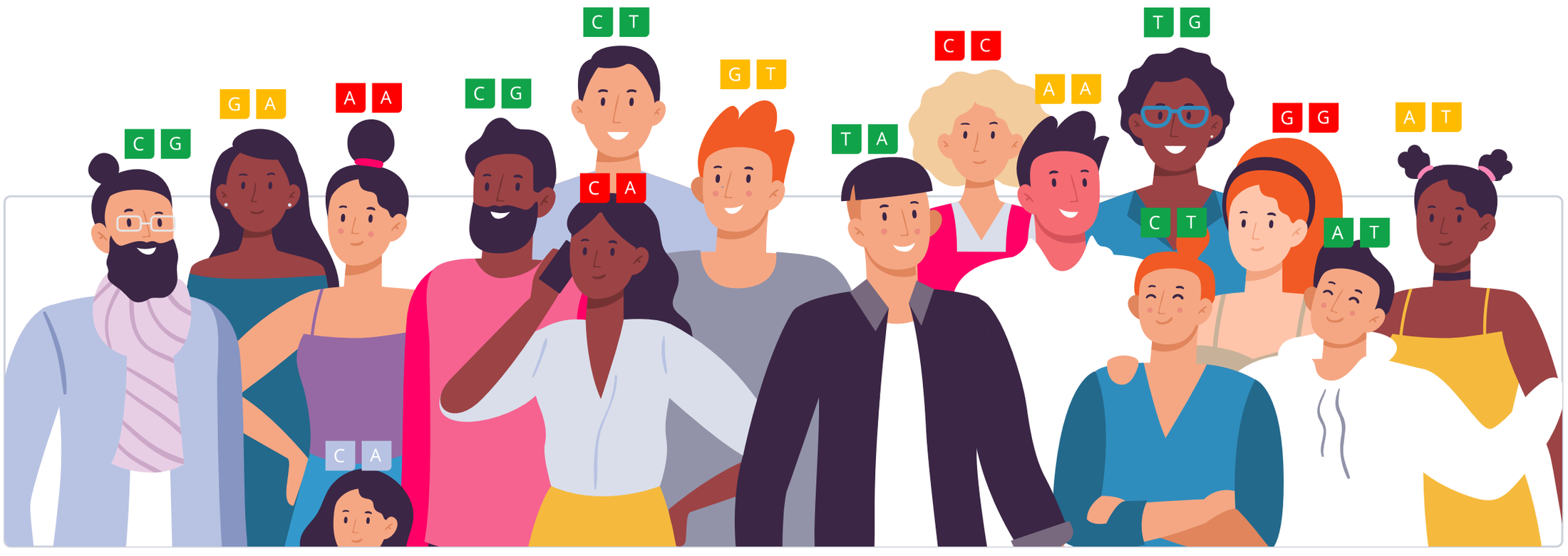
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.

Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

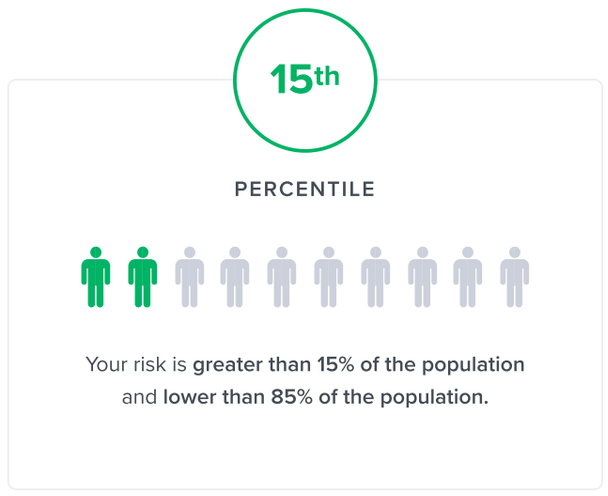
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information. We then summarize your results as a risk score or display it on a gauge.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:

In total, we analyze up to 83 million genetic variants.



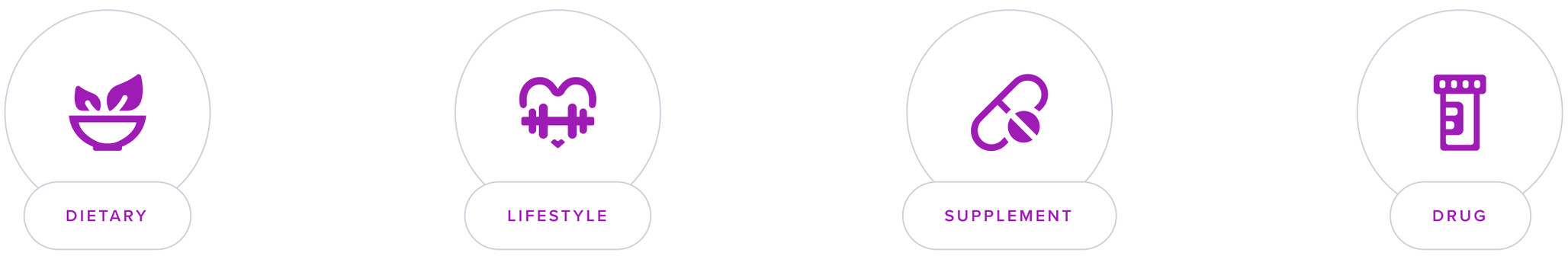
Genotype color info: AA You don't have any risk alleles | AA You have 1 risk allele | AA You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):

Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, afew large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Hormones are essential chemical messengers produced by glands in the body, instructing various organs and systems on how to function.

Female hormones, primarily estrogen and progesterone, regulate critical bodily processes such as puberty, fertility, pregnancy, and menopause, while male hormones, mainly androgens like testosterone, control male-specific processes, including puberty, fertility, and andropause. Both estrogen and testosterone are present in both sexes but at varying levels.

Inefficient hormone metabolism can lead to health issues, and this balance is influenced by genetic factors alongside diet and lifestyle. Understanding genetic predispositions can aid in managing hormone levels and optimizing overall health.

Genetics of Hormone Balance

CYP1B1 (rs1056836, Leu432Val C>G): This gene is involved in estrogen metabolism. The rs1056836 variant (Leu432Val C>G) may affect the breakdown of estrogen, potentially influencing estrogen levels and associated risks.

COMT (rs4680, Val158Met G>A): COMT is responsible for breaking down catecholamines, including estrogen metabolites. The rs4680 variant (Val158Met G>A) can affect estrogen metabolism, impacting hormonal balance and potentially influencing mood and stress response.

MnSOD (rs4880, Val16Ala T>C): This gene encodes an enzyme that protects cells from oxidative stress. The rs4880 variant (Val16Ala T>C) can impact antioxidant capacity, indirectly affecting hormone metabolism and balance.

CYP17A1 (rs743572, 34 T>C): The *CYP17A1* gene is involved in the production of steroid hormones, including androgens and estrogens. The rs743572 variant (34 T>C) can influence levels of these hormones, affecting hormone-related health outcomes.

MTHFR (rs1801133, 677 C>T): MTHFR is essential for folate metabolism and methylation, which impacts hormone detoxification pathways. The rs1801133 variant (677 C>T) can influence hormone metabolism and methylation efficiency, potentially affecting hormonal balance.

NQO1 (rs1800566, Pro187Ser C>T): This gene is involved in detoxification processes. The rs1800566 variant (Pro187Ser C>T) can affect the elimination of hormone-related oxidative byproducts, impacting hormone balance.

CYP19A1 (rs10046): CYP19A1 encodes aromatase, an enzyme that converts androgens to estrogens. The rs10046 variant can influence estrogen production, impacting hormone levels and balance.

WORSE

More likely to have hormone imbalances based on 18 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
CYP1B1	rs1056836	GG
CYP19A1	rs10046	AA
MTHFR	rs1801133	AA
SOD2	rs4880	GG
BORCS7	rs743572	AG
CYP1B1	rs1800440	CT
COMT	rs4680	AG
SRD5A1	rs3822430	GA
UGT2B15	rs1902023	AC
/	rs366631	AG
TRIM4	rs2740574	TT
TNFSF12	rs1799941	GG
CYP1A1	rs1048943	TT
TNFSF12	rs6259	GG
CYP2C19	rs4986893	GG
CYP2C19	rs4244285	GG
NQO1	rs1800566	GG
GSTP1	rs1695	AA
EPHX1	rs1051740	TT

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

CYP1A1 (rs1048943, Ile462Val A>G): This gene is involved in estrogen metabolism. The rs1048943 variant (Ile462Val A>G) can affect the conversion of estrogens, influencing hormonal balance and related health outcomes.

GSTP1 (rs1695, Ile105Val A>G): GSTP1 plays a role in detoxification. The rs1695 variant (Ile105Val A>G) can impact the body's capacity to manage oxidative stress, indirectly affecting hormone metabolism.

CYP2C19 (rs4244285, *1/*2/*17): This gene variant affects the metabolism of certain hormones and drugs. Different alleles can lead to variable enzyme activity, impacting hormone processing.

CYP3A4 (rs2740574, -392 A>G): CYP3A4 is involved in metabolizing estrogens and other hormones. The rs2740574 variant (-392 A>G) can influence hormone breakdown, affecting overall balance.

EPHX1 (rs1051740, Tyr113His T>C): *EPHX1* encodes an enzyme that metabolizes various compounds, including hormones. The rs1051740 variant (Tyr113His T>C) can impact hormone-related metabolic pathways.

SHBG (rs6258, -68 G>A): SHBG encodes sex hormone-binding globulin, which regulates the availability of sex hormones like testosterone and estrogen. The rs1799941 variant (-68 G>A) can influence hormone levels and bioavailability.

SRD5A1 (rs3822430, A>G): This gene encodes an enzyme that converts testosterone to dihydrotestosterone (DHT). The rs3822430 variant (A>G) affects androgen metabolism, impacting hormone balance.

CYP1B1 (rs1800440, Asn453Ser A>G): The CYP1B1 gene is involved in estrogen metabolism. The rs1800440 variant (Asn453Ser A>G) can affect estrogen breakdown efficiency, potentially influencing estrogen levels and impacting hormone-related health risks.

SHBG (rs6259, Pro185Leu C>T): SHBG encodes sex hormone-binding globulin, which regulates the availability of hormones like testosterone and estrogen. The rs6259 variant (Pro185Leu C>T) can influence SHBG levels, affecting hormone bioavailability and overall hormonal balance.

SULT1A1 (rs1412288244, Arg213His G>A): The SULT1A1 gene is involved in the sulfation and detoxification of hormones and drugs. The rs1412288244 variant (Arg213His G>A) can alter enzyme activity, affecting hormone metabolism and impacting hormone balance and detoxification capacity.

UGT2B15 (rs1902023, T>G): UGT2B15 is involved in the detoxification of steroid hormones. The rs1902023 variant (T>G) can influence hormone clearance rates, affecting balance.

These genetic factors, along with lifestyle and environmental influences, play a crucial role in hormone metabolism and balance. By understanding these genetic predispositions, individuals can adopt lifestyle and dietary strategies to support hormonal health and reduce the risk of hormone-related conditions.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You'll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

		DOSAGE
1	Balance Iodine Intake	
2	Avoid Organochlorine Pesticide Exposure	
3	Avoid BPA (Bisphenol A) Exposure	
4	Avoid Exposure to Heavy Metals	
5	Avoid Endocrine Disruptors	
6	Good Eating Habits	
7	Choose Healthy Fats	
8	Avoid Anabolic Steroids	
9	Avoid Low-Fat High-Carb Diets	
10	Avoid Rapid Weight Changes	
11	Maintain Optimal Iron Levels	10 mg
12	Avoid Phthalate Exposure	
13	Avoid Iron Supplements (Unless Deficient)	
14	Maintain a Regular Meal Schedule	
15	Genistein	30 mg

1

Balance Iodine Intake

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

To balance iodine intake, consume foods rich in iodine such as fish, dairy, and eggs, aiming for about 150 micrograms per day for adults. Consider using iodized salt in cooking, but be mindful not to exceed the daily limit. Regularly assess iodine levels, especially if you are pregnant, lactating, or have thyroid issues.

Description

Iodine intake is essential for thyroid function and is obtained through iodized salt and foods like seafood and dairy products. Balanced iodine intake is necessary to prevent thyroid disorders.

Iodine is an element that helps make thyroid hormones. It's important for [R, R, R, R]:

- Thyroid function
- Healthy pregnancy
- Cognitive function

Iodine can be found in foods like [R]:

- Seaweed
- Enriched bread
- Fish (cod)
- Dairy
- Iodized salt

Adults should be getting **150 micrograms** of iodine per day. People who are deficient can take iodine as a supplement. However, most people in the US and other developed countries don't need to take extra iodine. Excess iodine can be harmful [R, R].

How it helps

Balancing iodine intake supports optimal thyroid function, which is crucial for maintaining hormone levels. Adequate iodine prevents disorders that can disrupt hormone production and overall endocrine health.

2 Avoid Organochlorine Pesticide Exposure

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Minimize exposure by choosing organic fruits and vegetables, thoroughly washing produce before consumption, and avoiding areas where organochlorine pesticides are applied. Consider using air purifiers in homes close to agricultural areas to reduce indoor pesticide levels.

Description

Reducing organochlorine pesticide exposure involves minimizing contact with pesticides like DDT, which can accumulate in the body and potentially lead to adverse health effects, including disruption of hormonal functions and carcinogenicity.

How it helps

Avoiding organochlorine pesticides helps maintain hormone balance by preventing the disruption of endocrine function caused by these chemicals. This reduction in exposure minimizes the risk of hormonal imbalances and associated health issues.

3 Avoid BPA (Bisphenol A) Exposure

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

To avoid BPA exposure, choose BPA-free products, particularly when selecting food containers, water bottles, and baby bottles. Prefer glass, porcelain, or stainless steel containers, especially for hot food or liquids. Reduce use of canned foods as they may be lined with BPA and avoid handling thermal paper receipts, as they can contain BPA. When possible, select fresh or frozen foods over canned goods.

Description

Avoiding BPA (Bisphenol A) exposure involves minimizing contact with products or containers containing this chemical, which is commonly found in plastics and can potentially disrupt hormone regulation.

BPA (bisphenol A) is a chemical used to make certain plastics and resins. BPA-containing plastics are often used in containers that store food and beverages. Plastics marked with **recycling code 3 or 7** may contain BPA [R].

BPA is a well-known hormone disruptor. Research has linked BPA exposure to diabetes, heart disease, altered behavior, and more [R].

How it helps

Avoiding BPA exposure helps maintain hormone balance by reducing the risk of endocrine disruption, which can lead to hormonal imbalances and related health issues. This proactive measure supports overall hormonal regulation and vitality.

4

Avoid Exposure to Heavy Metals

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

To avoid exposure to heavy metals, ensure you're not using cosmetic products with heavy metals, opt for organic foods to minimize pesticide exposure, and use filters for drinking water to remove possible contaminants. Check for lead-based paints in older homes and avoid cooking or storing food in uncoated metal containers. When possible, choose glass or BPA-free plastics instead.

Description

Heavy metals are elements naturally found in the environment. They are also used for agricultural, industrial, and medicinal purposes. Some can even be found in small amounts in your body [R, R].

Long-term exposure to high amounts of heavy metals can be harmful to your health [R, R].

Heavy metals that are most often linked to health problems include [R, R]:

- Lead
- Cadmium
- Arsenic
- Chromium
- Mercury

How it helps

Avoiding exposure to heavy metals mitigates their endocrine-disrupting effects, which can lead to hormonal imbalances. By protecting the hormonal system from these toxins, overall functional hormone balance is better maintained.

5

Avoid Endocrine Disruptors

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Minimize exposure to endocrine disruptors by opting for organic foods to reduce pesticide intake, using glass or stainless steel instead of plastic containers for food and beverages, avoiding cosmetics and personal care products with parabens or phthalates, and regularly vacuuming and dusting your home to reduce contact with flame retardants found in household dust.

Description

Avoiding exposure to endocrine disruptors, such as certain chemicals found in plastics and pesticides, is crucial for maintaining hormonal balance and reducing the risk of hormone-related health problems.

Endocrine disruptors are chemicals that interfere with the body's hormone (endocrine) system by [R, R]:

- Blocking the function or activity of hormones
- Mimicking the function of hormones

Based on limited studies, long-term exposure to these chemicals can have negative effects on health [R, R].

Endocrine disruptors can be found in cosmetics, food products, pesticides, and other common household items [R].

How it helps

Avoiding endocrine disruptors enhances hormone balance by minimizing exposure to substances that can interfere with hormonal signaling and production. This reduction in harmful chemical exposure supports optimal endocrine function and lowers the risk of hormone-related disorders.

6

Good Eating Habits

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Incorporate a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats into your meals daily. Aim to eat at regular intervals, ideally three meals and one to two healthy snacks per day, to maintain energy levels and avoid overeating. Reduce consumption of processed foods, sugary snacks, and beverages.

Description

Practicing good eating habits, such as balanced and portion-controlled meals, can help maintain a healthy weight, support proper nutrition, and reduce the risk of chronic diseases.

Eating habits involve the how, what, when, and where of your diet. Some eating habits can be good for your health, but others... not so much.

Good eating habits include [R, R, R]:

- Planning and preparing most of your meals
- Eating mindfully and slowly
- Only eating when hungry
- Not skipping meals

Developing good eating habits takes attention, practice, and effort [R].

How it helps

Good eating habits contribute to hormone balance by providing essential nutrients that regulate hormone production and metabolism, while also maintaining a healthy weight, which is crucial for preventing hormone-related disorders.

7

Choose Healthy Fats

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Incorporate sources of unsaturated fats such as olive oil, avocados, nuts, seeds, and fatty fish into your daily diet. Aim for at least two servings of fatty fish per week and use olive oil for cooking and salad dressings. Replace saturated fats found in red meat, butter, and processed foods with these healthier options whenever possible.

Description

Choosing healthy fats, such as those found in avocados, nuts, and fatty fish, can support cardiovascular health, reduce inflammation, and promote overall well-being. A diet balanced in healthy fats can help manage cholesterol levels and reduce the risk of heart disease.

Based on their structure, the fats in our diet can be broadly divided into *saturated* and *unsaturated* fat. Trans fat is a type of unsaturated fat [R, R, R].

In large amounts, trans fat and saturated fat may have a negative impact on your heart and reproductive health. Processed foods and animal products like red meat and dairy are rich in these fats [R, R, R, R, R].

Some types of unsaturated fat can protect your heart and support fertility. **Experts say you should add more unsaturated fats to your diet**. Some good sources include [R, R, R]:

- Nuts
- Seeds
- Fish

Unsaturated fats include polyunsaturated fats or PUFAs (omega-3 and omega-6) and monounsaturated fats or MUFAs [R, R].

How it helps

Incorporating healthy fats into the diet enhances the production of hormones by providing essential fatty acids and aiding in the absorption of fat-soluble vitamins, which is crucial for maintaining hormonal balance and supporting overall metabolic health.

8

Avoid Anabolic Steroids

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Do not consume or inject any substances classified as anabolic steroids. This includes avoiding use for performance enhancement in sports or bodybuilding. Compliance should be permanent to avoid potential health risks.

Description

Unless you have a condition that warrants the use of anabolic steroids, avoid them. Apart from having many potential adverse effects, long-term use of anabolic steroids can eventually impair testosterone production [R, R, R, R, R].

Also, refrain from using herbs that increase testosterone levels, such as tongkat ali, ashwagandha, fenugreek, or *Mucuna pruriens* [R, R, R, R, R].

How it helps

Avoiding anabolic steroids helps maintain natural hormone production and balance, which is crucial for overall endocrine health. This is particularly important for individuals seeking to correct functional hormone imbalances, as anabolic steroids can disrupt feedback mechanisms and exacerbate hormonal issues.

9

Avoid Low-Fat High-Carb Diets

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Opt for a diet that balances macronutrients rather than focusing on low fat and high carbohydrates. Include moderate to high amounts of healthy fats and proteins while choosing complex carbohydrates over simple ones. Aim to make this dietary adjustment a permanent part of your eating habits rather than a temporary diet.

Description

Avoiding low-fat-high-carb diets can help promote a balanced macronutrient intake and better blood sugar control. Incorporating healthy fats into the diet supports satiety, hormone production, and overall nutritional well-being.

How it helps

Avoiding low-fat high-carb diets supports hormone balance by ensuring adequate intake of healthy fats, which are crucial for the synthesis of steroid hormones and regulation of metabolic processes. This balanced macronutrient approach promotes improved hormone production and overall endocrine function.

10

Avoid Rapid Weight Changes

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Maintain a consistent, healthy weight by avoiding extreme dieting or sudden increases in food intake. Aim for gradual weight changes, not exceeding 1-2 pounds per week, by adjusting your diet and physical activity levels accordingly. This approach should be sustained over a long-term period to ensure health and prevent potential adverse effects on the body.

Description

Avoiding extreme and rapid weight changes, whether through crash diets or excessive calorie restriction, is essential for preventing negative health consequences such as nutritional deficiencies and metabolic disruptions.

Your weight is determined by the number of calories you consume compared to those you burn. Changes in exercise frequency, amount and type of food consumed, and alcohol intake may alter your energy expenditure. This may cause small weight fluctuations [R].

Some people may gain or lose weight at a faster rate. Rapid weight fluctuations may be due to [R, R]:

- Very drastic diets
- Water retention or dehydration
- Hormonal changes
- Pregnancy
- Taking certain medications
- Certain health conditions

How it helps

Avoiding rapid weight changes helps to maintain metabolic stability, thereby supporting consistent hormone production and function. This approach reduces the risk of hormonal imbalances typically triggered by drastic fluctuations in body weight.

11

Maintain Optimal Iron Levels

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Check your iron levels. If they are below optimal, take a 10 mg iron supplement daily, preferably with a meal to enhance absorption and reduce stomach upset.

TYPICAL STARTING DOSE

10 mg

Description

Iron (Fe) is an essential mineral. It helps make hemoglobin, a protein that carries oxygen to cells. In this way, iron **increases energy** and supports **brain and immune system function** [R, R, R].

Foods rich in iron include [R]:

- Oysters
- White beans
- Beef
- Chocolate
- Spinach
- Fortified cereals

Women should be getting **8-18 mg** of iron per day, while **men** should be getting **8 mg** [R].

Groups at risk of iron deficiency include [R]:

- Women
- Children
- Vegetarians
- Routine blood donors

Iron supplements are available for people who can't meet their needs through a balanced diet, but they should not be taken without consulting a doctor.

How it helps

Maintaining optimal iron levels supports hormonal balance by enhancing oxygen transport and energy production, which are crucial for metabolic processes. Sufficient iron prevents fatigue and other symptoms that can disrupt endocrine function.

12

Avoid Phthalate Exposure

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

To avoid phthalate exposure, check product labels and choose phthalate-free options for personal care items, plastics (look for recycling codes 3 and 7 or the letters 'V' or 'PVC'), and household products. Additionally, reduce the use of plastic containers for food storage, especially those not marked as 'phthalate-free', and avoid microwaving food in plastic containers. Aim to make these changes consistently in your daily life for long-term health benefits.

Description

Avoiding phthalate exposure involves choosing phthalate-free products, such as personal care items and plastics, to minimize potential endocrine-disrupting effects and protect reproductive and hormonal health.

How it helps

Avoiding phthalate exposure helps maintain hormone balance by reducing the risk of endocrine disruption, thereby supporting reproductive health and overall hormonal regulation. This is crucial for mitigating potential negative impacts on health stemming from synthetic chemical interactions.

13

Avoid Iron Supplements (Unless Deficient)

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Only take iron supplements if a blood test shows you are iron deficient. If not deficient, do not use iron supplements. For those diagnosed with iron deficiency, follow your healthcare provider's instructions on the type and dosage of iron supplement to take.

Description

Iron (Fe) is an essential mineral. It helps make hemoglobin, a protein that carries oxygen to cells. In this way, iron **increases energy** and supports **brain and immune system function** [R, R, R].

Avoiding unnecessary iron supplements, particularly without a confirmed deficiency, can prevent the risk of iron overload, which can lead to health issues like hemochromatosis and oxidative stress.

However, too much iron can be bad for the body. It can deposit into organs, such as the liver, heart and the pancreas. This can cause issues such as liver disease, heart problems and diabetes [R, R].

How it helps

Avoiding iron supplements unless a deficiency is confirmed helps maintain hormonal balance by preventing iron overload, which can disrupt endocrine function and contribute to oxidative stress and related health complications.

14

Maintain a Regular Meal Schedule

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Eat your meals at the same times each day, for instance, breakfast at 7 AM, lunch at 12 PM, and dinner at 6 PM. Stick to this schedule every day, including weekends, to help regulate your body's internal clock and improve digestion.

Description

Maintaining a regular meal schedule helps regulate blood sugar levels, supports digestion, and promotes a healthy metabolism. Consistency in meal timing can contribute to overall energy balance and long-term weight management.

Blood sugar (glucose) is the body’s main source of energy. It increases after a meal. Skipping meals may reduce this energy supply and lead to [R, R]:

- Poor cognitive performance
- Headaches

A regular meal schedule means eating the same number of meals at about the same times every day. Doing so may help [R, R]:

- Balance the internal clock
- Maintain a healthy body weight
- Support healthy cholesterol levels
- Prevent migraines

How it helps

Maintaining a regular meal schedule supports hormone balance by stabilizing blood sugar levels, which in turn reduces insulin fluctuations. This consistent timing can enhance metabolic function, promoting better energy utilization and overall hormonal health.

15

Genistein

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a genistein supplement daily, with a usual dosage range between 30 mg to 100 mg. It is best taken with food to enhance absorption. Continue this regimen daily for at least six months to evaluate its benefits fully.

TYPICAL STARTING DOSE

30 mg

Description

Genistein is an isoflavone found in soy products that may offer potential health benefits, including antioxidant and anti-inflammatory properties. It has been studied for its potential role in hormone regulation and the reduction of certain cancer risks.

How it helps

Genistein acts as a phytoestrogen, mimicking estrogen in the body, which can help restore hormonal balance in individuals experiencing disruption. Its antioxidant and anti-inflammatory properties further support overall hormonal health.