

**NOURISH
THRIVE
GLOW**

HORMONE GUIDE

TOOLS, NOT RULES

where little habits create lasting results

**REALISTIC
NUTRITION**



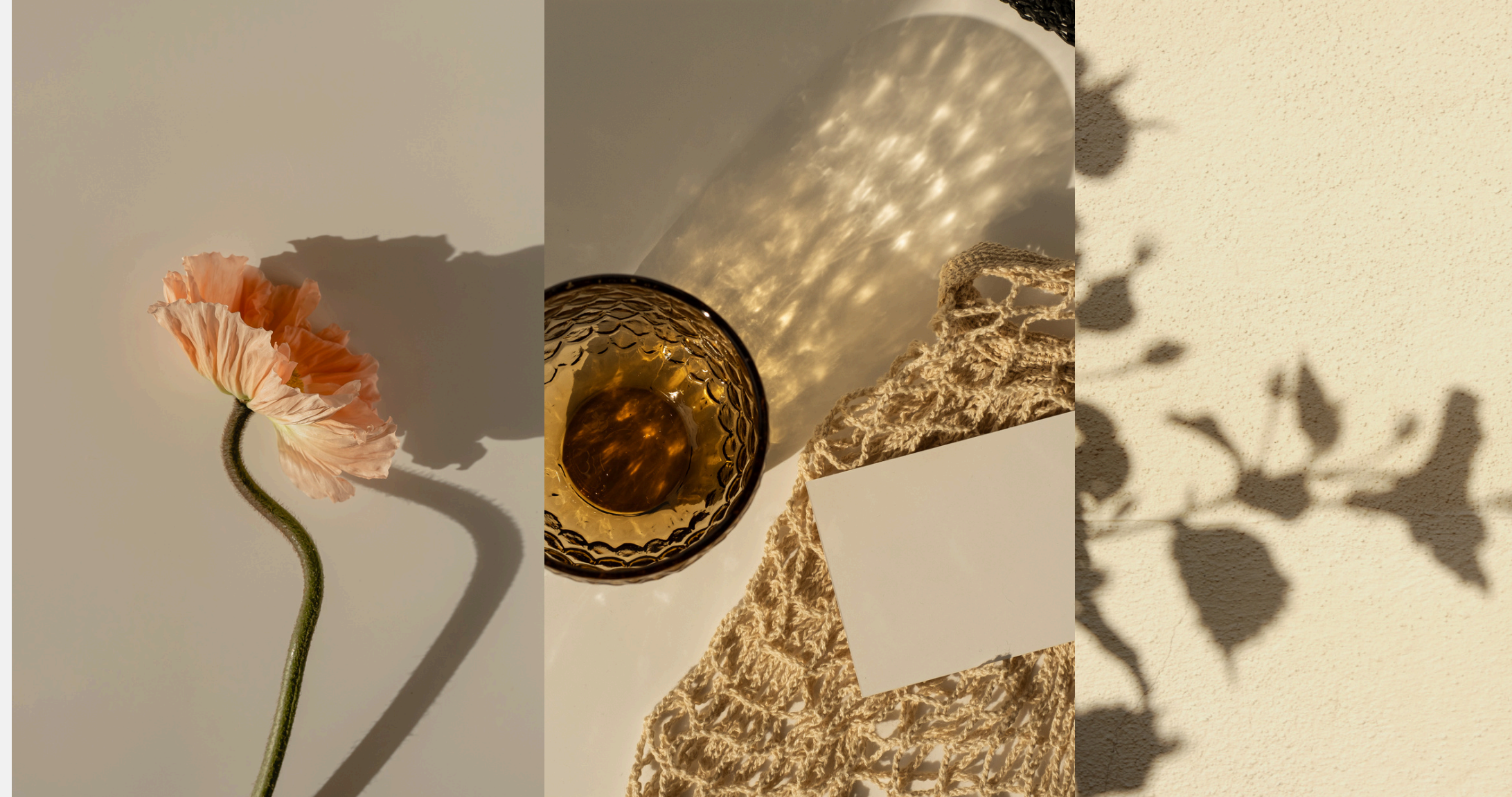
WELCOME

Your cycle is not just about periods — it's a monthly report card on your overall health. This guide is here to help you understand the key players (estrogen and progesterone), what an optimal cycle looks like, and how nutrition, stress, sleep, and lifestyle influence your hormones.

You'll find:

- Simple explanations of how hormones work
- What a healthy cycle looks like
- Foundational tools you can use right away

Remember: this is about tools, not rules. Small, consistent changes add up to big shifts in your cycle health, energy, and mood.



This guide is for educational purposes only. It is not medical advice. Always consult your healthcare provider before making changes to your diet, lifestyle, or supplements.

HORMONES 101

Estrogen = the builder

- **Helps the lining of your uterus grow, supports bone and brain health, and gets your body ready for ovulation.**
- **Highest in the first half of your cycle.**

Progesterone = the calmer

- **Made after ovulation. Helps you feel more relaxed, supports sleep, and balances estrogen.**
- **Drops at the end of the cycle, which triggers your period.**

Easy takeaway: Estrogen builds. Progesterone balances. Both are needed for a healthy cycle.

WHAT'S OPTIMAL? (GENERAL NORMS, NOT A DIAGNOSIS)

- Cycle length: ~25–35 days with relatively consistent timing month to month.
- Bleed length: ~3–7 days; moderate flow; minimal clotting.
- Ovulation: Happens once per cycle. You can spot it by changes in cervical fluid or a rise in basal body temperature.
- Luteal phase: Typically ~10–16 days. A consistently <10-day luteal phase can indicate luteal insufficiency.
- Symptoms: Some mild symptoms (like slight bloating) are normal, but they shouldn't get in the way of daily life."

HEALTHY CYCLE OVERVIEW (28-DAY REFERENCE MODEL)

Days 1-7 — Menstrual (early follicular): Hormones are at their lowest; menstruation begins.

Days 7-14 — Late follicular: FSH recruits follicles; estradiol climbs; LH surge triggers ovulation.

Day ~14 — Ovulation: Fertile window spans ~5 days before ovulation plus ovulation day (\approx 6 days total).

Days 15-28 — Luteal: Progesterone from the corpus luteum predominates; estradiol is lower than its pre-ovulatory peak. If no conception, both hormones fall, triggering menses.

Tracking tips:

- BBT rise confirms that ovulation has occurred (retrospective).
- Cervical fluid (egg-white type) and LH tests help predict ovulation prospectively.

WHAT TO DO (FOUNDATIONS FIRST)

- **Anchor every meal with protein + fiber.** This stabilizes blood sugar, supports ovulation, and reduces PMS severity. Think of it as the NTG Plate Formula™: protein + fiber-rich produce + smart carbs + healthy fats.
- **Fuel regularly:** Aim for balanced meals (protein + fiber + smart carbs + healthy fats) to steady glucose and support ovulation.
- **Blood sugar balance:** Prioritize consistent meal timing and combine protein + fiber + healthy fats at snacks to prevent cortisol-driven crashes.
- **Protein & fiber targets:** Personalize, but many active women do well at higher protein and 25–35 g/day fiber.
- **Minerals & micronutrients:** Emphasize magnesium-, potassium-, and B-vitamin-rich foods.
- **Liver support:** Include bitter foods, crucifers, and adequate hydration to optimize estrogen metabolism and clearance.
- **Gut support:** Fiber, fermented foods, and diverse plants strengthen the microbiome, reduce inflammation, and help estrogen elimination.
- **Sleep & stress:** Consistent sleep-wake times; stress-reduction practices to support HPA-ovarian signaling.
- **Alcohol & smoking:** Minimize—both can worsen symptoms and affect hormone metabolism.
- **Movement:** Regular strength + aerobic training; avoid extreme volume without adequate fueling.

NUTRITION TOP PMS FIGHTERS

Certain foods have been shown in research to help reduce PMS symptoms and support hormone balance:

- **Flaxseed (ground):** Rich in lignans, which support estrogen metabolism, and fiber to stabilize blood sugar.
- **Ginger:** Clinical trials show ginger can reduce PMS-related pain and inflammation (sometimes compared to NSAIDs in effect).
- **Wild-Caught Salmon & Sardines:** High in omega-3s (EPA/DHA), which support anti-inflammatory pathways and may reduce PMS symptoms like mood swings, cramps, and bloating.
- **Leafy Greens & Crucifers:** Provide magnesium, calcium, and sulfur compounds that support muscle relaxation and estrogen clearance.
- **Pumpkin Seeds & Sunflower Seeds:** Rich in zinc and vitamin B6, both linked to reduced PMS mood symptoms.
- **Dark Chocolate (70%+):** Source of magnesium, which supports relaxation and reduces cramps.
- **Berries:** High in antioxidants and fiber, helping to steady blood sugar and reduce oxidative stress.

THANK YOU

This guide gives you the basics.

Remember: these are tools, not rules. Take what works for you, repeat your favorites, and keep building little habits that make a big difference.

What's Next?

Listen in → Check out the NTG Method Podcast for deeper dives into PCOS, hormones, and metabolism.

Follow along → Join me on Instagram [[@nourishthriveglow](#)] for daily tips, recipes, and real-life hormone hacks.

Keep an eye out for my next group coaching program — The NTG Glow-Up.

A 6-week program guided by me, designed to help you:

- Build micro habits that support hormones, metabolism, gut, liver, and energy
- Use evidence-based tools in a realistic, sustainable way
- Master the foundations of nutrition so you can thrive long term

This program is for educational and informational purposes only. This program is not intended to treat, cure, or prevent diseases and does not replace your physician.

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