

Hormonal Health Foundations

Free Guide



WWW.RIPPLEHEALTHANDWELLNESS.COM

Dr. Nicole Kearney ND



Welcome

If there's something I have learned after 10 years in practice, it's that we cannot overcome our health concerns without some key foundations. This is not rocket science, but with all the flashy supplements and health hacks on the internet these days, we tend to forget about these key principles. If you've been struggling to figure out where to begin and are getting overwhelmed by all the noise on social media, I'm here to remind you to come back to the basics. It's the harder work, but it's an investment in your long-term health. When I see my patients struggling to feel better, it's often because one or more of these pillars is missing.

By the end of this guide, you'll know:

- My 5 health pillars that regulate hormones, support ovulation, improve digestive function, and overall health.
- How these basics fast-track results, even before advanced testing or supplements
- The simplest daily actions to stabilize blood sugar, lower stress hormones, and reduce inflammation
- The exact areas I evaluate with every patient before building a personalized plan

This is the blueprint everything else builds on.

Master these and your deeper treatment plan works faster.

Dr. Nicole

CLARIFY

Eating clean delivers high quality nutrients to our cells so they can thrive

STABILIZE

Stabilizing our blood sugar impacts almost every facet of health.

CLEANSE

Supporting pathways of elimination reduces toxic burden

REST

Sleep and stress management allow us to reset physically and emotionally

MOVE

We were not made to be still and we depend on movement to thrive



HOW TO USE THIS WORKBOOK

This workbook is designed to give you a clear, simplified blueprint for supporting your hormonal health, fertility, and gut function. It is an educational resource, not medical advice, and is meant to help you understand foundational practices that can positively influence your overall well-being.

1. Every Body Is Different

Your hormones, digestion, metabolism, and health history are unique. Use this workbook as a guide—not a prescription.

2. Consult Your Healthcare Provider

Before making significant changes to your diet, supplements, exercise, or medications, it's important to speak with your doctor or licensed healthcare practitioner.

3. Start with Small, Sustainable Steps

You don't need to implement everything at once. Begin with one or two habits from each section, practice them consistently, and build from there. Small shifts → big changes.

4. Use This as a Companion to Personalized Care

This workbook works best when paired with individualized medical advice, testing, or a customized treatment plan. Think of these foundations as helping every targeted intervention work better.

PILLAR ONE

Health foundations

CLARIFY

Clean Eating → Less Inflammation → Better Overall Health



CLARIFY

Clarity is about removing the “noise” from your diet — the additives, inflammatory oils, processed foods, and hidden sugars that disrupt hormones. When you shift toward nutrient-dense whole foods, everything from blood sugar to gut health to hormones improve.

Key Actions:

- Focus on whole, minimally processed foods
- Prioritize color, aiming for 3-5 servings of vegetables per day
- Choose clean proteins (pasture-raised eggs, poultry, grass-fed meats, beans, wild fish)
- When moving towards organic foods but aiming to be financially smart, start with your animal products
- Use whole-food fats (avocado, nuts, seeds, olive oil)
- Reduce exposure to additives, preservatives, and refined



QUICK WIN:

Swap one processed item you eat daily for a whole-food version (ex: flavored yogurt → plain with berries).

STABILIZE

Balanced Blood Sugar → Balanced Hormones, Mood, Energy, + Cycles

Why it matters:

Blood sugar issues drive a huge percentage of symptoms — Anxiety, depression, PMS, cravings, painful periods, acne, irregular cycles, infertility, and fatigue.



STABILIZE

Signs of blood sugar imbalance:

- Afternoon crashes
- Feeling “hangry”
- Sugar cravings after meals
- Waking between 2–4 AM
- Energy that spikes then crashes



Key Actions:

- Build meals using the PFC Method: Protein + Fat + Carbs (with fiber + color)
- Eat fiber first- consider having a green starter before every meal
- Walk 10 minutes after meals
- Avoid starting the day with caffeine + carbs
- Consider having a tsp of apple cider vinegar with meals

QUICK WIN:

Aim for 20–30g protein per meal

Aim for 30-50 g fiber /day

REST

Sleep + Stress Regulation → Progesterone
Support → Nervous System Harmony

Hormones cannot regulate under stress. Sleep, nervous system regulation, and emotional capacity are foundational to hormone production and gut motility.



REST

- Getting good quality sleep regulates our circadian rhythm and thus, our adrenals.
- It is also a time when the gut, immune system, and brain reset and detox.
- Rest is also about taking time for you, maintaining boundaries, refraining from overcommitting, and knowing when to say no.
- That is better adrenal support than any supplement.

Key Actions:

- Aim for 7–9 hours of sleep
- Reduce evening light exposure
- Practice 5–10 minutes/day of nervous system support (breath work, grounding, journaling)
- Give yourself space to lay low during times of your cycle when you are feeling depleted.



QUICK WIN:

Try a physiological sigh (two short inhales, one long exhale) to instantly calm your nervous system.

MOVE

Consistent Movement → Better Insulin Sensitivity, Lymph Flow & Metabolism

As animals, we were made to move and are far more sedentary than nature ever intended us to be.

Movement improves everything: hormone clearance, metabolism, digestion, adrenal function, mood, and fertility.



MOVE

- If exercise feels hard, find something you truly love and look forward to
- Start small if you're currently not in a routine and work your way up.
- Give yourself credit for showing up
- Enlist a friend/ partner/ family member for accountability
- Bonus: Move outside. Even on cloudy days, natural sun exposure supports the adrenals in a different way than artificial light



Key Actions:

- Walk daily (5–10k steps)
- Add strength training 2–3x/week to support insulin and estrogen balance
- Incorporate mobility and gentle movement on off days
- Move after meals for optimal glucose control
- Get up from your desk and move for a few minutes every hour

QUICK WIN:

Take a 10-minute walk after your largest meal of the day.

CLEANSE

Elimination → Hormone Balance → Healthy Skin,
Cycles + Digestion

Daily elimination is not optional — it is the primary way your body clears used hormones. If you're not eliminating well, hormones recirculate, inflammation rises, and gut health suffers.



CLEANSE

Aim for 1–2 complete bowel movements daily

- We are quick to think of the liver when it comes to detoxing unwanted hormones and other toxins, but what happens AFTER the liver?
- Those unwanted compounds need to be excreted either through the urine or bowels
- This is why regular, complete bowel movements, adequate hydration, and a healthy gut microbiome is essential to maintain hormone balance.

Key Actions:

- Aim for 1–2 complete bowel movements daily. If you're not achieving that, talk to your provider about adding in nutrients like magnesium
- Increase fiber (goal: 30-50g/day)
- Hydrate well ($\frac{1}{2}$ body weight in ounces)
- Support the microbiome with colorful produce and fermented



QUICK WIN:

Add 1–2 tbsp ground flaxseed to breakfast for improved elimination.

FIBER SOURCES

Fruits:

apple (1 med): 3.7 g
apricots (3 med): 2.5 g
banana (1 med) 2.7 g
cherries (10): 1.3 g
cantaloupe (1 cup): 1.3 g
avocado (1 cup): 10.1 g
orange (1 med): 3.1
pear (1 med) 5.5 g
pineapple
prunes (1/2 cup): 6.2 g
figs (1/2 cup): 7.3 g
raisins (1/2 cup): 5.6 g
blueberries (1 cup): 3.6 g
strawberries (1 cup) 3 g

Legumes

green beans (1/2 cup): 2.0 g
chickpeas (1/3 cup): 10 g
peas (1/2 cup): 4.0 g
lima, kidney, black, pinto beans (1/3 cup): 4g

Grains:

Brown rice (1/2 cup): 2 g
Quinoa (1/2 cup): 4 g White rice (1/2 cup): 0.3 g Oats: (1/2 cup): 4 g

Vegetables:

artichoke (1 med): 6.2 g
asparagus (1/2 cup): 1.4 g
baked beans (1 cup): 14.0 g
broccoli (1/2 cup): 2.3 g
brussels sprouts (1/2 cup): 2.0 g
celery (1 stalk): 0.7 g
cucumber (1/2 cup): 0.5 g
eggplant (1/2 cup): 1 g
potato (1 medium): 5 g
carrots (1 cup): 4.7 g

Nuts/seeds:

walnuts (1/2 cup): 2.5 g
sunflower seeds (1/4 cup): 3 g
sesame seeds (1 tbsp): 1.1 g
flax seeds (1 tbsp): 2.8 g
chia seeds (1 tbsp): 4.9

PROTEIN SOURCES

Meat/ fish poultry (1 oz)

beef/turkey jerky 10 g
beef/ lamb/ chicken/ turkey/pork: 7 g
fish/ tuna fish: 7 g
crabmeat/ lobster/ shrimp: 6 g
egg (1 egg): 6 g

Soy and vegetable protein:

soy milk (1 oz): 7 g
edamame- (1/2 cup): 8 g
tofu (1 oz): 3 g

Milk and dairy:

milk, skim or 1% (8 oz): 8 g
milk, whole (8 oz): 8 g
yogurt, fat-free, light (6 oz): 5 g
yogurt, full-fat (6 oz): 5.9 g
Greek yogurt, plain, nonfat, light (5 oz): 12-18 g
Cheese, hard (low fat, 1 slice): 7 g
Cottage cheese/ ricotta (part skim, 1/2 cup): 14 g

Grains:

Bread (1 slice): 3 g
Rice, pasta (1/3 cup): 3 g
Quinoa (1/3 cup): 6 g

Legumes and nuts:

lima (1/2 cup): 7 g
lentils: (1/2. cup): 9 g
kidney, black, navy, canellini. (1/2 cup): 8 g
refried beans (1/2 cup): 6 g
hummus (1/3 cup): 7 g
peanut butter (2 tbsp): 7 g
nuts (1 oz): 4-6 g
sunflower seeds (1 oz): 5 g
almond milk (8 oz): 1 g

INGREDIENTS TO AVOID WHEN READING LABELS

Use this handout as a quick reference when grocery shopping or choosing packaged foods. When possible, aim for foods with short, recognizable ingredient lists you could reasonably cook with at home.

Added Sugars & Sweeteners

Often hidden under many names and a major driver of blood sugar dysregulation and inflammation.

Avoid or limit ingredients such as:

- High-fructose corn syrup (HFCS)
- Corn syrup / corn syrup solids
- Cane sugar, evaporated cane juice
- Brown rice syrup
- Malt syrup, maltodextrin
- Dextrose, fructose, glucose
- Agave nectar
- Molasses (when added to packaged foods)

Tip: Ingredients ending in “-ose” are usually sugars.

Artificial Sweeteners

Can disrupt the gut microbiome and confuse blood sugar signaling.

- Aspartame
 - Sucralose
 - Saccharin
 - Acesulfame potassium (Ace-K)
 - Neotame
-

Industrial Seed Oils

Highly processed oils that are prone to oxidation and promote inflammation.

- Canola oil
- Soybean oil
- Corn oil
- Cottonseed oil
- Sunflower oil (highly refined)
- Safflower oil
- Grapeseed oil
- “Vegetable oil” blends

Prefer instead: olive oil, avocado oil, coconut oil, grass-fed butter or ghee.

Artificial Colors & Dyes

Linked to behavioral, inflammatory, and metabolic effects.

- Red 40
 - Yellow 5, Yellow 6
 - Blue 1, Blue 2
 - Green 3
 - Any ingredient listed as “artificial color” or “color added”
-

🚫 Artificial Flavors & Preservatives

Often petroleum-derived and offer no nutritional benefit.

- Artificial flavor(s)
- Natural flavors (non-specific)
- BHA, BHT
- TBHQ
- Sodium benzoate
- Potassium sorbate
- Calcium propionate

🚫 Emulsifiers, Thickeners & Gums (Especially if You Have Gut Symptoms)

Can disrupt the gut lining and microbiome in sensitive individuals.

- Carrageenan
- Polysorbate 80
- Carboxymethylcellulose (CMC)
- Xanthan gum
- Guar gum
- Soy lecithin

🚫 Highly Processed Soy & Wheat Additives

Often genetically modified and inflammatory.

- Soy protein isolate
 - Soy flour
 - Textured vegetable protein (TVP)
 - Vital wheat gluten
 - Modified food starch
-

⊘ Other Ingredients to Watch For

- Monosodium glutamate (MSG)
- Yeast extract (hidden MSG)
- Hydrolyzed vegetable protein (HVP)
- “Enriched” or refined flours
- Artificial smoke flavor

✓ Eating Clean, Simplified

When reading labels, ask yourself:

- Can I pronounce and recognize most of these ingredients?
- Would I cook with these at home?
- Is this product supporting my health goals — or just convenience?

When in doubt, choose whole foods, single-ingredient items, or minimally processed options.

This handout is intended for educational purposes and to support informed food choices as part of a holistic wellness plan.

CONCLUSION

Want personalized support implementing these pillars?

I offer 1:1 hormonal health and fertility consults designed to uncover root causes and create targeted protocols that accelerate results.

There's so many ways we can work together.

I see clients nationwide via telehealth

Visit my website
www.ripplehealthandwellness.com to learn more and book now.

Foundations Guide



Thank you