

CARBS

DON'T BANISH THEM, JUST CHOOSE SMART ONES!

GOOD VS. BAD CARBS

Whole grains (good carbs/unrefined) have been a central element of the human diet since early civilization. Unfortunately they've gotten a pretty bad rap in the last 20 years! This is because most modern diets consist almost solely of simple carbohydrates, which are refined, processed-to-death grains that rapidly turn into sugar when consumed. Yes, you know them –white bread, some whole wheat breads, cakes, cookies, crackers, and muffins.

From your body's point of view, there is not much difference between a piece of white bread and a spoonful of sugar.

These foods cause sugar spikes and crashes and eventually this vicious cycle wreaks havoc on your delicate hormonal balance. In addition, refined carbs deplete nutrient reserves in the body because they require many vitamins and minerals to be digested. Unfortunately, they don't have any vitamins or minerals in them to replenish reserves in the body.



THE CARBS YOU WANT TO BE EATING:

Gluten-free Whole Grains

Vegetables

Low Glycemic Fruit

Gluten Free Whole Grains

Whole grains are the good grains! They are nutritious little gems that contain FIBER, B-complex vitamins, essential fatty acids, and a wide range of minerals.

Whole grains provide sustained and high-quality energy because the body digests them slowly. If you consume refined carbs you tend to want to eat again within an hour because your blood sugar spikes and crashes and you need more energy.

They contain strong antioxidant properties, which protect your body and your reproductive organs from free radical damage. Refined carbs have been stripped of all their goodness and then refortified with synthetic vitamins. Gross!

My favorite gluten-free grains:

Quinoa

Millet

Amaranth

Kasha (toasted Buckwheat)

Brown Rice

White Rice

Black Rice

****Note: Grains that contain gluten are oats, wheat, kamut, rye and barley****

COOKING & EATING GRAINS

The easiest ways to consume these grains is to cook them simply, and then use them to replace any white rice, refined wheat pasta, and bread that you're currently eating. Also, I like to cook grains in batches. That way I have enough for 2-3 meals. My favorite way to eat grains is to make bowls. I add finely chopped raw vegetables and dressing for a salad or add chopped cooked vegetables and protein for a main dish. There are so many combinations and the possibilities are endless.

Important Note on soaking grains:

I believe that soaking grains for 12-24 hours before cooking them is necessary to reduce the effects of phytic acid, a storage form of phosphorous found in many plants including grains and nuts. Phytic acid binds with iron, calcium, magnesium, copper and zinc in the intestinal tract and inhibits the absorption of these minerals. Something we definitely don't want happening. Check the additional links section on the Session #2 page to find resources on how to soak and sprout grains so your body can fully utilize all of those vitamins and minerals available in whole grains. Additionally, there are a lot of stores that carry sprouted grains which will save you from having to do this step in the food preparation process.

VEGETABLES – YOU WANT THEM ALL!

All varieties of vegetables are an integral part of healing your hormones and your body. Aside from greens, my second favorite are sweet vegetables. Sweet vegetables soothe the internal organs of the body and energize the mind. And because many of these vegetables are root vegetables, they are energetically grounding. Adding in sweet vegetables will seriously help to crowd out a lot of the refined sugary foods in your diet too!

Sweet potatoes and yams

Pumpkin

Winter squashes – think butternut, acorn, spaghetti squash

Carrots

Onions

Beets

Plantains

IMPORTANT:

If you have chronic pelvic pain like menstrual cramps, endometriosis and mid-cycle pain it is advisable to **stay away from nightshade vegetables** including tomatoes, eggplant, potatoes, peppers (includes spices like chili powder, cayenne pepper, Tabasco, and dried hot red pepper), ground cherries, tomatillos, pepinos and pimientos.

Rock your vegetables: [Check out my Grocery Shopping List](#), my Recipe Book and my Pinterest board on [Food for Healthy Hormones](#)

LOW-GLYCEMIC FRUITS (FRUITS THAT ARE LOW IN SUGAR):

Berries

Cherries

Apples

Pears

Figs

Grapefruit

Apricots

Peaches

The fruits highest in sugar are the **tropical fruits** (bananas, pineapple, mangoes, papaya, etc.) and **dried fruits** (dates, raisins, etc.) Limit your consumption of these fruits, especially if you have blood sugar issues.

IMPORTANT:

Chronic pelvic pain sufferers take note - In one published case study, **removing citrus fruits** was part of an effective elimination diet for reversing autoimmunity, normalizing the patient's menstrual cycle and resolving her pelvic pain.

It's possible that citrus fruits may bother you, too.

Find the best quality fruits and vegetables at your local farmer's market or in your back yard garden. Otherwise, simply buy the freshest looking veggies at your local grocery store. Organic is best. When you are choosing where to spend your money on organic fruits and vegetables, follow **the Dirty Dozen and Clean Fifteen guides from The Environmental Working Group.**