

Your First 3 Weeks: Gut & Oestrogen Balance

The exact starting sequence for the bloating, sluggish digestion, and hormonal mood swings that trace back to your gut, not just your food

Your gut isn't just digesting your food — it's deciding how much of your own oestrogen gets recycled back into circulation, or cleared out for good. A struggling gut can throw off oestrogen balance regardless of how "clean" you're eating. This is where to begin.

— The Hormone Reset Code

Oestrogen Imbalance is one of five hormonal Roadblocks behind the classic 40+ symptoms — and your gut plays a bigger role in it than almost anyone tells you. A specific gut enzyme (beta-glucuronidase) can "unlock" oestrogen your liver has already tried to clear, sending it straight back into your bloodstream. When gut health slips, that reabsorption goes up — showing up as bloating, unpredictable digestion, and hormonal symptoms that don't match what's on your plate. This guide walks you through the first three weeks of supporting that system. No elimination diets, no supplements required to start — just the habits that make the biggest difference first.

Start Here: Your Gut-Oestrogen Load Audit

Tick whatever currently applies to your typical day. You don't need to fix all of it at once — just pick your top three.

- ☐ **Little to no fermented food most days**
Fermented foods directly reduce the enzyme that lets oestrogen be reabsorbed instead of cleared
- ☐ **Alcohol most evenings, even one drink**
Alcohol raises the same gut enzyme that drives oestrogen reabsorption, and burdens the liver's clearance pathway
- ☐ **Low fibre intake — under 2-3 servings of vegetables daily**
Fibre feeds the beneficial gut bacteria that keep oestrogen clearance running smoothly
- ☐ **Regular ultra-processed food**
Disrupts the gut lining and the balance of bacteria your hormonal clearance depends on
- ☐ **Bloating that isn't clearly tied to one specific food**
Often a bigger-picture gut signal rather than a single-ingredient intolerance
- ☐ **Avoiding cruciferous vegetables (broccoli, cabbage, kale) out of caution**
These are some of the most valuable foods for oestrogen metabolism — cooking them well removes any real concern for most women

Week 1 — Foundation

WEEK ONE

1

Foundation

Feed the gut, don't burden it — nothing else yet

GOAL

Introduce the gut-supportive habits that make the biggest difference, and remove the two or three inputs working hardest against you.

- **One fermented food daily** — live yoghurt, kefir, sauerkraut, or kimchi
- **A palm-sized portion of cruciferous vegetables most days** — broccoli, cabbage, cauliflower, kale, lightly cooked
- **1-2 tbsp ground flaxseed daily** — stirred into yoghurt, oats, or a smoothie
- **Vegetables at every meal, not just dinner** — aim for volume before variety
- **Reduce alcohol this week** — even cutting back by half makes a measurable difference to gut and liver clearance
- **Drink water consistently through the day** — supports regular digestion and clearance

Daily Gut Basics

1. Fermented food, once daily
2. Flaxseed with breakfast
3. Water throughout the day

What to Ease Back On

1. Alcohol — reduce, don't eliminate yet
2. Ultra-processed snacks
3. Raw cruciferous veg in large amounts

Week 2 — Activation

WEEK TWO

2

Activation

Build gut diversity and support liver clearance

GOAL

With the foundation habits in place, widen the variety of gut-supportive foods and start supporting the liver side of oestrogen clearance too.

- **Keep every Week 1 habit going** — these become the floor, not a phase you move on from
- **Rotate two different fermented foods** across the week rather than repeating one
- **Add beetroot or artichoke** once or twice this week — supports the liver's clearance pathway
- **Increase vegetable variety, not just volume** — aim for a different colour on the plate each day
- **A daily 10-20 minute walk** — supports regular digestion as much as it supports mood

Week 3 — Optimisation

WEEK THREE

3

Optimisation

Read the early signals and adjust

GOAL

Most women notice early shifts by now — less bloating, steadier digestion, calmer mood in the second half of the month. This week is about paying attention to that, not chasing perfection.

- **Keep Weeks 1-2 running** — by now they should feel less effortful
- **Do one honest weekly check-in** — bloating, digestion, mood, energy. Be specific rather than vague
- **Notice which habit made the biggest difference** — that's the one to protect first if life gets busy
- **Don't add a fourth or fifth new habit yet** — refine what's running before expanding it

A NOTE ON CRUCIFEROUS VEGETABLES

If you've been avoiding broccoli, cabbage, or kale over thyroid worries — for most women, cooked cruciferous vegetables in normal amounts are one of the single most valuable food groups for hormone balance. The concern only applies to very large quantities eaten raw. Don't let it keep one of your best tools off the plate.

You've just done Weeks 1-3.

Week 4 — where everything gets consolidated into a lasting rhythm — plus the specific adjustments for your exact hormonal profile (not just oestrogen, but cortisol, thyroid, insulin, and progesterone too), live inside *The Hormone Reset Code*.

The Hormone Reset Code — Your First 3 Weeks: Gut & Oestrogen Balance · This guide is general information, not medical advice — speak with your GP about your individual circumstances