# YOUR DAILY HORMONE RHYTHM GUIDE

Whole Lifecycle NUTRITION

**A simple blueprint for balanced energy, better sleep, and calmer hormones**

Your hormones follow a 24-hour internal clock called your circadian rhythm. When that rhythm is supported, energy improves, cravings settle, sleep deepens, digestion works better, and stress becomes easier to manage.

This guide shows you how to work with your hormones instead of fighting them.

## MORNING: SET THE TONE

**Goal:** Wake your body up naturally and stabilize blood sugar

**Do this:**

- Get outside light within 30–60 minutes of waking
- Eat a protein-rich breakfast (20–30g protein)
- Hydrate with water + minerals
- Move gently (walk, stretch, mobility)

**Why it matters:**
Morning light sets your internal clock. Protein stabilizes blood sugar and cortisol.

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## MIDDAY: BUILD STABLE ENERGY

**Goal:** Prevent the afternoon crash and cravings

**Do this:**

- Eat every 3–4 hours
- Build meals with protein, fiber, and healthy fats
- Get daylight exposure
- Take short walks after meals

**Why it matters:**
Stable fuel keeps insulin, cortisol, and thyroid working smoothly.

## EVENING: SIGNAL WIND-DOWN

**Goal:** Transition your body out of stress mode

**Do this:**

- Dim lights after sunset
- Eat dinner 2–3 hours before bed
- Lower screen brightness or use blue-light filters
- Do one calming ritual (stretching, reading, breathwork, hot shower)

**Why it matters:**
Darkness signals melatonin production and supports progesterone.

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## NIGHT: REPAIR & RESET

**Goal:** Deep, restorative sleep

**Do this:**

- Aim for 7–9 hours of sleep
- Keep your room cool and dark
- Go to bed at a consistent time
- Stop eating 2–3 hours before bed

**Why it matters:**
Sleep is when hormones rebalance, blood sugar stabilizes, and stress chemistry resets.

## WEEKLY RHYTHM CHECK-IN

Ask yourself:

Am I waking up tired?
Am I crashing in the afternoon?
Am I wired at night?
Am I craving sugar late evening?

These are rhythm signals, not willpower problems.

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## THE NON-NEGOTIABLES

If you do nothing else, do these:

- Morning light
- Protein at breakfast
- Eat regularly
- Move daily
- Sleep consistently

**The Bottom Line**

Your hormones don't need punishment.
They need rhythm.

When your days have structure, your body feels safe.
When your body feels safe, hormones settle.