

FOODS THAT EXACERBATE HORMONE IMBALANCES

Excerpt from Erika Schwartz, MD, [The 30 Day Natural Hormone Plan](#)

“I made a short list of foods with serious potential to throw off your hormone balance and make you feel really crummy. . . . when you start feeling badly, when hot flashes return, or when you find yourself waking up at 5 A.M. drenched in a pool of sweat, turn first to these potential monsters in your diet.”

The Bad Guys

- Coffee
- Alcohol
- Soda (sugar-free and regular)
- Chocolate
- Ice cream
- Desserts
- Too much pasta
- Too many french fries and potatoes
- Too much pizza
- Too much bread
- Too much hot and spicy food
- Eating late at night
- Not eating enough