

A Gentle Hormone-Friendly Daily Framework

*A calm starting point for supporting your hormonal well-being —
not a replacement for professional medical care.*

This guide is designed to offer **simple, everyday ideas** that many people find helpful in daily life. There are **no strict rules, no medical advice, and no pressure to be perfect**.

Important Note (Please Read First)

This PDF is for **educational purposes only**.

- This is **not medical advice**
- This does **not diagnose or treat** any condition
- This is **not a cure**
- Individual needs vary

If you have ongoing health concerns, symptoms, or discomfort, please consult a **qualified healthcare professional**.

Who This Guide Is For

This framework is especially helpful for:

- Women aged **18–40**
- Beginners who feel confused or overwhelmed
- People who do **not go to the gym**
- Those looking for **gentle, realistic habits**
- Anyone wanting a calm, non-judgmental starting point

You do **not** need:

- Perfect discipline
- Special foods
- Supplements
- Expensive plans

How to Use This Guide

- This is **not a strict routine**
- You do **not** need to follow everything
- Pick **what feels doable**
- Skip what doesn't feel right
- Small steps matter

Many people choose to follow gentle, supportive habits consistently for **a few months** to notice patterns and feel more stable.

There is **no guaranteed timeline**, and that's okay.

What “Gentle Framework” Means

A **framework** is not a schedule.

It means:

- Having **options**, not rules
- Supporting your body, not forcing it
- Allowing flexibility day to day

Your needs may change — and that's normal.

⌚ A Flexible Daily Flow (Example Only)

This is **one example**, not a requirement.

Morning

- Wake up slowly if possible
- Drink water
- Light movement or stretching (optional)
- Simple breakfast (or later, if that suits you)

Midday

- Regular meals
- Gentle walking or daily activity
- Short breaks

Evening

- Comfortable food
- Screen breaks if possible
- Wind-down habits

Night

- Calm environment
- Sleep at a time that feels realistic

Food: Gentle, Everyday Categories

Food is about **support**, not perfection.

Below are **examples**, not instructions.

Each item includes:

- [Veg] / [Egg] / [Non-Veg]
- [Low Budget] / [Medium Budget] / [Mix]

Protein Options

Vegetarian

- Dal (moong, masoor, toor) – [Veg | Low]
- Chana / Chole – [Veg | Low]
- Rajma – [Veg | Low]
- Curd / Dahi – [Veg | Low]
- Paneer (home-made) – [Veg | Medium]
- Soy chunks – [Veg | Low]

Egg

- Boiled eggs – [Egg | Low]
- Egg bhurji – [Egg | Low]
- Omelette with veggies – [Egg | Low]

Non-Vegetarian

- Chicken (home-cooked) – [Non-Veg | Medium]
- Fish (local varieties) – [Non-Veg | Medium]
- Bone broth (simple) – [Non-Veg | Medium]

Carbohydrate Options

- Rice (plain, jeera, lemon) – [Veg | Low]
- Roti / Chapati – [Veg | Low]
- Poha – [Veg | Low]
- Upma – [Veg | Low]
- Oats – [Veg | Low]
- Dalia – [Veg | Low]
- Sweet potato – [Veg | Low]
- Idli / Dosa – [Veg | Mix]

Fat Sources (Small Amounts)

- Ghee – [Veg | Mix]
- Butter (limited) – [Veg | Mix]
- Groundnuts – [Veg | Low]
- Coconut – [Veg | Mix]
- Seeds (flax, sesame) – [Veg | Low]
- Mustard oil / groundnut oil – [Veg | Low]

Vegetables & Fibre

- Lauki – [Veg | Low]
- Tori – [Veg | Low]
- Bhindi – [Veg | Low]
- Gajar – [Veg | Low]
- Palak – [Veg | Low]
- Cabbage – [Veg | Low]
- Cauliflower – [Veg | Low]
- Beans – [Veg | Low]
- Seasonal vegetables – [Veg | Low]

Fruits (Seasonal & Local)

- Banana – [Veg | Low]
- Apple – [Veg | Medium]
- Papaya – [Veg | Low]
- Orange – [Veg | Medium]
- Guava – [Veg | Low]
- Watermelon – [Veg | Low]
- Pomegranate – [Veg | Medium]

Comfort & Everyday Foods (Normal Is Okay)

- Khichdi – [Veg | Low]
- Curd rice – [Veg | Low]
- Simple vegetable pulao – [Veg | Low]
- Home-made paratha – [Veg | Low]
- Simple chicken curry – [Non-Veg | Medium]

No food is “good” or “bad” — balance matters more.

Gentle Movement Ideas (Optional)

You do **not** need intense workouts.

Examples:

- Walking
- Light stretching
- Household chores
- Gentle yoga
- Breathing exercises
- Rest days

Movement should feel:

- Safe
- Low pressure
- Repeatable

Sleep & Stress Basics

- Try a regular sleep time
- Reduce screens before bed
- Quiet activities help
- Stress is not a failure
- Rest is productive

Even small improvements matter.

About Consistency (Important)

Many people choose to follow gentle habits for **2–3 months** to:

- Notice patterns
- Feel more aware
- Build stability

This is **not a promise of results**.

Every body responds differently.

When to Seek Professional Help

Please consult a healthcare professional if you experience:

- Severe or persistent pain
- Sudden weight changes
- Missed periods for long durations
- Extreme fatigue
- Emotional distress affecting daily life

Seeking help is a strength.

Final Reminder

You are not broken.

Your body is not your enemy.

Gentle support is often more sustainable than force.

This guide is only a **starting point**.

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