

Omega-3 fats⁴: Omega-3 fats from fish and flaxseed can protect the heart, promote smooth skin and help to counteract inflammation from omega-6 fats (found mostly in refined oils and low quality meat). Some of the best sources include wild-caught salmon, halibut, sardines, mackerel and anchovies. These foods are also high in Vitamin D which is critical for a healthy pregnancy and postpartum period. Studies show that frequently consuming omega-3s facilitates in hormone production and might help to prevent preeclampsia, postpartum depression⁵, heart complications, and more.⁶

Healthy fats and cold-pressed oils: It's true that fats have more calories than protein or carbohydrates do, but they are also the building blocks for hormone production, keep inflammation levels low, boost your metabolism and promote satiety that is important for preventing weight gain. Unrefined oils provide essential vitamin E that helps regulate estrogen production. Look for virgin coconut oil, palm oil, extra-virgin olive oil and flaxseed oil. Other sources of healthy fats include avocado, coconut milk, nuts, seeds and wild seafood.

Probiotic foods⁷: Probiotics are healthy bacteria that can actually improve your production and regulation of key hormones like insulin, ghrelin and leptin. They're even capable of raising immune function and protecting cognitive functioning. Some of the best sources include yogurt, kefir a yogurt-like drink, cultured veggies such as sauerkraut, the fermented drink kombucha.

Water: Aim for 8 or more glasses daily and to support increased blood volume, and decrease bloating during pregnancy and in the postpartum to help replace fluid lost from hot flashes and to assist with milk production if you are breastfeeding.

1) [draxe.com/clean-eating-meal-plan/](https://www.draxe.com/clean-eating-meal-plan/)

2) menopausemission.com/hormones-101-perimenopause

3) ncbi.nlm.nih.gov/pubmed/17640158

4) [draxe.com/omega-3-benefits-plus-top-10-omega-3-foods-list/](https://www.draxe.com/omega-3-benefits-plus-top-10-omega-3-foods-list/)

5) [draxe.com/postpartum-depression/](https://www.draxe.com/postpartum-depression/)

6) ncbi.nlm.nih.gov/pubmed/15385858

7) [draxe.com/probiotic-foods/](https://www.draxe.com/probiotic-foods/)