

A monthly wellness newsletter from Better You

Balance your hormones to feel your best

Hormones are substances in the body that control essential functions like blood sugar, blood pressure, growth and fertility, sex drive, metabolism, and sleep. They can also affect the way we think and act. When hormones are in balance, you feel healthy and happy. However, if there is an imbalance in your hormones, it can cause health problems.

Eating healthy foods and drinking water throughout the day can help balance hormones, improve your health, and make you feel better.

- **Water.** Drink plenty of water during the day – let thirst be your guide. Eat fruits and vegetables like watermelon, cucumber, tomatoes, watercress, lettuce, celery, apples, and peaches. They have water too. Limit caffeine, alcohol, and sugar-loaded drinks. They can dehydrate you and cause hormone imbalances.



- **Plant foods.** Eat a variety of fruits, veggies, and other plant-based foods, such as spinach, avocado, and quinoa. They have vitamins and minerals that help balance hormones.
- **Lean protein.** Aim for lean protein foods like eggs, chicken, fish, beans, and lentils. They give your body what it needs to make hormones.
- **Healthy fats.** Consume healthy fats like avocados, nuts, seeds, and olive oil. They help balance hormones that affect our mood, energy, and metabolism.
- **Fermented foods.** Try fermented foods like

sauerkraut, kombucha, and yogurt. They help our gut health and balance hormones.

- **Herbal teas.** Drink herbal teas like chamomile, peppermint, and ginger. They help reduce stress and inflammation. They also promote relaxation and sleep, which helps balance hormones.
- **Limit processed foods.** Avoid eating highly processed foods and foods with added sugar. They can disrupt hormone balance and contribute to poor health.

Make sure to talk to your healthcare provider if you have any specific concerns or questions about your health.

Resources: [MayoClinic.org](https://www.mayoclinic.org); [WebMD.com](https://www.webmd.com)

Protect your child from sports injuries

Sports can help your child grow healthy and strong, but you may be concerned about the risk of injuries. Here are a few facts to keep in mind when it comes to youth sports injuries:

- The most common sports related injuries in kids under 14 are sprains and strains, because of falls, collisions, and overuse of the same body part(s).
- Sports-related and recreational injuries account for one-third of youth injuries.
- A concussion from sports-related injury occurs most frequently from football,

followed by basketball, and soccer.

Sports-related injuries are inevitable, but there are several things you can do to avoid or minimize injuries.

- Train appropriately; children's growth plates are not fully developed and can be injured from excessive training and high-impact activities.
- Avoid specialization in one sport at an early age to prevent overuse injuries.
- Learn proper techniques for the sport.
- Always warm up and cool down properly.



- Take time off between seasons and plan days of rest each week.
- Wear the proper protective equipment.

It's good to know that you can prepare ahead, take the proper precautions, and help your child play safely. For more tips, visit [healthychildren.org](https://www.healthychildren.org).

Resources: [WebMD.com](https://www.webmd.com); [dukehealth.org](https://www.dukehealth.org); [healthychildren.org](https://www.healthychildren.org)

Berry Chia Pudding (Serves 2)

Ingredients:

- 1¾ cups blackberries, raspberries and/or diced mango (fresh or frozen), divided
- 1 cup unsweetened almond milk or milk of choice
- ¼ cup chia seeds
- 1 tablespoon pure maple syrup
- ¾ teaspoon vanilla extract
- ½ cup whole-milk plain Greek yogurt
- ¼ cup granola

Directions:

Puree 1¼ cups fruit and milk in a blender or food processor until smooth. Scrape into a medium bowl; mix in chia, syrup and vanilla. Cover and refrigerate for at least 8 hours and up to 3 days.

Divide the pudding between 2 bowls, layering each serving with ¼ cup of the remaining fruit, ¼ cup yogurt and 2 tablespoons granola.



Tip: To make ahead: Refrigerate pudding (step 1) for up to 3 days.

Recipe courtesy of [Eatingwell.com](https://www.eatingwell.com); for nutritional information click [here](#).

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