THE HORMONE BLUEPRINT

The 7-Day Hormone Reset

A calm, evidence-based week to reset the foundations your hormones depend on — and to learn what is worth testing and asking about.

A FREE STARTER GUIDE

Companion to The Hormone Blueprint

Seven days. Five foundations. One calmer body.

Evidence-first hormone health, written for women.

READ THIS FIRST

Start where you are

If you have been told your bloods are “normal” while you still feel tired, flat, or not quite yourself — you are not imagining it, and you are not alone. Hormones rarely break overnight, and they rarely settle overnight either. They respond to the way you sleep, eat, move, and handle stress, day after day.

This guide is seven small days. It will not “balance your hormones” in a week — nothing honest can promise that. What it can do is reset the foundations every hormone depends on, help you notice your own patterns, and show you what is genuinely worth testing and asking your doctor. Think of it as the first week of a longer journey — the rest of which is mapped out in the book.

Take it gently. One change a day. You can keep going long after day seven.

What this guide is — and isn’t

IS	education, a foundation reset, and a starting point — for women 25–65.
ISN’T	medical advice, a diagnosis, a substitute for your own doctor, or a quick fix.

A full medical note is on the last page.

THE FOUNDATION

How your hormones actually work

Hormones are chemical messengers. They travel in your blood and tell your body what to do — when to sleep, when to ovulate, how to handle stress, how to use energy. For women, the lead actors are estrogen and progesterone, rising and falling across your cycle. But they never work alone:

Estrogen & progesterone
the cycle's lead actors · Chapter 2

Cortisol
your stress and energy rhythm · Chapter 16

Insulin
how your body handles blood sugar · Chapter 13

Thyroid hormones
your metabolic thermostat · Chapter 8

The part most plans skip

You cannot out-supplement a shaky foundation. Before any pill or protocol, the levers that move all of these are the same four: sleep, food, movement, and stress. That is what this week is for.

THE PLAN

Five foundations, seven days

The reset is built on five foundations. Over the next seven days you will add them one at a time, then bring them together. None of them is dramatic — their power is in repetition. The small version, repeated, becomes the large one.



FOOD
Steady blood sugar — Day 1 · Chapter 13



SLEEP
The master lever — Day 2 · Chapter 15



MOVEMENT
With your body, not against it — Day 3 · Chapter 14



STRESS
Calm the nervous system — Day 4 · Chapter 16



ENVIRONMENT
Lighten the load — Day 5

Then Day 6 helps you notice your own patterns, and Day 7 shows you what is worth testing. The full 30-day version is Chapter 22 of the book.

THE 7-DAY RESET

DAY 1

Steady your blood sugar

Why it matters

Every time blood sugar spikes and crashes, your body rides a small rollercoaster of energy, mood, and cravings — and leans on stress hormones to recover. Steadier blood sugar means steadier energy and calmer hormones. The simplest lever is how you build a plate: protein and fibre first.

Today

- Build breakfast around protein and fibre, not sugar alone — eggs, yoghurt, or oats with seeds. It sets the tone for the whole day.
- Aim toward 25–30 g of fibre across the day; most of us get barely half. The WHO advises keeping free sugars under 10% of energy — ideally below 5% (about 25 g).
- Don’t skip meals to “save” calories. Long gaps spike the stress response and the next craving.

REMEMBER

What lands on your plate first sets the tone for everything after.

Chapter 13 — Eating for Hormonal Balance

THE 7-DAY RESET

DAY 2

Protect your sleep

Why it matters

Sleep is when your body recalibrates almost everything — cortisol, appetite hormones, blood-sugar handling, repair. One bad night nudges all of them; a run of them reshapes how you feel. Most adults do best on around 7–9 hours, and the body loves a consistent rhythm.

Today

- Pick a fixed wake time and keep it — even at weekends. Your whole rhythm anchors to it.
- Get daylight on your eyes within an hour of waking, and dim screens in the last hour before bed.
- Keep the bedroom cool and dark. Caffeine has a long tail — we come back to it on Day 5.

REMEMBER

Sleep isn’t the reward for a good day — it’s what makes the next one possible.

Chapter 15 — Sleep: The Forgotten Hormone Lever

THE 7-DAY RESET

DAY 3

Move with your body

Why it matters

Movement improves how your cells respond to insulin and lifts mood — and, crucially for women, strength work protects the muscle and bone you naturally lose with age, especially through perimenopause and beyond. It does not need to be punishing. Consistent beats intense.

Today

- Aim toward the global target: about 150 minutes of moderate movement a week, plus strength work on two days (WHO).
- Today, add just one: a brisk 20–30 minute walk, or a short strength session — bodyweight counts.
- If you have a cycle, match effort to it: push when energy is high, go gentler in the days before your period.

REMEMBER

You're not training to burn it off — but to keep what age takes: muscle and bone.

Chapter 14 — Movement & Training Through the Cycle

THE 7-DAY RESET

DAY 4

Calm your stress response

Why it matters

Cortisol is not the enemy — it wakes you up and helps you cope. The problem is when it never switches off. Chronic stress can disrupt your cycle, your sleep, and your blood sugar, and it sits underneath a lot of “unexplained” symptoms. You can’t delete stress, but you can teach your nervous system to come down.

Today

- Build in one genuine pause: five slow breaths with a longer out-breath, a walk without your phone, a few quiet minutes.
- Protect one boundary today — a “no,” an earlier finish, a task you let go of.
- Notice your “wired but tired” moments. They are a signal, not a personal failing.

REMEMBER

You can’t think your way calm. You signal it through the body.

Chapter 16 — Stress, Cortisol & the Nervous System

THE 7-DAY RESET

DAY 5

Lighten the load

Why it matters

Some everyday things quietly work against the foundations you are building. You don’t need to be perfect — just to load the dice in your favour. Alcohol in particular disrupts sleep and adds to the load; the WHO is clear that no level is completely risk-free, and national low-risk limits, where they exist, are modest and vary by country (the UK, for example, advises no more than 14 units a week).

Today

- Have a couple of alcohol-free days this week, and notice what happens to your sleep.
- Cut the obvious ultra-processed, high-sugar items where you easily can — start with drinks.
- Move your last coffee earlier. Caffeine can linger six hours or more and quietly steal deep sleep.

REMEMBER

You don’t need to be perfect — only to stop fighting your own foundations.

Chapters 13 & 16

THE 7-DAY RESET

DAY 6

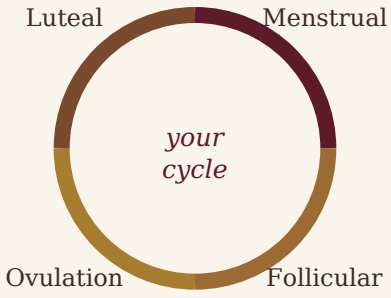
Get to know your patterns

Why it matters

Your body has been giving you data all along. When you track even loosely — your cycle, energy, sleep, and mood — patterns appear that no single blood test can show. This is how “random” symptoms become a story you can take to your doctor.

Today

- If you cycle, note where you are in it. The four phases each feel different — that is normal (Chapter 2).
- Write down your top three symptoms and when they show up (Chapter 4 — and the Symptom Inventory card).
- Start the tracker two pages on. Loose and honest beats perfect and abandoned.



Four phases, one rhythm. Knowing yours changes everything.

Chapter 2 (the four phases) & Chapter 4 (warning signs most women miss)

THE 7-DAY RESET

DAY 7

Know your numbers

Why it matters

Foundations first — but at some point you want to see inside. Knowing which tests to ask for, and when in your cycle to take them, turns a vague appointment into a productive one. One caution that matters worldwide: reference ranges differ between countries and laboratories, and "within range" is not the same as "optimal for you." Read your results with your doctor.

Today

- If something has been off for a while, book an appointment and ask for the actual numbers — not just "normal."
- Useful starting points your doctor may consider: thyroid (TSH), iron stores (ferritin), vitamin D, B12, HbA1c, and — timed to your cycle — progesterone to confirm ovulation.
- Bring your tracker and your top three symptoms with you.

Widely used reference points (they vary by lab and country)

HbA1c under 42 mmol/mol (6.0%) is the usual "normal" cut-off; 42–47 (6.0–6.4%) suggests pre-diabetes (WHO). Mid-luteal progesterone above 30 nmol/L (≈10 ng/mL) is consistent with ovulation. Your doctor sets what is right for you.

REMEMBER

"Within range" is not the same as "right for you."

Chapter 19 — Getting Tested + the Blood Test bonus card

YOUR WEEK

The 7-day tracker

Tick what you did, not what you "should" have. Five foundations, seven days — plus a note on how you felt. Consistency beats intensity.

DAY	Food	Sleep	Move	Calm	Lighten
Day 1 *note: _____*	☐	☐	☐	☐	☐
Day 2 *note: _____*	☐	☐	☐	☐	☐
Day 3 *note: _____*	☐	☐	☐	☐	☐
Day 4 *note: _____*	☐	☐	☐	☐	☐
Day 5 *note: _____*	☐	☐	☐	☐	☐
Day 6 *note: _____*	☐	☐	☐	☐	☐
Day 7 *note: _____*	☐	☐	☐	☐	☐

How I felt this week (1–5): _____ Best change to keep: _____

WHAT'S NEXT

This was the first week. Here is the whole map.

Seven days resets the foundations. The Hormone Blueprint is the rest of the journey — 22 chapters across your whole hormonal life: your cycle and the conditions that hide behind "normal" bloods, perimenopause and menopause, food, movement, sleep, stress, the supplements that actually work, and how to get tested. Evidence-based, every claim sourced.

The Book	The Hormone Blueprint — the complete women's guide *hormoneblueprintguide.com/hormone-blueprint*
Free Quiz	Find your hormone type & life stage in a few minutes *hormoneblueprintguide.com/hormone-quiz*
The Cards	Printable companions — checklist, blood-test card, cycle tracker & more *hormoneblueprintguide.com*

IMPORTANT

A Note on Medical Advice

The Hormone Blueprint and this guide are for education and general information only. They are not medical advice, diagnosis, or treatment, and they are not a substitute for the care of a qualified healthcare professional who knows you and your history.

The guidance here is grounded in published research and written to help you understand your own body and work with your doctor — never to replace them. Hormone health is highly individual: what is right for one person can be wrong for another, and only a qualified clinician can interpret your symptoms and results, and set your targets, in the context of your full medical picture.

Always speak to your doctor or another qualified clinician before acting on anything here — including requesting or interpreting blood tests, starting or stopping any supplement, medication, or hormone therapy, or making changes to your diet, exercise, or routine. This matters especially if you are pregnant, breastfeeding, trying to conceive, taking medication, or living with a medical condition.

Laboratory reference ranges and “target” figures vary between countries, laboratories, and individuals; anything you record is for discussion with your clinician, not for self-diagnosis or self-treatment. If you have symptoms that concern you, do not wait — contact a healthcare provider promptly, or your local emergency service if symptoms are severe.

By using these materials you accept that you do so at your own discretion and risk, and that the authors and publisher cannot be held responsible for decisions made on their basis. Use of these materials does not create a doctor–patient relationship.

SOURCES

Where this comes from

We favour global guidance (World Health Organization) and name national bodies as examples. Reference ranges and targets vary between countries and laboratories — always confirm yours with your own doctor.

Physical activity
WHO Guidelines on physical activity (2020); also UK NHS and US CDC — ≈150 min/week moderate activity plus muscle-strengthening on 2+ days.

Free sugars
WHO, Guideline: Sugars intake for adults and children (2015) — under 10% of energy, ideally under 5% (≈25 g).

Fibre
WHO/FAO and national guidance (e.g. UK NHS, US Dietary Guidelines) — around 25–30 g per day for adults.

Alcohol
WHO — no level is completely risk-free; national low-risk limits vary by country (e.g. UK Chief Medical Officers, ≤14 units/week).

Sleep
General sleep-health guidance — most adults do best on around 7–9 hours.

Thyroid, iron, vitamin D, B12
International reference points (e.g. WHO; NICE/NHS in the UK; US clinical guidance) — ranges vary by laboratory and country.

HbA1c thresholds
WHO (2011), used internationally — under 42 mmol/mol (6.0%) normal; 42–47 pre-diabetes. Some countries use slightly different cut-offs.

Progesterone & ovulation
Used internationally (e.g. NICE/NHS, UK) — mid-luteal progesterone above 30 nmol/L (≈10 ng/mL) is consistent with ovulation.