

Your downloadable resource

## *Eat like a Woman*

From Chloe's Clinic episode #3- Mum's the Word with Chloe Collins,  
Women's Health Expert and Registered Clinical Nutritionist


### Main points from the podcast

- We are different to men and it's important that we take a unique and individualised approach to our health.
- Our nutritional demands change throughout our reproductive lifespan and cyclically on a monthly basis due to our hormonal fluctuations.
- Eating enough food is essential even when weight loss is the conscious or subconscious goal
- Eating the right kinds of foods is also important- there are real foods and unreal foods, let's remove the good and bad labels.
- Find a balance that works for you, your yin and yang.
- Work to remove the often toxic emotion guilt from foods and from your daily life.
- Eat consistently to keep your blood sugar balanced- When our blood sugars are imbalanced as women, hormonal imbalances occur. Avoid letting yourself get to 'starving' point.
- Breakfast is the most important meal of the day.
- Listen to episode #4 Period Talk to learn about eating during menstruation.

### Nutrients and foods

In [Reclaim Your Cycle](#) my signature online holistic women's health program, I take you through a whole nutrition module in which we cover specific nutrients essential for women and foods which include those nutrients as well in a recipe guide.

I then went one step further and created [The Women's Health Reset](#), A 4-week meal plan for women which demonstrates the way of eating that I teach via 70+ nourishing recipes in a gorgeous downloadable guide. I wish you all the very best in your individual health journey, gorgeous!



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or contact [chloe@chloecollins.com.au](mailto:chloe@chloecollins.com.au)