



Healthy HORMONES GUIDE

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HEALTHYHORMONES

Enjoy your FREE Guide to Healthy Hormones! Learn healthy hormone tips, hormone imbalance symptoms, and natural solutions to improve health!

Plus, inside this e-book, you'll find a BONUS 3-Day Healthy Hormone Meal Plan!

Do you experience night sweats? Fatigue? Do you not feel as sharp as you were in your 30s, or can't recall things as quickly? Have you noticed changes in your feminine health, such as dryness or more frequent urinary tract infections? It could be due to a hormonal imbalance! Your hormones regulate your body and mood, including your reproductive cycle, growth, stress, appetite, metabolism, and heart rate, so they must stay balanced.

Women, in particular, tend to be affected by issues with estrogen, progesterone, growth hormones, cortisol, steroids, and insulin. There are several reasons your hormones may be all over the place. Here are a few symptoms to watch for, things that may be causing the imbalance, and when you should talk to a doctor.

Symptoms of Hormone Imbalances

For women, there are many signs that they could be suffering from a hormone imbalance. The symptoms you're experiencing could help point you to the cause of the health issue. If you're experiencing several symptoms below, you'll want to talk to your doctor.

- Weight loss or weight gain
- Night sweats, hot flashes, or excessive sweating
- Fatigue
- Anxiety or intense stress
- Depression
- Headaches

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- Heart rate and blood pressure changes
- Foggy memory
- Skin rashes
- Heavy or irregular periods
- Dry skin
- This includes missed or stopped periods
- Sensitive to hot or cold well
- Frequent urination
- Excessive hair
- Reduced sex drive
- Acne
- Brittle hair
- Skintags
- Bloating
- Darkening of the skin
- Breast tenderness
- Pain during sex
- Deeper voice
- Infertility
- Vaginal dryness

These are not all of the symptoms you may be experiencing, as there is a wide range of them, but if you have several of these, you could be experiencing a hormonal imbalance.

Causes of a Hormonal Imbalance

Fluctuations in hormones are not something to always be alarmed about, as the menstrual cycle, pregnancy, or puberty can cause them. Outside of these occurrences, however, imbalances can be caused by several factors, including:

Menopause

Usually occurring around the age of 51, menopause is an average life change where the ovaries stop producing hormones, and a woman can no longer get pregnant. Hot flashes, vaginal dryness, and sleep issues tend to be expected.

Early menopause, perimenopause, and post-menopause can also cause hormone fluctuations.

PCOS

PCOS, or polycystic ovary syndrome, can wreak havoc on your hormones and is a prevalent cause of hormonal issues in women. The short-term consequences of PCOS include skipped menstrual periods, difficulty getting pregnant, excessive hair growth, and ovarian cysts. Individuals with PCOS have an increased risk of obesity, diabetes, and heart disease in the long term.

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Stress

Stress can take a severe toll on your life, especially if you let it go unchecked. Stress can put you at increased risk for a variety of health problems. You may also notice changes in your menstrual cycle and libido.

Birth Control

Hormonal birth control options (the pill, the shot, the vaginal ring) all work to stop ovulation by suppressing your natural hormone production. If you're experiencing increased migraines, low sex drive, or other issues that seem to have started when you began your birth control, you may want to talk with your doctor about non-hormonal birth control options.

And More

Hormone imbalances in women may also be caused by

- Primary ovarian insufficiency (POI)
- Diabetes
- Eating Disorders
- Medication
- Injury
- Hypothyroidism
- Hyperthyroidism

It's also important to note that these are not the only causes of hormone imbalances in women, and talking to your doctor is essential.

NUTRIENTS THE BODY NEEDS DURING MENOPAUSE

As you undergo these changes to your hormone levels, your body might require specific vitamins more than it used to. These include vitamins that support adrenal function, help balance hormone levels, and aid in improving particular issues that arise due to low estrogen levels, such as bone loss.

VITAMINE

Vitamin E plays an essential role in supporting the adrenal glands. These glands are responsible for synthesizing a small percentage of the body's total estrogen levels, and therefore they become critical during menopause. If the adrenal glands are functioning correctly, then when the ovaries stop producing estrogen, the glands will still produce and release some estrogen into the bloodstream. This slight increase in estrogen levels can help relieve some of the symptoms of menopause. Research has shown that vitamin E

supplementation during menopause helps ease symptoms like hot flashes and night sweats. **Sunflower seeds, avocados, almonds, swiss chard, and butternut squash are all rich in vitamin E.**

THE B VITAMINS

The B vitamins (especially vitamin B5) have several functions in the body, including regulation and support of the adrenal glands. Vitamin B5 (also known as pantothenic acid) is essential in producing and metabolizing hormones the adrenal glands synthesize. It plays a role in the synthesis of cholesterol, which is the precursor to all the steroid hormones (including estrogen and progesterone). The B vitamins are heavily involved in energy production and, therefore, also help with memory, regulation of mood, and cognitive functioning. This group

of vitamins can minimize "brain fog," which is the difficulty concentrating and poor memory that some women experience in menopause. Vitamin B5 is found in **chicken, oats, whole grains, eggs, beef, and potatoes.**

VITAMIN C

Vitamin C provides adrenal support and functions in many other pathways that work hard to keep us healthy. It is an essential player in the immune system and bone health. The adrenal glands are concentrated with vitamin C and use this nutrient to synthesize cortisol, the stress hormone. However, if the adrenal glands become overworked and tired (which happens when we're under a lot of stress), the supply of vitamin C might run low. A diet rich in vitamin C ensures that you provide your adrenal glands with enough of this vitamin to function correctly and keep the hormones balanced, even when they're under stress. Vitamin C also protects against bone loss because it is an essential nutrient in collagen synthesis. Collagen is the abundant protein in our bones and connective tissues, making them durable and robust. Adequate intake of vitamin C is easily obtained through diet alone. **Citrus fruits, such as lemons and oranges, grapefruits, red peppers, and Brussels sprouts, contain a very high percentage of your daily recommended vitamin C intake.** One orange already has over 100% of the vitamin C you need!

CALCIUM

Almost all of the calcium in our bodies is found in the skeletal system (over 99%). It is the main mineral component of bone. When estrogen levels decrease in menopause, the risks of osteoporosis significantly increase. Estrogen has protective effects against osteoporosis and bone loss. Thus, calcium is essential during this stage in your life because you must ensure that your bones get enough nutrients to stay as strong and healthy as possible, even with lower estrogen levels. Dairy products (such as organic kefir and full-fat yogurt) are rich in calcium, but **sardines, nuts, and seeds are also excellent sources of this mineral.** You should also make sure you're getting an adequate vitamin D intake, which many individuals are deficient in. Vitamin D is essential for the effective absorption of calcium.

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THE KEY TO BURNING FAT & REACHING WEIGHT LOSS GOALS

Many women become frustrated because the scale doesn't budge from those last 10 lbs. Despite watching calories and exercising, some women still don't have success! Here's what you need to do so you can burn fat and keep it off. You must reset your metabolism.

You must optimize your thyroid hormone function to burn fat and keep it off. There are thyroid receptors on practically every cell of your body. This means every cell of your body requires thyroid hormone to function correctly, and your thyroid hormone is one of the main drivers of your metabolism.

Zinc and selenium are two minerals that aid your body in making more active thyroid hormones.

But to get a complete picture of your thyroid function, you should have your levels checked. Your thyroid gland is critical for many different processes in the body, so you must take care of it now and make sure it is functioning correctly.

An experienced functional medicine physician or gynecologist can assess your thyroid function properly. Once your levels are tested and optimized, you will burn fat and keep it off.

MANAGE WEIGHT AND EXERCISE

Regular exercise can help with weight management, and it also helps the body fight hormone imbalance in other ways. It enables the liver to be more efficient at removing bad estrogen from the body, increases insulin sensitivity, improves mood (which helps with the mood swings associated with menopause), and reduces cortisol (the stress hormone).

HOW TO BALANCE YOUR MOOD

This is important because you don't have to go through your 40s and 50s feeling like an emotional wreck. After all, you're going through menopause.

Doctors have told too many women that mood swings, weight gain, anxiety, and no sex drive are part of getting older. In other words, many women receive the message that they can do nothing and just need to live with it.

There is hope for you to balance your mood and even have the desire for intimate relationships again. You can do something about it and stop feeling like a "hot mess."

If you have tried things to balance your hormones in the past and they didn't work, it's likely because you did not have a doctor who takes a comprehensive approach to address diet, lifestyle, stress, sleep, and hormones. You are a complex being, divinely designed, and deserve a comprehensive approach to your healthcare.

HOW TO INCREASE ENERGY

Millions of Americans suffer from the 3 pm energy crash and are not sure why. Quick fixes don't work to boost energy, and many energy drinks are loaded high with sugar and caffeine and are not suitable for your health. Even worse, some women wake up with no energy and drag themselves through the entire day with no pep in their step, cranky and irritable. You need a lasting solution!



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3-DAY HEALTHY HORMONES MEAL PLAN

DAY 1

Upon waking, drink warm lemon water.

BREAKFAST

SMOOTHIE

Serves 1

1½ cups coconut milk

1 scoop of hemp protein powder

1 date, pitted

½ teaspoon ground cinnamon

1 brazil nut

1 teaspoon ground flax seed

Add all ingredients to a high-speed blender.

LUNCH

KALE AND SWEET POTATO WITH SIDE SALAD

Serves 2

2 tablespoons coconut oil

1 onion, chopped

2 garlic cloves, chopped

2 cups chopped sweet potatoes

1 bunch of kale, chopped

1 15-ounce can of black beans, drained and

rinsed 1 teaspoon smoked paprika

1 teaspoon ground cumin

6 cups vegetable broth

Melt coconut oil in a large pot over medium heat. Add onion and garlic. Stir for about 3 minutes until fragrant. Add sweet potatoes, kale, black beans, paprika, cumin, and vegetable broth. Stir well and cover. Bring to a boil, then reduce heat to a simmer. Continue to cook for about 15 minutes or until the sweet potatoes are tender.

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SIDE SALAD

Serves 2

4 cups mixed greens

1 handful of cherry tomatoes

1 cup peeled and chopped cucumber

½ cup broccoli slaw

1 avocado, diced

1 lemon, cut in half

tahini, for dressing

balsamic vinegar, to taste

sea salt and black pepper, to taste

Combine mixed greens, cherry tomatoes, cucumber, and broccoli slaw in a large bowl and top with avocado. Squeeze the juice of the whole lemon over the top. Drizzle salad with tahini and toss with balsamic vinegar. Season with salt and pepper, as desired.

SNACK

GREEN TEA WITH 1 APPLE AND 3 BRAZIL NUTS

DINNER

BEEF CHILI AND LARGE SALAD

Serves 6

2 tablespoons coconut oil

1 medium yellow onion, chopped

2 large carrots, chopped

2 medium celery ribs, chopped

2 medium red bell peppers, chopped

1-pound chopped portobello mushrooms

1 medium jalapeño pepper, chopped

(optional) 1½ pounds of ground beef

3 garlic cloves, chopped

sea salt and black pepper, to taste

2 teaspoons dried oregano

1 tablespoon ground cumin

2 teaspoons chili powder

1 teaspoon cayenne pepper (optional)

2 tablespoons tomato paste

1 24-ounce can of crushed tomatoes, undrained

1 cup beef (or chicken) broth, preferably organic

Optional Toppings:

1 large avocado, diced

½ cup fresh cilantro leaves, chopped

Heat the coconut oil in a large soup pot over medium-high heat. Add onion, carrots, celery, bell peppers, mushrooms, and jalapeño pepper (if desired) and cook, occasionally stirring, until the vegetables are soft and fragrant, approximately 5 to 7 minutes.

Add in the ground beef and garlic and season with salt and black pepper to taste. Cook, breaking up the meat with a wooden spoon until the beef is browned, around 5 to 6 minutes.

Add the oregano, cumin, chili powder, cayenne pepper (if desired), and tomato paste. Stir everything together and cook for another minute or two until the spices become fragrant.

Add the crushed tomatoes and the broth and bring to a boil. Once boiling, reduce heat to medium and simmer for 15 to 20 minutes; occasionally stirring, remove from heat and adjust seasonings, if necessary. Top with avocado and cilantro, if desired, and serve immediately.

LARGE SALAD

Serves 4

2 cups mixed greens

2 cups spinach

1 handful of cherry tomatoes

1 cup carrots, shredded

1 cup peeled and chopped

cucumber 2 tablespoons extra virgin

olive oil

1 avocado, diced

1 lemon, juiced

¼ cup extra virgin olive oil

sea salt and black pepper, to taste

Combine all ingredients in a large mixing bowl & serve.

Day2

Upon waking, drink warm lemon water.

BREAKFAST

SCRAMBLED EGGS WITH AVOCADO

Serves 1

1 teaspoon coconut oil

½ red pepper, chopped

½ cup spinach

2 eggs

sea salt and black pepper, to taste

½ avocado, sliced

Crack eggs into a small bowl and whisk well with a fork—season with salt and pepper. Melt coconut oil in a hot pan over medium heat. Add red pepper and spinach. Sauté for 2 minutes. Pour eggs into the hot pan and cook for about 1 minute. Use a fork to swirl the eggs around the pan until curdles form. Continue to do this for about 2 to 3 minutes until you get your desired consistency. For firmer eggs, cook about a minute or two longer. Top with avocado.

LUNCH

KALE AND QUINOA BOWL Serves 2

1 cup quinoa, uncooked

2 cups vegetable broth

1 cup chopped celery

1 tablespoon coconut oil

1 bunch of kale, torn

1 red bell pepper, chopped

1 15-ounce can of lentils, drained and rinsed

1 avocado, diced

1 red onion, sliced

4 tablespoons balsamic vinegar

1 lemon, juiced

Add the quinoa, broth, and celery to a medium pot. Cover and boil for 20 minutes until all the water is absorbed. Remove from heat and set to the side.

Place a large sauté pan over medium heat. Add coconut oil. Once the oil has melted, add kale and bell pepper. Sauté until wilted. Once the quinoa has cooled, lightly fluff it with a fork. Spoon the quinoa into a large salad bowl and add sautéed vegetables, lentils, avocado, and red onion. Add balsamic vinegar and lemon juice. Toss to combine and serve.

SNACK

¼ CUP HUMMUS AND CHOPPED VEGETABLES

DINNER

CAULIFLOWER RICE AND CASHEW

CURRY **Serves 4**

Curry Ingredients:

2 tablespoons coconut oil

4 garlic cloves, minced

4 chicken breasts cut into cubes

1½ cups canned coconut milk

½ cup puréed pumpkin

2 small red onions, sliced

2 tablespoons curry powder

2 teaspoons ground cumin

1 teaspoon cinnamon

sea salt and black pepper, to

taste ¾ cup cashews

Rice Ingredients:

1 tablespoon coconut oil

2 cups raw cauliflower rice*

$\frac{3}{4}$ cup canned coconut milk

$\frac{1}{4}$ cup unsweetened shredded coconut

1 teaspoon raw honey

sea salt, to taste

***NOTE:** Cauliflower rice can be purchased at Whole Foods Market, Trader Joe's, and other specialty grocery stores.

Place a large skillet over medium heat. Add coconut oil. Once the oil has melted, add minced garlic and chicken. Once the chicken becomes white on all sides, add coconut milk and puréed pumpkin to the chicken. Stir well, and add sliced onions, curry powder, cumin, cinnamon, salt, and pepper. Continue to stir for about 5 to 7 minutes to allow the mixture to thicken. Turn off the heat and set it to the side to cool.

To cook the cauliflower rice, add coconut oil to a medium pan. Once the oil has melted, add the cauliflower rice and coconut milk. Continue to stir for about 3 minutes, then add the remaining ingredients. Stir well until the liquid begins to evaporate and the rice becomes sticky.

Stir the cashews into the chicken and garnish with cilantro before serving.

DAY 3

BREAKFAST

QUINOA BREAKFAST BOWL

Serves 1

$\frac{1}{2}$ cup cooked quinoa

$\frac{1}{4}$ cup pumpkin seeds

1 tablespoon ground flax

seeds $\frac{1}{2}$ cup almond milk

1 scoop of protein powder

stevia, to taste

Tip: Cook quinoa ahead of time according to package instructions to make assembling this bowl a breeze. Combine all ingredients in a bowl. Serve warm.

LUNCH

HORMONE SALAD

Serves 2

3 cups mixed greens

1 cup broccoli slaw

1 cucumber, chopped

¼ red onion, chopped

1 avocado, diced

¼ cup dried cranberries, unsulfured

2 tablespoons chia seeds

1 orange, juiced for the dressing

2 tablespoons flax oil

balsamic vinegar, to taste

sea salt and black pepper, to taste

Place the mixed greens, slaw, cucumber, and onion in a large bowl. Top with avocado and cranberries. Squeeze the juice of 1 orange over the salad. Next, top with flax oil and balsamic vinegar—season with sea salt and black pepper to taste. Mix well and serve.

SNACK

1 GREEN APPLE AND 2 TABLESPOONS ALMOND BUTTER

DINNER

BISON BURGER WITH SALAD

Serves 4

Burger Ingredients:

2 pounds of ground bison

sea salt and black pepper, to taste

1 tablespoon garlic powder 1

tablespoon onion powder 1

tablespoon coconut oil

Dressing Ingredients:

¼ cup tahini

1 lemon, juiced

1 garlic clove, chopped

1 teaspoon dulse flakes

sea salt and black pepper, to taste

Salad Ingredients:

4 cups spinach

1 BPA-free can of garbanzo beans, drained and rinsed

1 cucumber, chopped

¼ red onion, sliced

1 avocado, diced

Place bison in a mixing bowl. Add salt, pepper, garlic powder, and onion powder and mix well to combine.

Form into 4 patties. Melt coconut oil in a hot pan; add patties. Fry on each side for about 5 minutes until the center is no longer red. Set to the side to cool.

To make the salad dressing, combine all the dressing ingredients in a small mixing bowl and mix with a fork.

Place spinach in a large salad bowl. Top with garbanzo beans, cucumber, onion, and avocado. Pour the dressing over the top and mix well before serving.

SNACKS

SESAME KALE CHIPS

Serves 2

1 bunch kale

1 heaping tablespoon of coconut

oil 1 teaspoon garlic powder

1 teaspoon ginger powder

½ teaspoon sea salt

1 tablespoon sesame seeds

Preheat your oven to 350 degrees Fahrenheit. Wash and dry the kale. Strip the kale leaves from the stem and tear the leaves into a large mixing bowl. Add coconut oil, garlic powder, ginger powder, salt, and sesame seeds. Mix well and spread onto a baking sheet. Bake for 10 to 12 minutes until crisp.

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DATE WITH ALMOND BUTTER

Serves 1

1 date

½ teaspoon almond butter

Split the date in half, lengthwise. Spoon in almond butter and enjoy.

AVOCADO WITH SEA SALT

Serves 1

½ avocado

1 dash of garlic powder

1 dash of sea salt

1 tsp dulse flakes

Sprinkle half an avocado with garlic powder, salt, and dulse.

ALMOND SESAME PROTEIN BALLS

Serves 2

½ cup almonds

½ cup sesame seeds

6 pitted dates

1 tablespoon coconut oil

½ cup almond butter

2 tablespoons chia seeds

Combine the first five ingredients in a high-speed blender. Blend until the almonds are finely chopped. Scoop into 1-inch balls and lightly roll the balls in the chia seeds. Place the balls in a covered container. Refrigerate at least 1 hour before serving. Store refrigerated for up to 1 week.

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