

Wellness

REVIEW

Healthy Hormones

Welcome to the World of Hormones

It is completely normal for hormone levels to change throughout your lifetime. From the onset of puberty through to menopause, your reproductive hormones are constantly fluctuating, however if they are too high or too low, they can impact on how you feel every day in both body and mind. If your hormones are unharmonious, don't worry, your Practitioner is here to help.

Signs That Your Hormones Are Out of Balance

Have you ever snapped at anyone before your period? Or woken up in the night drenched in sweat? Many women accept hormonally related symptoms such as these as just something to tolerate – well they are not!

Painful periods and irregular cycles have no place in a woman's life; neither do pre-menstrual syndrome (PMS) symptoms such as breast tenderness, fluid retention and mood changes. Or perhaps you have resigned yourself to suffering from debilitating hot flushes, night sweats, thinning skin and vaginal dryness? If you have any of these symptoms you do not need to accept them as a normal part of your life – there is another way!

Treatment Options to Suit You

Your Practitioner can devise a treatment plan tailored to help manage your symptoms and correct any underlying hormonal imbalances you may have. Some vital nutrients that may be beneficial to you include:

- **Magnesium:** a key nutrient that benefits all women, not only to support reproductive health but also more specifically to help manage symptoms such as painful periods and cramps, as well as being helpful in reducing stress and insomnia.
- **Soy isoflavones, folic acid and turmeric:** non-genetically modified (GMO) soy isoflavones, activated B vitamins and turmeric assist with the detoxification of excess hormones, particularly oestrogen, which, when elevated, may be associated with conditions such as endometriosis or fibroids.
- **Withania, vitex and vitamin B6:** these nutrients play a role in correcting irregular cycles, managing PMS symptoms such as poor mood, and may help infertility cases associated with hormonal imbalance.
- **Rehmannia with Chinese yam and zizyphus:** this combination of herbs is part of a Traditional Chinese Medicine remedy that has been successfully used for years to relieve hot flushes, night sweats and other common menopausal symptoms caused by an alteration in hormone levels associated with 'the change of life'.



Diet and Lifestyle

There are a number of potential causes of a hormonal imbalance. Your Practitioner can recommend additional strategies for you, to help address the underlying factors contributing to your symptoms. These may include stress management techniques, weight loss, or an individualised detoxification program. Your Practitioner can also create a personalised dietary and lifestyle plan for you, to promote a healthy hormone status, for example by selecting options from the following:

| | Choose at least one from each group daily |
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| Herbs and spices | Ginger, rosemary, turmeric, coriander, dill, fennel, parsley. |
| Nuts and seeds | Pumpkin seeds, sesame seeds, sunflower seeds, almonds, cashews, Brazil nuts. |
| Grains and legumes | Soy, chickpeas, quinoa, millet, bulgar, buckwheat, brown rice. |
| Fruits | Blueberries, strawberries, oranges, grapes, avocado, banana, figs, blackberries. |
| Meat, poultry, fish and dairy | Milk, cheese and yoghurt (calcium-rich alternatives may be substituted), deep-sea fish. |
| Vegetables | Broccoli, cauliflower, Brussels sprouts, kale, spinach, cabbage, mushrooms, celery, onion, alfalfa sprouts. |
| Beverages | Water, green tea, dandelion tea, chamomile tea, spearmint tea. |
| Lifestyle | Regular aerobic and weight bearing exercise, time out, relaxation techniques. Limit alcohol to equiv. < 1 drink daily. |

Handling Hormones the Simple Way

If you recognise any of the signs or symptoms of hormonal imbalance at any time throughout your life, speak to your Practitioner about how they can help to not only relieve your symptoms but also address the underlying causes. Your Practitioner can offer straight forward solutions to free you from the complications that imbalanced hormones create in your life.

Talk to Your Practitioner About Healthy Hormones Today.