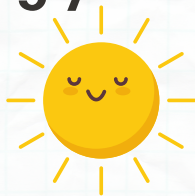


Beginner's guide to balancing your hormones

Get out of bed and get some sunlight



It can be so tempting to stay in bed under the covers in your dark and cozy room after your alarm clock has gone off. However, it is so important to get out of bed, open the curtains and let those golden rays pour in. Getting natural light in the morning is so important for our circadian rhythm and cortisol levels. Have to rise before the sun? Try a sunlight alarm clock to mimic that beautiful morning light.

Cut caffeine



Okay hear me out! I know that this may make you want to clench your beloved cup of joe a little bit tighter, but just give me a chance here. Caffeine affects everyone a little bit differently, some of us can happily have a cup or two of coffee in the morning and avoid jitters and anxiety, others not so much. Caffeine increases cortisol, so those that often feel anxious or stressed should consider decreasing or eliminating caffeine intake. Our cortisol should naturally increase in the morning and decrease throughout the day. If you are consuming caffeine all throughout the day, you mess with that natural curve. So if you do choose to keep caffeine in your morning routine, drink a glass of water first and eat breakfast before consuming caffeine.

Looking for more one on one support? Go to my website to work with me one on one!



Balance your meals and snacks

Balancing your meals and snacks to avoid blood sugar spikes is so important for hormone balance. Now this does not have to be hard and it certainly does not mean you have to avoid carbs or give up cake. All foods can and should still fit in your diet you just want to be cognizant of pairing carbs with fat and protein.

I sometimes refer to this as, "putting clothes on your carbs." Pair healthy fats with your carbs like nuts, seeds, avocados, and olive oil and proteins like lean meats, tofu, eggs, and tempeh.

Exercise also helps with blood sugar balance so getting up after meals and going for a walk or just getting up to do the dishes is beneficial.



Heal your gut

Gut health is key in supporting your hormones. Why? A healthy gut is so important for absorption of vitamins and nutrients and for eliminating things we no longer want or need. For example, we detox estrogen via our stool. If we are constipated, estrogen can be reabsorbed back into our body. To support a healthy gut, make sure to include prebiotics like onions, leeks, Jerusalem artichokes, and garlic, and probiotics like sauerkraut, kimchi, tempeh, yogurt, kefir, and miso. In addition foods high in fiber like: fruits and vegetables with skins, whole grains, and legumes.

Looking for more one on one support? Go to my website to work with me one on one!



Get quality sleep

Getting 7-8 hours of quality sleep is vital for hormone balance. To improve your sleep quality, limit screen time before you go to bed, aim to go to bed and wake up at about the same time everyday, take electronics out of the bedroom, and create a dark and cool sleep environment.

Take magnesium



If you have ever heard me talk about women's health and hormones, you've heard me talk about magnesium. Magnesium is such an important mineral for the human body, unfortunately due to soil depletion most of us don't get enough magnesium in our diets, so we have to supplement. A few ways magnesium supports your hormones: regulates HPA axis, important for vitamin D absorption, aids sleep, supports thyroid health, and important for energy metabolism

Reduce stress



Easier said than done right? It is pretty much impossible to have a stress free life so its important to find strategies that reduce stress that work for you. Being intentional about finding time to get outside and walk in nature, meditate, read, write and try yoga. Remember, this is time that is for you that you should enjoy, so do not force yourself to do yoga in the name of stress relief if that is not something you find joy in.

Looking for more one on one support? Go to my website to work with me one on one!