



Natural Hormone Balancing

If pregnant, plan on becoming pregnant, or nursing speak with your health practitioner before starting a cleanse or using natural health methods.

Cleansing the Body

Environmental stressors can put a strain on the body's organs and endocrine system. By removing toxins from the body, you allow the organs and body systems to return to normal function. Using natural methods to **ONLY manage symptoms** allows the stress to remain in the body and will require continual, and in most cases, increased supplementation.

Our office provides an easy step-by-step whole-body cleanse booklet to help you understand more about body cleansing and detoxification.

Herbs to Assist in Balancing Hormones

Dong Quai - This herb exerts a regulating influence on hormone production through its work with the liver and endocrine system. It also strengthens the blood (contraindicated in heavy bleeding).

Raspberry Leaf - This herb is best known for its uterine strengthening properties. This herb is a rich source of vitamins and minerals particularly vitamin C. Red Raspberry Leaf has many benefits besides that of a uterine tonic. It has been known to help increase fertility in both men and women, may prevent miscarriage and hemorrhage, and help decrease heavy blood flow and painful menstrual cramps. It can ease the nausea associated with pregnancy, reduce pain during and after labor, and help stimulate milk production.

Wild Yam - This herb is great for endocrine and liver health and is a great hormone precursor. It was discovered that the saponins from wild yam could be converted industrially into cortisone, estrogens, and progesterone-like compounds. It is also helpful in formulas for male hormone balancing.

Maca - Maca has been used for centuries for fertility, hormonal balance, libido and endurance. It does not produce hormones but rather works as an adaptogenic herb which means that it adapts to each body's circumstances and balances hormones depending on that person's needs. So if a person is producing too much or too little of a hormone, it will act as a regulator, either increasing the deficient hormone or decreasing the body's production of the over abundant hormone.

Milk Thistle - This is one of an all-time favorite herb for a multitude of health conditions. Milk Thistle is one of the best liver cleansing herbs and a healthy liver is vital for hormone balance. Many women have an excess of estrogen and a deficiency of progesterone because of it. What many people don't know is that excess estrogens get filtered out of the body through the liver. If the liver is congested and stagnant the body cannot eliminate these excess estrogens and they re-enter the body. Many of these toxins can act to mimic hormones in our body and lead to further hormonal imbalance and disruption.

Ashwagandha - Known for centuries as an adaptogenic (helping the body resist stressors of all kinds, whether physical, chemical or biological) herb for libido, for both men and women. This herb has been traditionally used for low sperm count and sexual debility for men also.



Emotional Stress Management

- Research has shown that you may be able to lower your cortisol levels by engaging in stress-reducing techniques like meditation, yoga, massage and listening to relaxing music.
- Reduce or avoid time spent on social media and mainstreamed news.
- Physical activity can strongly influence hormonal health. A major benefit of exercise is its ability to reduce insulin levels and increase insulin sensitivity.
- Poor sleep has been linked to imbalances of many hormones, including insulin, cortisol, leptin, ghrelin and growth hormone. Try to get 7-9 hours per night of uninterrupted sleep.
- Professional therapy sessions can provide you with coping tools to manage stress that is out of your control.
- Aromatherapy has many benefits to help reduce the body's stress response.
- Doing fifteen minutes of deep belly breathing twice daily has been shown in several clinical trials to decrease hot flashes and night sweats as well as improve a woman's sense of well-being.

Nutritional Support

- Eat an adequate amount of protein daily.
- Avoiding or minimizing refined sugars and carbohydrates is instrumental in optimizing hormone function and avoiding obesity, diabetes and other diseases.
- To optimize hormone health, consume a healthy fat source at each meal.
- Research suggests a diet rich in fatty fish (Omega-3) may also have beneficial effects on hormonal health, including reducing levels of the stress hormones cortisol and adrenaline.
- Eating foods rich in vitamin B (grass-fed meats, non-GMO vegetables and leafy greens, seeds, and avocados) have been shown to decrease anxiety symptoms.