

# Hormonal Havoc



When hormones are out of balance, life can feel out of balance. So what are some tips to help balance out these hormones? Below are some important tips for hormonal balance that many people have never heard of before...

## **DIET TIP # 1**

Include 2 - 3 serves of cruciferous vegetables in your diet each day. These help liver function and can help to balance out estrogen in particular. They are also considered to be anti-cancerous.

Cruciferous vegetables include broccoli, cauliflower, kale, brussel sprouts, watercress and cabbage to name a few.

Having a green smoothie each day with kale is a perfect (and tasty

way) to include more cruciferous greens into your diet. This can also help with inflammation in the body.

### **DIET TIP #2**

Avoid alcohol - especially beer! Beer contains hops which can have an estrogen effect on women and men (think man boobs). Alcohol slows down liver function which can affect how your body processes hormones.

### **DIET TIP #3**

Eat plenty of foods with fiber to avoid constipation. Constipation can worsen hormonal imbalances by causing reabsorption of estrogen into the body. Foods with good fiber content include whole grains, legumes, nuts and seeds, fruits and vegetables. For constipation avoid food that has no fiber such as meat and chicken (hormones from animal products are also very strong and disruptive to our bodies).

And keep up the water intake!



It's also important to manage stress, as stress can definitely contribute to hormonal imbalance.

In my experience, herbal remedies can help a lot with hormonal balance - often needing to be taken each day throughout the cycle. There are some good herbal supplements available that may assist with this. Some great herbal supplements are also available for women suffering from menopause.

Mind Kinetics® coaching may potentially be helpful with hormonal health in various ways. Often clients have reported physical changes after having these special coaching sessions. A lady had a session with me focusing on menopausal hot flashes. A few weeks after her session she still hadn't had any hot flashes.

Another lady had a session for a specific symptom of adenomyosis. After her coaching session, she hasn't had experienced the symptom for over a year. Other clients report reduced stress which can also be beneficial!

You've probably guessed by now that today's special coaching offer is around hormonal health! Scroll to the bottom to view this special offer.

If your hormones are causing havoc in your life with symptoms such as fluctuating emotions, acne, physical pain, hot flashes, and general interference with the quality of your life, I encourage you to search for solutions. As an accredited naturopath I've seen many people benefit from small changes in their diet and lifestyle, not to mention the use of herbal medicine! The solution you are looking for might be just around the corner, so please seek one.

Stay happy and well : )

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**This month I am giving the first 5 people who email me 50% off a Mind Kinetics coaching session related to hormonal havoc or hormonal health.**

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