

## 10 Tips to Restore Female Hormone Balance

Natural Wellness Clinic

...helping you heal naturally

- 1. Go Organic.** Consider switching to organic dairy, egg and meat products preferably locally produced and minimally processed to reduce chemical exposure. Non organic meats and dairy products contain hormones and chemicals that greatly disrupt our hormones.
- 2. Reduce Xenoestrogens.** Xenoestrogens are man-made synthetic compounds that are very similar to our own body's estrogen. The similarity is so close that our body actually absorbs them readily. The accumulation of xenoestrogens can lead to many hormonal imbalances especially estrogen dominance.
- 3. De-Stress.** De-stressing your life is the most important step you can take on the road to control female hormone imbalances. High cortisol levels that are produced in response to chronic stress can wreak havoc in your hormone production.
- 4. Add Ground Flax.** 2 tablespoons of ground flax daily in the diet has been shown to reduce estrogen related cancers by as much as 70%!
- 5. Detoxify the Liver.** The liver is responsible for excessive hormone elimination from our bodies. As your body is continuously exposed to a myriad of environmental and dietary toxins the liver can no longer properly cleanse our body. The buildup of toxins leads to conditions such as estrogen dominance, fibroids, ovarian cysts, PMS symptoms and hormone related acne.
- 6. Go Raw.** Consuming raw fruits and vegetables as well as nuts and seeds will ensure adequate enzymes and fiber for optimal digestion. Increasing the Cruciferous family of vegetables (cauliflower, broccoli, cabbage and bok choy) will target

estrogen detoxification as they are high in indole-3-carbinol, an estrogen clearing nutrient.

7. **Support the Adrenal Glands.** The adrenal glands are our stress glands that pump out cortisol and adrenalin in response to acute and chronic stress. The adrenals directly affect all hormone function. High or low cortisol levels will alter thyroid function; affect progesterone, estrogen and testosterone levels as well as insulin levels.
8. **Mend Fences.** Harboring feelings of un-forgiveness causes the body to become acidic. Excess acidity has been implicated in many health conditions including hormone dysfunction and even cancer. Forgiveness means giving up the hope of a better past!
9. **Exercise!** Exercising can help to naturally raise low progesterone levels essential for regulating a woman's fertility and overall health.
10. **Go Natural.** By the time the average woman leaves for work in the morning she has been exposed to up to 300 chemicals, most of which are hormone disruptors! Keep your beauty regimen as natural as possible as a lot of cosmetic products like nail polish, perfumes, hair sprays, anti-aging creams and lotions are loaded with formaldehydes and parabens that can have estrogen-like effects on the body. Harmful cleaning chemicals are yet another way that the hormones can be thrown out of balance. Choosing all natural cleaners will ensure that the chemical content of your home is greatly reduced.