

HORMONE BALANCE

THE FOUNDATION OF WELLBEING

When your hormones are in balance,
your body and mind can thrive.



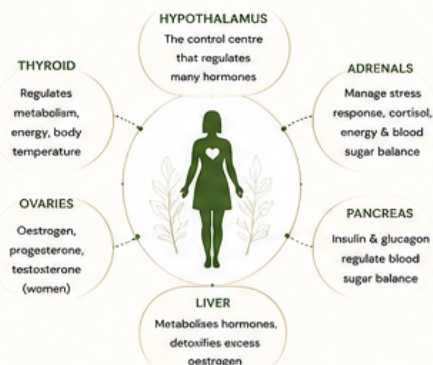
WHAT ARE HORMONES?

Hormones are chemical messengers made by glands. They travel through the bloodstream to regulate many functions, including:

- Energy & metabolism
- Mood & mental wellbeing
- Sleep & stress response
- Reproductive health
- Digestion & elimination
- Temperature regulation
- Growth & repair

Hormones work in harmony. When one is out of balance, others can be affected.

THE HORMONE CONNECTION



All these systems influence each other.
Balance is a team effort.



SIGNS OF HORMONE IMBALANCE

- Fatigue & low energy
- Poor sleep
- Mood changes, anxiety, irritability
- Weight changes
- Bloating & digestive issues
- Irregular or painful periods
- PMS / PMDD
- Low libido
- Hair thinning or loss
- Acne or skin changes
- Brain fog
- Sugar cravings

These signs have many causes. Testing and support can help identify the root cause.

KEY FACTORS THAT INFLUENCE HORMONE BALANCE



STRESS

Chronic stress raises cortisol, which can disrupt ovulation, sleep, thyroid function and blood sugar.



BLOOD SUGAR

Stable blood sugar supports energy, mood, cravings, ovulation and adrenal health.



SLEEP

Poor sleep disrupts cortisol, increases cravings and affects reproductive hormones.



GUT HEALTH

A healthy gut helps regulate inflammation, oestrogen balance and nutrient absorption.



NUTRITION

Whole foods, protein, healthy fats, fibre and key micronutrients build hormone balance.



MOVEMENT

Regular movement supports insulin sensitivity, stress relief and healthy oestrogen metabolism.



TOXINS

Endocrine disruptors in plastics, skincare and household products can affect hormones.

THE HORMONE BALANCE TRIAD

Focus on these 3 areas daily for the biggest impact.



1. LOWER STRESS

Daily stress reduction supports adrenal health, better sleep and balanced mood.



2. STABILISE BLOOD SUGAR

Eat regular meals with protein, fibre and healthy fats to support energy, mood and hormone production.



3. SUPPORT DETOX PATHWAYS

Support your liver, gut and lymph to help remove excess oestrogen and toxins from the body.

SUPPORT YOUR HORMONES, NATURALLY



NOURISH YOUR BODY

Eat real, nutrient-dense foods to support hormone production and regulation.



Focus on:

- Vegetables
- Quality protein
- Healthy fats
- Whole grains
- Colour & variety



MANAGE STRESS

Lower stress to reduce cortisol and support all other hormones.



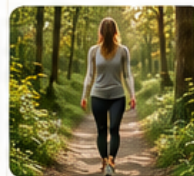
Try:

- Mindfulness
- Breathwork
- Nature time
- Journaling
- Saying no



MOVE DAILY

Movement supports metabolism, mood and hormone clearance.



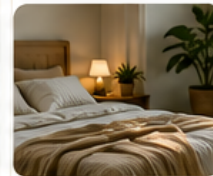
Best options:

- Walking
- Strength training
- Yoga / Pilates
- Dancing
- Rebounding



SLEEP WELL

Quality sleep restores hormones and supports overnight repair.



Aim for:

- 7-9 hours nightly
- Consistent bedtime
- Dark, cool room
- No screens 1hr before bed
- Morning sunlight



DETOX & SUPPORT YOUR LIVER

A well functioning liver helps balance oestrogen and remove toxins.



Support with:

- Cruciferous veg
- Leafy greens
- Lemon water
- Milk thistle
- Bitters

HORMONE HIGHLIGHTS

CORTISOL (STRESS HORMONE)



- High chronically:
- Leads to fatigue & anxiety
 - Increases blood sugar
 - Disrupts sleep
 - Affects ovulation & libido

Support with: stress management, sleep, balanced blood sugar, magnesium, adaptogens.

THYROID HORMONES



- Low thyroid can cause:
- Fatigue
 - Weight gain
 - Cold hands & feet
 - Constipation
 - Brain fog
 - Low mood

Support with: selenium, iodine (if needed), zinc, iron, protein, gut health.

OESTROGEN (DOMINANCE OR DEFICIENCY)



- Imbalance may cause:
- Heavy periods
 - PMS, bloating
 - Breast tenderness
 - Headaches
 - Mood swings
 - Fibroids, endometriosis

Support with: fibre, cruciferous veg, liver support, stress reduction.

PROGESTERONE



- Low progesterone may cause:
- PMS / PMDD
 - Anxiety
 - Poor sleep
 - Irregular cycles
 - Miscarriage risk

Support with: vitamin B6, magnesium, zinc, healthy fats, stress management.

ANDROGENS (TESTOSTERONE)



- Important for:
- Libido
 - Muscle mass
 - Mood & motivation
 - Bone density
 - Energy

Imbalance may cause acne, hair loss, PCOS.



Hormone balance looks different for everyone and changes through every stage of life. Be patient, consistent and kind to yourself.

LIFE STAGES & HORMONES



TEENS

Cycles may be irregular while hormones mature.



FERTILITY YEARS

Focus on cycle awareness, stress management and nutrient intake.



POSTPARTUM

Hormones shift dramatically. Support rest, nutrition & grace.



PERIMENOPAUSE

Fluctuating hormones may cause symptoms. Support early.



MENOPAUSE

Lower oestrogen impacts bone, heart, mood & metabolism.



REMEMBER

Small daily habits create big change. Supporting your hormones is not about perfection. It's about progress and working with your body, not against it.

You are unique. Your plan should be too.



DID YOU KNOW?



Chronic stress can suppress thyroid function and disrupt ovulation.



DID YOU KNOW?

Healthy fats are essential for producing hormones.



DID YOU KNOW?

Cruciferous vegetables help your body clear excess oestrogen.



DID YOU KNOW?

Resistance training can help balance oestrogen and improve insulin sensitivity.



DID YOU KNOW?

Melatonin (your sleep hormone) is produced from serotonin - which starts in the gut!

