



HEALthy Change 4 Life

— Giving Back Quality of Life —

HORMONES & LIVER HEALTH

BALANCE YOUR HORMONES. SUPPORT YOUR LIVER. RESTORE YOUR VITALITY.

Your hormones and liver work together every day to detox, balance, and regulate your body. When they are supported, you feel your best—physically, mentally, and emotionally.



WESTERN WELLNESS PERSPECTIVE

Western medicine recognizes hormones as chemical messengers produced by glands that regulate growth, metabolism, mood, reproduction, and more. The liver plays a key role in hormone metabolism and detoxification.

- ✓ Balances and clears excess hormones
- ✓ Metabolizes estrogen and other hormones
- ✓ Supports thyroid hormone conversion
- ✓ Regulates blood sugar and cortisol
- ✓ Produces proteins, bile, and enzymes
- ✓ Filters toxins, drugs, and environmental chemicals
- ✓ Supports nutrient storage and immune function



When the liver is overburdened, hormones can become imbalanced, leading to fatigue, weight gain, mood changes, acne, and more.



EASTERN WELLNESS PERSPECTIVE

In Traditional Chinese Medicine (TCM), the Liver (Gan) ensures the smooth flow of Qi (energy) and the free movement of emotions and hormones throughout the body.

Liver imbalance may show as:

- ✓ Irritability, anger, anxiety
- ✓ PMS, irregular cycles, menopause symptoms
- ✓ Headaches or eye strain
- ✓ Bloating, poor digestion
- ✓ Fatigue, poor sleep
- ✓ Tension in neck and shoulders
- ✓ Skin issues and hormonal breakouts



TCM supports the Liver with cleansing foods, stress reduction, restful sleep, and practices that keep Qi flowing freely.



FAITH PERSPECTIVE

Our bodies are wonderfully and intentionally created by God. Caring for our temples honors Him and allows us to live with more energy, clarity, and purpose.



"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God?" You are not your own; you were bought at a price. Therefore honor God with your bodies." 1 Corinthians 6:19–20 (NIV)

When we seek God, eat well, rest, and manage stress, we support the balance He designed in our bodies.



WELLNESS TIPS



Drink filtered water with lemon upon waking.



Eat a variety of colorful fruits and vegetables daily.



Limit alcohol, sugar, and processed foods.



Support healthy elimination every day.



Manage stress through prayer, deep breathing, or meditation.



Get 7–9 hours of quality sleep.



Move your body daily.

Small, consistent choices balance hormones and support liver detox.



FOODS THAT SUPPORT HORMONES & LIVER HEALTH

LIVER-SUPPORTIVE FOODS



- Leafy greens (kale, spinach, arugula)
- Cruciferous vegetables (broccoli, cabbage)
- Beets, carrots, and bell peppers
- Garlic, onions, and leeks
- Lemons and limes
- Avocados
- Berries (blueberries, cranberries)
- Green tea
- Olive oil
- Turmeric and ginger

HORMONE-BALANCING FOODS



- Healthy fats (avocado, olive oil, nuts)
- Omega-3 rich foods (salmon, sardines, flax)
- Fiber-rich foods (oats, beans, vegetables)
- Seed cycling (flax, pumpkin, sunflower, sesame)
- Fermented foods (yogurt, kefir, kimchi, sauerkraut)
- Protein at each meal
- Herbal teas (spearmint, dandelion, red raspberry leaf)



Nourish your body with whole, natural foods and plenty of water. Your liver and hormones will thank you!



SIGNS OF HORMONE & LIVER IMBALANCE



- ✓ Fatigue and low energy
- ✓ Mood swings, anxiety, irritability
- ✓ PMS, irregular or heavy cycles
- ✓ Weight gain, especially around midsection
- ✓ Bloating, gas, or poor digestion
- ✓ Brain fog, poor concentration
- ✓ Headaches or migraines
- ✓ Acne, eczema, or skin issues
- ✓ Poor sleep or waking at night
- ✓ Sugar cravings or blood sugar swings



Addressing root causes and supporting your liver can help restore balance.

LIFESTYLE PRACTICES THAT HELP



Practice gentle detox: sauna, sweating, dry brushing, epsom salt baths



Move daily to support circulation and lymph flow



Prioritize sleep and a consistent routine



Reduce exposure to toxins (plastics, parabens, fragrances, chemicals)



Use gratitude and worship to keep your heart and mind at peace

Healthy habits create lasting hormone and liver balance.



HERBS THAT SUPPORT

- Milk Thistle – liver detox & repair
- Dandelion Root – liver cleansing
- Turmeric – reduces inflammation
- Vitex (Chaste Tree) – hormone balance
- Maca Root – energy & hormone support
- Ashwagandha – manages stress & cortisol
- Burdock Root – supports detox pathways



Always consult your healthcare provider before taking any herbal supplements.



EDUCATIONAL RESOURCES

LIVER HEALTH

- Mayo Clinic – Liver Health www.mayoclinic.org/liver
- Harvard Health Publishing – Liver Health Guide www.health.harvard.edu/a-to-z/liver-health-a-to-z
- Cleveland Clinic – Fatty Liver Disease my.clevelandclinic.org/health/diseases/16629-fatty-liver-disease

HORMONE HEALTH

- Mayo Clinic – Hormone Replacement Therapy www.mayoclinic.org/tests-procedures/hormone-therapy/about/pac-20385096
- National Institute of Environmental Health Sciences – Hormones & Health www.niehs.nih.gov/health/topics/agents/endocrine/index.cfm



Always consult your healthcare provider for personalized medical advice.



THRIVE & SHINE THURSDAY

Watch this short educational discussion exploring hormones, liver health, and natural ways to bring your body back into balance.



Watch on YouTube
Thrive & Shine Thursday



WELLNESS GUIDE

View or download the companion wellness guide for recipes, tips, meal ideas, and habit trackers.



VIEW GUIDE (PDF)



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BOOK YOUR SESSION

Ready to take the next step? Schedule your Quality of Life Coaching session to receive personalized education, wellness guidance, and ongoing encouragement on your journey toward a healthier quality of life.



Your body is God's masterpiece. Treat it with love, care, and gratitude.



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Compassionate. Christ-Centered.
Holistic Wellness.



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