



### **Bringing Hormones into Balance**

Here is some information from what I have learned about hormones, foods that are healing, and the effects of wearing synthetic clothing on hormones. I put this together for a friend and thought it might be helpful to you all too! It is mostly thoughts and research I have put together over the past few years as I have seen my own hormones and my friends' hormone issues affect our lives deeply.

I was thinking about hormones recently as I was eating tofu, a food which adds estrogen to the body. I have a friend who can't have soy because of the estrogen, and I am curious what had caused the high levels of estrogen for her. I think I have been deficient in estrogen, especially after taking estrogen birth control pills for 10+ years (which I stopped taking 5+ years ago and saw tremendous impact to my mood and hormones as I was adjusting to not being on the pill), to the point where I think my body stopped producing its own estrogen. Hormones have a major effect on the mood and ability to deal with stress, so understanding how to provide the body the nourishment it is asking for is very important, when in healing mode especially.

Another important aspect of this whole hormone puzzle comes from synthetic clothing and its effects on hormones. Synthetic clothing, especially polyester, has been shown to affect the hormones in both males and females - this is something I want to research more but wanted to let you know as I have whittled down my closet to just natural fabrics - cotton, linen, silk, wool, etc. I googled the "effects of wearing synthetic clothing" and "effects of wearing synthetic clothing on hormones" and found a few good links that you might want to check out sometime.

- <http://www.totalhealthmagazine.com/articles/allergies-asthma/consumers-beware-toxins-lurking-in-your-clothing.html> - good general background info
- <http://www.womenlivingnaturally.com/articlepage.php?id=73> - good details on xenoestrogens and sources
- <http://www.wrongplanet.net/postt164930.html> - check out the study that was done on pregnant dogs and polyester fabrics - I have read about this study in other places too, it is scary!
- <http://www.sixwise.com/newsletters/05/12/21/the-6-synthetic-fabrics-you-most-want-to-avoid-and-why.htm> - more good general info
- <http://voices.yahoo.com/the-safest-fibers-wear-exercise-aerobics-12512386.html> - especially for those who work out alot!

You can find more info on organic cotton clothing and bedding options at this link for the eBook I am writing - Section 2, file f - Organic Cotton Clothing & Bedding

[https://drive.google.com/folderview?id=0B3nwdjb-J0\\_yTIRjX1Z5Z0g4NWs&usp=sharing#grid](https://drive.google.com/folderview?id=0B3nwdjb-J0_yTIRjX1Z5Z0g4NWs&usp=sharing#grid)



Finally - for those days where the hormones are just out of control - sometimes a satisfying dessert really can work wonders :)

Check out this link - <http://thedessertangel.com/> for some good ideas! I don't think ordering the book is needed, just to take what she says about incorporating fats and proteins into desserts, more so than sugar, so you can still enjoy the treat, but have less impact on blood sugar and feel more satisfied.

I personally love a big bowl of organic oatmeal with apples, raisins if you want, cinnamon, coconut oil, and walnuts, or bananas, coconut or sesame oil, dates and cashews (plus a pinch of sea salt in either to bring out the flavor!), that satisfies my sweet cravings! The nuts and oil especially help so that I feel full and satisfied. And the best part is, no baking!

Best,  
**Christina Borland**, Owner  
Go Veggie Girl, LLC