

# Lifestyle Practices That Promote Hormone Balance

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Maximizing your potential to maintain a healthy hormonal balance is possible at any age.



# Minimize Stress Levels

Journaling, meditation, mindfulness, or simply finding time every day to do something you love are all great ways to help reduce stress. Even just taking a few deep breaths can release the stress response in your body.



# Practice Good Sleep Hygiene



Hormones work in tandem with your circadian rhythm, so getting a good night's sleep is crucial. A cool, dark room free from distraction is imperative, as is going to bed at the same time every night. Enjoy at least one hour away from a blue light emitting device before bedtime as well. If you need more help, I've got some great herbal formulas to assist in better quality sleep.

# Reduce or eliminate highly processed foods, refined sugars, and alcohol and opt for a whole foods diet



Inflammation caused by repetitive poor food choices and stress can wreak havoc on your entire system. Aim for a diet rich in lean meats, fish, seafood, dairy, beans, legumes, whole grains and fresh fruits and vegetables.





# Supplement with vitamins and herbs

Consider taking Vitamin D, a full spectrum probiotic, or adaptogens like ashwagandha, turmeric, or Chaga. I can help. Here is a link to the pharmaceutical-grade nutritional supplements that I trust and use with patients.

<https://healthcoachdonna.usana.com/s/kSpb3>



# Maintain a healthy body weight and exercise regularly



A sedentary lifestyle in conjunction with being overweight is one of the top contributors to hormone imbalances.



Regular, moderate exercise such as going for a daily 30 minute walk can work wonders on supporting your hormonal health.

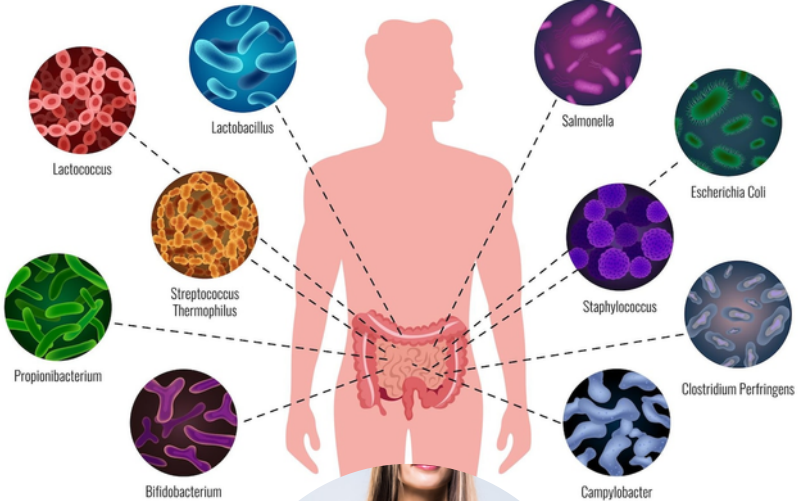


# Address gut health



## GOOD BACTERIA

## BAD BACTERIA



Leaky gut syndrome can contribute to hormonal imbalances by allowing toxins and bacteria to pass from your intestines into your bloodstream. I can help you assess, diagnose and treat gut issues.

# Minimize hormone disruptors in everyday products



Chemicals found in a variety of daily use products, including but not limited to cosmetics, plastic food storage, home cleaners and even liners of metal food cans may contribute to hormonal imbalances.



Some common hormone disruptors include BPA, dioxins, and phthalates. Phytoestrogens naturally occurring in soy products can disrupt estrogen in individuals with estrogen sensitivity.

