

# Heal Your Hormones

## Hormone Cheat Sheet

Begin to implement these simple hormone “hacks” that will make a big difference in staying balanced and feeling fabulous. They are designed to lower stress (cortisol)...

1. Get sunlight in your eyes first thing in the morning.
2. Build oxytocin! (stimulate your nipples for one minute, have an orgasm, laugh out loud or hug someone for seven seconds - yes, a great big hug!)
3. Eat a high protein breakfast within an hour of waking.\*
4. Take at least one daily walk where you swing your arms and really get into a rhythm. It will just make you happier!
5. Eat every 4-6 hours with NO snacking in between so you can heal between meals.
6. Stop eating 3 hours before bed. Stop drinking water or herbal teas 2 hours before bed. You don't want to be dehydrated when you go to sleep.
7. Use a 5mg DHEA capsule inserted vaginally, Julva Cream, or, as a last choice, bio identical estradiol cream (prescription only) if you are experiencing painful intercourse, urinary incontinence. or are getting up more than once during the night to go to the bathroom. Be sure to continue to support adrenal health to balance out sex hormones.
8. Eat for hormone balance: a healthy protein, fat and carbohydrate (vegetables) at every meal. Go easy on grains, if at all, and also on legumes if you tend towards allergies, high histamine response.
9. If you tend towards anxiety or agitation, have headaches, migraines, digestive problems, etc. consider a low histamine diet to keep stress hormones low.
10. Wait 12 hours between dinner and breakfast (aka intermittent fasting).
11. If life is busy during the week, use PS 150 to keep cortisol more balanced so you can fall asleep and stay asleep.
12. Get enough rest. 8-10 hours of sleep during the wintertime to heal and restore. Less during late spring through early fall.
13. Exercise for hormone balance. Don't overdo it! Stretching, gentle yoga, walking, dancing, tai chi, Qi gong, surfing, riding your bike, 15 minutes of weight lifting, etc. are great ways to move for hormone balance.
14. Take a magnesium salt bath at least 3 times a week either in the morning or evening before bed. 2 cups magnesium salts with 10 drops of essential lavender oil with hot water.
15. Key nutrients: phosphatidylserine, magnesium, zinc, adrenal support, betaine HCL, vitamin C, B vitamins, quarterly liver support, DIM, vitex, progesterone, etc.
16. Use blue light-blocking glasses if you use the computer a lot, and especially in the evening to watch TV or go to the grocery store.

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17. Turn off overhead lights at nighttime and practice a lovely get-ready-for-bed daily routine starting 2 hours before bedtime.
18. Make sure you have NO toxins in the home: cosmetics, skin care products, hair products, household products, laundry cleaning products (<https://www.ewg.org/skindeep/>) - they will keep your health stuck!
19. Constantly support your immune system: restorative sleep, vitamin C, oil of oregano when traveling or having bloating/digestive issues, zinc, probiotics or Cocobiotic or Coccokefir (4 ounces daily upon rising).
20. Schedule in NOTHING to have time to restore and rejuvenate.
21. Say "NO" more often, and "YES!" to yourself.
22. Schedule in girl time regularly. 1-2 girlfriends is plenty to restore.
23. Get enough pleasure in DAILY. (It improves blood flow through nitric oxide.\*\*\*) What does that look like for you?
24. Cleanse with the fire of anger! It's like jet fuel, that you can use to propel you to what serves you. The anger coming up is because something is not serving you. Honor it.
25. Nourish your passions...finally.
26. If you're not falling asleep and staying asleep, figure out what the problem is. This is a hormone deal-breaker!
27. If your metabolism is sluggish, i.e. you're feeling fat and tired, figure out why you have become the hibernating bear - do some testing, clean up your diet, do a 2-week detox to heal a bit.
28. Use essential oils to stay centered - they help to improve self care, and the scents can completely change your energy and mood.
29. If your body is exhibiting symptoms, take action. Don't wait until things get worse. It's easier to fix it when it first begins than months later.
30. Eliminate caffeine, alcohol, wheat (gluten-containing grains), dairy, and sugar.
31. Use amino acids if your brain is on overdrive, your energy is in the tank, your muscles are tight, you have anxiety or you can't sleep well. It's a quick fix.
32. Practice mindfulness through meditation, journaling, gratitude, clearing or other practice that helps to get you in the present moment, full of love.

\*Side note: you cannot fix hormone imbalances that happen later in the day because you ate poorly earlier in the day. Two things about this: #1) stay on track with your hormonally-balanced eating; #2) don't throw the baby out with the bathwater. If you messed up earlier in the day, get right back on track!

\*\*You are producing nitric oxide when you're experiencing pleasure, feeling calm, vibrant and healthy, and it's like stocking the fridge and taking out the garbage at the same time. Nitric oxide brings nutrients to all of your body's cells and carries away the waste products. It also opens blood vessels for improved circulation. NO also increases pleasure endorphins. Yes!