



Healthy Hormone Balance

Feel great today and promote a healthy future



Promoting healthy hormonal balance is important for many aspects of good health, including:

- Healthy metabolism
- Healthy muscle mass and decreased fat mass
- Energy and vitality
- Stress-free periods
- Interest in sex
- Strong bones
- Cardiovascular health
- Positive mood
- Supple skin
- Breast health

If you have concerns about any of these health issues, now is the time to find out if you may benefit from a nutritional support program that will help you achieve optimal hormone balance.

Why Maintain Healthy Hormone Balance?

A healthy hormone cycle primarily depends on your body's ability to maintain an intricate balance between estrogen, progesterone and testosterone. This balance in turn involves a complex interaction between hormone production, tissue receptivity, and excretion from the body. Because of this complexity, it's easy to see how our hormonal rhythms can be influenced by stress, poor diet and toxins—challenges that can disrupt balance.

The sex hormones not only regulate your reproductive system, but affect all parts of your body, including your brain, bones, muscles and liver, as well as your digestive, nervous and immune systems. Because of this tremendous range of effects—from beneficial to harmful—even small changes in hormone balance can have a profound impact on your overall health.



Risk Factors for Hormonal Imbalance

There are many lifestyle factors that can influence your hormone balance.

1. Being overweight negatively affects hormone balance because fat tissue itself can create estrogen.
2. Excess insulin in the bloodstream (due to a high sugar diet) also disrupts the delicate balance of estrogen and progesterone.
3. Alcohol consumption increases unhealthy estrogen levels, and studies suggest that moderate alcohol consumption increases the risk of breast cancer.
4. Exposure to environmental estrogen-mimicking chemicals directly disrupts hormone balance and can predispose to hormone related health problems including some cancers.



What About Hormone Decline?

As part of the normal aging process, hormone production gradually winds down. Unfortunately, this decline is often related to many of the health challenges associated with aging. This is because our hormones, when in balance, play so many supportive and protective roles.

Fortunately, there are steps you can take to promote your body's ability to achieve optimal hormone production and metabolism so that you can feel your best and enjoy the benefits that proper hormone balance provides. Doing all you can to maintain healthy hormone balance early in life will help to minimize premature aging and maximize long-term health.

What Foods Promote Hormone Balance?

Fibre: Insoluble dietary fibres such as lignin (found in ground flaxseeds and the bran layer of grains, beans, and seeds) play a very important role in helping the body break down and dispose of unwanted hormones. Without proper disposal of hormones, unhealthy estrogens can build up in the body disrupting hormone balance. Dietary fibre is also crucial for blood sugar balance and healthy weight management.



Carbohydrates: Excess consumption of refined carbohydrates (white rice, pasta, bread and sweets) raises blood sugar and insulin levels, resulting in adverse influences on sex hormone balance. Therefore, complex carbohydrates, such as those found in vegetables and whole grains, are preferred over simple carbohydrates for optimizing hormone balance.

Fats: High fat diets may promote unhealthy estrogen byproducts that predispose to breast cancer. In contrast, omega-3 fats have been shown to increase levels of healthier estrogens breast cancer cells.

Protein: Inadequate dietary protein may lead hormonal imbalance as well. Healthy sources of protein include: lean white meats, fish, beans, lentils, low-fat/low-sugar dairy products, nuts and seeds. Soy is also an excellent source of protein that is low in fat and provides the health benefits of isoflavones.

The earlier in your life that you act to maintain proper hormone balance, the easier it will be to stay in balance as you approach menopause.

Therapeutic Lifestyle Considerations for Perimenopause:

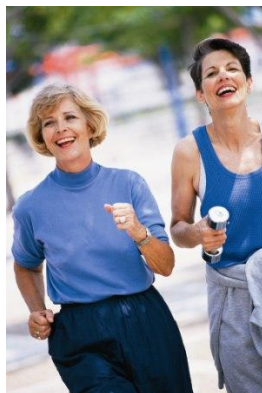
- **Exercise** reduces hot flashes, promotes healthy bone density, and improves mood.

- **A low-fat and low-sugar diet** that is rich in fibre, antioxidants, and omega-3 fatty acids helps to lower the risk to heart disease and cancer.

- **Quitting smoking** - women who smoke experience menopause earlier than women who don't. Smoking also increases the risks of heart disease and osteoporosis.

- Excessive **caffeine** and **alcohol** consumption have been shown to negatively affect bone health and contributes to feelings of stress.

- Elevated **stress** levels are associated with an increased risk of heart disease and a reduced immune response.



Therapeutic Lifestyle Considerations for PMS:



- **Maintain a Healthy Body Composition:** Altered body composition, due to increased fat deposition and/or decreased muscle mass, has been associated with PMS. The results of one study showed that women with a Body Mass Index (BMI) greater than 27.0 were more likely to experience PMS than women with lower BMIs. Excess fat tissue can increase estrogen levels and disrupt the estrogen-progesterone balance contributing to water retention and mood changes before your period.

- **Eat 3 small meals and between-meal snacks:** Eating healthy foods every 3-4 hours promotes healthy body composition, positive mood and hormone balance.

- **Balanced Diet:** Focus on lean protein, complex carbohydrates rich in fibre (vegetables, fruits, whole grains, and legumes) and health-promoting fats (fish, flax, pumpkin, walnuts, sesame, sunflower, and almonds).

- **What to Avoid:** Reduce or eliminate the following from your diet to make a big impact in controlling PMS symptoms - polyunsaturated vegetable oils, refined sugar, refined carbohydrates, alcohol, and caffeine-containing foods and beverages.

- **Water:** Contrary to popular belief, increased water consumption flushes the body out and actually reduces fluid retention.

~ A Safe, Natural Approach ~

A combination of a healthy diet and nutritional supplements - along with reduced exposure to toxins and stress - supports your body's optimal hormonal balance in the most natural way possible.

**Achieving Optimal Hormone Balance
Will Help You Feel Your Best!**

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acupuncture ~ herbal medicine
nutrition ~ counselling ~ homeopathy



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