



Top 11 Ways to Balance Your Hormones Naturally

Our hormones come from our endocrine system. It is comprised of 10 glands, nine for each sex. The eight glands common to both sexes are the hypothalamus, pineal, pituitary, thyroid, parathyroid, thymus, adrenals, and pancreas. For men, they also have testes, and for women, ovaries.

These glands secrete various hormones into the body using the bloodstream to help the body maintain homeostasis or balance within the body systems. The hormones support how we grow and develop, our metabolism and energy levels, our stress response, our wake and sleep patterns, the reproductive systems, and a whole host of other functions. It is important to have healthy blood and a healthy supply of it since blood is the carrier of all hormones.

There are four outside factors that can drastically affect your hormones positively or negatively. These factors are stress levels, sleep patterns, diet, and exercise habits. If you are experiencing changes in your hormones, consider these simple (or possibly not so simple) modifications to your lifestyle to support the needs of your body. Work on one or two at a time over the course of 30 days. Once you feel good about that change, try tackling another one for the next 30 days. Monitor how you feel and any positive changes you see.

Young Living® carries some of the most powerful and effective all-natural supplements to help you through any hormone challenges. Check out the great line-up below!

For more information on hormone balance, get the [Supplements Desk Reference!](#)

Drink More Water

Upping your water consumption will help your circulation and improve not only your blood flow but also your ability to remove waste from your body. Try drinking half of your body weight in oz. of water. As an example, if you are 200 lbs, you need 100 oz. of water. If you are 150 lbs, you need 75 oz. of water.

Get More Sleep

Go to bed one hour earlier than normal. Sleep is such an important factor when supporting your hormones. When you are sleep deprived (less than seven hours of sleep per night) your hormones become uncoordinated. Here are a couple of reasons to get more sleep if you still aren't convinced:

- Lack of sleep increases your hunger hormone, so when you are awake, your brain will tell you to eat more, even if you don't need to.
- Lack of sleep causes your fat storage to get out of whack. Not getting enough sleep increases insulin resistance, essentially contributing to weight gain and obesity.

Add Greens

Add 1-2 more servings of dark green veggies or leafy greens. This will help rid your body of oxidative stress and will help your blood and hormones work better. We are supposed to get at least 3-4 servings of vegetables per day, but many of us are way under that.

Go on a Walk

Walking increases oxygen to your blood and brain, which is paramount for hormones to travel where they need to go. It is like traveling on a winding dirt road as opposed to a freshly paved straight highway. Try to take a 15-30 minute walk at least five times a week.

Create Space

We tend to say "yes" to too many things. Start saying no, and create more white space on your calendar and your daily to-do list. This will give you some much needed downtime. Every time someone asks you to do something, consider if it is the best thing for you to do. Not every need is a calling. It is important to not overwhelm yourself helping everyone but you.

Take a Nap

If you have an overwhelming number of items on your to-do list, you may feel guilty taking a nap. Don't worry about what others might think. Just do it. Taking a 30-minute nap, or even a 10-minute power nap if you are able to, will help your energy levels and motivation throughout the day. Because sleep is important to hormone production, a nap will give your body a quick refueling.

Limit Noise

While social media has allowed us to seemingly get a lot more done and stay connected to a lot more people, it has also very successfully added loads of stress to our lives. Stress from social media comes from many angles: FOMO,



and very addictively added loads of stress to your life. Stress from social media comes from many angles: FOMO (fear of missing out), keeping up with the Jones's, people-pleasing, and time-sucking. It is the ultimate distraction and the ultimate relationship blocker. Next time you go to a restaurant, take a look around. Most parties are all on their cell phones. I recommend leaving your phone in the car when you are eating out, or leave your cell phone in the kitchen when you go to bed. Having a cell phone in your bedroom can damage your sleep patterns because of the incessant need to check it, but also because of the electromagnetic radiation that emits from cell phones that is poisoning your ability to sleep soundly. If you need your phone in your bedroom, simply shut the entire thing down at a specific time, at least one hour before bedtime.



Limit Coffee & Alcohol

Before you jump off this page in protest, please hear me out. Coffee and alcohol are both endocrine disruptors. This means they mess with your hormones. Coffee tells your adrenal glands that they can take a break. You've got it covered so the adrenals do not need to produce any "wake up" hormone (cortisol). Even one cup is damaging to your endocrine system. Alcohol dumps massive amounts of sugar into your system. Alcohol also imposes damaging effects on growth, metabolism, energy storage, bones, blood pressure, and the ability to get pregnant (this goes for both sperm count in men, and ovulation in women).

Are you convinced? Try the 30 Day Withdrawal Protocol in [The Recipe Book](#) to help you out if you want to try going off coffee or alcohol.

Ditch White Sugar

Sugar in the form of table sugar and refined carbohydrates, such as bread and pasta, are a major insulin hormone disruptor. Insulin is a highly connected hormone to all the other hormones and can directly affect a woman's estrogen levels and a man's testosterone levels. It is one of the hardest things to do, but going on a sugar moratorium for 30 days, and then hopefully longer, will go a long way in supporting healthy hormones. A sugar moratorium (aka no sugar, aka death to sugar) means not eating processed sugar. You will want to stay away from items with high glycemic indexes such as bread, muffins, cookies, and anything containing white sugar and/or wheat.

Limit Junk

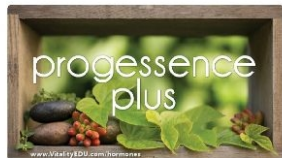
Both fast food and processed food contain hormone disrupting ingredients in the form of GMOs, preservatives, additives, synthetic flavoring, and other nasty things. Processed foods are notorious for messing with our bodies. A simple trip to any country outside of the USA, that has not adopted USA food practices, and you will find a much healthier nation with far less obesity, heart disease, and osteoporosis. Start by changing one meal that is usually processed or from a fast food establishment to a meal that is made with real ingredients. Some sneaky forms of processed foods to stay away from are: sandwiches, any processed meats such as sausage, pepperoni, and deli meats, milk (unless you live on a farm, do not consume processed milk), store-bought orange juice, sports drinks (while these seem like they replenish your body, all they are doing is flooding your system with sugar and salt), and bacon. Bacon? Noooooo! OK I hear you, but seriously, bacon is one of the worst foods you can eat. That is unless, of course, you own some pigs and are able to make your own. Otherwise, most bacon is filled with preservatives, nitrates, and hormones that you do NOT want in your system. Visit www.endo180.com for more tips on resetting your endocrine system through your diet.

Ditch & Switch

Get rid of all the synthetic products in your home and replace them with synthetic-free versions. Petrochemicals are considered the worst invader on your endocrine system. They make up the majority of the plastics and synthetic molecules in many of the household and personal care products on the market today. Consider all areas such as cleaning supplies, laundry detergent, fabric softener, dish washing detergent, air fresheners, candles, facial wash and

lotions, body lotions, toothpaste, deodorant, makeup, hand soap, hand sanitizer, shampoo, conditioner, body wash, etc.

If you would like to do a true ditch and switch, check out our [Thieves line](#) or talk to your friend who shared this page with you!



PROGESSENCE PLUS™

Not a supplement, but very important to help support hormones. Applied twice daily, it helps support mood swings and hot flashes.

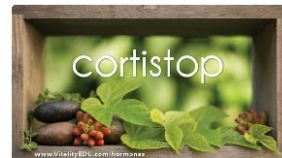
How to use Progescence Plus™:

Most women use this serum by applying 1-2 drops on a location that has thinner skin. It is important to apply this serum to various sites to keep the hormone from "pooling" in a specific area. Do not use more than twice daily. Common application sites:

- Use one drop on each wrist and rubbing it on the inside forearm up to the inner elbow.
- Apply one drop on the front of the neck. This should be done once in the morning and once before bed.
- Rub one drop on the inner ankle
- Rub one drop behind knees.
- Rub one drop over neck, chest, and breasts.
- Use 1-2 drops in or as a face serum.

FOR MORE DETAILS:

vitalityedu.com/progescenceplus



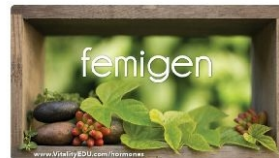
CORTISTOP®

CortiStop® is a favorite of those who need a little (or a lot) of help with managing stress. When life is coming at you from all sides, this is what to take first thing in the morning. Men can use it too, even though Young Living® mentions it is for women.

Cortistop® contains powerful precursor hormones pregnenolone and DHEA derived from wild yams. It supports emotional fluctuations and helps improve memory and cognitive function.

Cortistop® is an excellent choice to support women who experience PMS or are going through menopause. It is designed to help control and regulate healthy cortisol production during times of additional stress.

NOTE: CortiStop® does not stop cortisol production as some people may assume based on the name. Its power is in its ability regulate your cortisol as well as other hormones so that they produce normal amounts rather than over-produce or under-produce.



FEMIGEN™

FemiGen™ supports a healthy libido, stress, energy, emotions, mood swings, vaginal dryness, PMS, hot flashes, appetite, metabolism, and is a natural alternative to estrogen therapy. Other herbs found in this supplement help boost your immunity and help aid digestion. L-cystine is the basic building block of glutathione, which is a gem for longevity, liver detoxification, and cognitive health. FemiGen™ is a perfect supplement for hormonal changes.

Key Ingredients:

Damiana leaf - supports libido, healthy emotions, mood swings, and helps lower stress.

Epimedium aerial plant (aka "Horny Goat Weed") - used to increase sexual drive.

Wild Yam root - natural alternative to estrogen therapy. Supports vaginal dryness, PMS, hot flashes, increased energy, and libido.

Dong Quai root - helps ease menopausal symptoms and PMS.





PD 80/20™

PD 80/20™ is the most basic of all the hormone supplements but has a perfect balance of pregnenolone to natural DHEA from wild yams. This supplement contains 400 mg of pregnenolone and 100 mg of DHEA which is where its name is derived from - 80% Pregnenolone to 20% DHEA.

What the Ingredients Do:

Pregnenolone - a precursor hormone that increases the production of all hormones in the body such as progesterone, estrogen, and cortisol. It supports fatigue, increases energy, supports memory, supports motivation, helps increase libido, and may help improve mood swings. According to a study published in 2009 by Marx, Keefe, and Buchanan, in Neuropsychopharmacology titled "Proof-of-concept trial with the neurosteroid pregnenolone targeting cognitive and negative symptoms in schizophrenia," they found that patients with schizophrenia saw improvements with their symptoms when they used pregnenolone for eight weeks.

DHEA (dehydroepiandrosterone) - a precursor hormone that helps with cognition, healthy emotions, libido, and muscle and bone mass. It may also help with vaginal dryness.



ENDO GIZE™

EndoGize™ is a strong endocrine supporting supplement for both men and women. It contains Ashwagandha root powder which is one of the most important herbs used in Ayurvedic medicine, an ancient practice that began in India 3,000 years ago and is still in use today. The root comes from India, Africa, and the Middle East and has a common name of Indian ginseng because of its energizing properties, but it is not ginseng. The plant is more like a tomato plant. "Ashwa" means horse. Ashwagandha gets its name because it smells like a horse.

Ashwagandha root has been touted to help adrenal fatigue, support inflammation in the body, boost testosterone levels, help increase fertility in men, help to lower blood sugar levels, improve insulin sensitivity in muscle cells, improve memory and brain function, help reduce cortisol levels when chronically stressed, and also support healthy emotions, peace, and stress. Other herbs and phytonutrients in EndoGize™ are used for libido support and the overall health of the endocrine system. It contains natural DHEA found in wild yams, which is helpful for mood swings, night sweats, and general hormone support for both women and men.



THYROMIN™

Thyromin™ is a glandular supplement containing bovine (cow) thyroid powder, porcine (pig) pituitary powder, and porcine (pig) adrenal powder. These work well for those with poor functioning thyroids because the extracts contain active hormones. Thyromin™ is an excellent alternative for those who wish to support their thyroid and adrenals in a more natural way. Many medical doctors are now seeing the greater benefits to prescribing bovine and porcine glandular supplements over the traditional synthetic counterparts.

Many older research claims online have a negative view simply because there was not enough data. As more and more people are seeing major benefits from glandular supplementation, the newer articles are changing to reflect a more positive view. As you research this on your own, it is recommended that you check the date of the article and only look at more recent studies and reviews.

NOTE: there are 547 mcg of iodine in Thyromin™ that is derived from whole plant kelp and potassium iodide.

Get Started Today!

Hormone health is the great foundation to overall wellness. Your endocrine system is responsible for so many areas of our lives. Our goal is to help you obtain the true wellness you desire so you can live your best life! Connect with the person who shared this page with you and start your Young Living® journey today!