

# The Busy Woman's 10 Minute Guide to Happy Hormones

Feel calmer, healthier  
and happier without dieting,  
struggling or medications!



## *Does this sound familiar?*

You've tried every diet under the sun, which used to work out ok, but now you can barely shift a pound.

You feel tired way more than you think you should, and you have lost your mojo to do the things you love, let alone the things you don't, but have to do!

You love your sleep, but a good night's sleep is a rarity these days, or you suffer from night sweats.

You have other niggling health problems that you never used to have, and you wonder if they are linked to getting older... or hormones...

*The good news is... there are things  
you can do!*

## *Did You Know?*

When us ladies reach our late 30's, and then move into our early 40's, hormones start to transition...

This period of time is called **peri-menopause** and it's a time of significant fluctuation for women as their bodies start to change, ready for menopause in their late 40's or early 50's.

And yes, the symptoms can be pretty horrid...!

*But, believe it or not,  
you don't have to suffer!*

The Question is, are you **READY** and **WILLING** to do the things necessary, to help yourself to ease more gently through this period of change?

*If you answered YES to the above,  
then yipeee...this Guide is for you!*

In this Guide I'm going to share 10 highly effective tips that will help your body to do what it actually **WANTS** to do....

*To create balance and harmony.*

Because, yes, that's right, your body only wants what is best for you.

And that includes your hormones!

Your hormones aren't out to get you, (though I know it can sometimes feel like that). They are there as for the most amazing reasons.

And when they start to go wrong, they are nudging you to make changes...

*So are you ready to make some changes?  
Let's get started!*

# Tip Number 1

## *Fill Up with Quality Proteins and Fats...*

Eating protein with every meal and snack can help you feel satisfied for longer, AND will help to reduce ghrelin levels, our 'hunger hormone!'

Whether you eat meat or are vegetarian, vegan or pescatarian... it is extremely important for women to eat adequate amounts of protein, from whole food sources (so give the protein powders a swerve).

Choose small amounts of organic/grass fed meat, wild caught fish (avoid farmed salmon, it's highly toxic), lentils, beans, legumes, nuts and seeds.

There are many great sources of **healthy fats** such as avocados, grass fed butter, coconut oil, olive oil, nuts, seeds and wild caught salmon, to name just a few.

You'll feel full for longer, you'll have more even energy, and you'll be on your way to balancing those hormones. Win, win... win!

## Tip Number 2

### *Avoid Foods That Spike Your Blood Glucose...*

Sugar and refined carbs cause blood sugar spikes and affect the release of insulin.

We need insulin to keep our blood sugar stable but when we eat too much sugar and refined carbs (which turn to glucose too quickly in the blood), we release too much insulin (which can eventually lead to insulin resistance and type 2 Diabetes if not kept in check.)

Poor blood sugar control and thus insulin resistance also affects our oestrogen levels, raising them and causing associated symptoms.

Keep refined carbs and sugar to a minimum, and save sweet stuff for special occasions only.

That means reducing overall carbohydrate consumption, and choosing wholegrain varieties over white foods, such as white bread and pasta.

## Tip Number 3

### *Get Moving (but the right amount)*

Exercise is super important for women whose bodies are changing. A combination of strength and cardio helps to raise dopamine levels (the feel-good hormone), which helps to reduce stress and low mood.

It also aids hormones related to sleep, such as melatonin and dopamine, plus it improves digestion, and has an effect on memory, as well as sex hormones. So yes, exercise is VERY important.

And if you're suffering from peri-menopausal symptoms, these can be caused by lowering and fluctuating oestrogen levels, and exercise can help to balance this.

BUT... did you know too much exercise can be stressful on the body and make hormones worse?

Avoid overdoing heavy, high intensity exercise such as too many spin classes, or hours and hours of cardio, as this can raise your stress hormones, which in turn affect oestrogen levels. It's all about balance...

## Tip Number 4

### *Introduce 100% Pure Essential Oils Into Your Life...*

Oh how I love essential oils! They can be used in SO many ways, including to help with hormone balance, and to feel fabulous!

Here are just a few examples of oils for hormone balance:

1. **Clary Sage** is the master oestrogen balancing oil and can be used to help regulate cycle, relieve PMS symptoms, and alleviate PCOS.

2. **Lavender** promotes emotional balance and calm. It reduces anxiety and stress, as well as improving sleep quality.

3. **Peppermint** is a powerful oil for headache relief, helps with hot flushes and night sweats, and is wonderful for gut related symptoms.

Not just any oils have therapeutic benefits though. Most are impure (adulterated). Knowing where your oils are sourced and tested is paramount!

# Tip Number 5

## *Get Rid of Plastics*

Plastic is the scourge of the 21st Century for so many reasons, not least because of its effect on women's hormones.

Nearly every type of plastic releases xeno-oestrogens, chemicals which mimic oestrogen in the body.

These latch on to our oestrogen receptors, stopping our own oestrogen from doing so, and thus cause imbalance, causing a host of symptoms and putting us at risk of insulin resistance and breast cancer. So avoid storing food in plastic containers in the fridge and cupboards.

Water bottles are especially harmful, with many leaching BPA (bisphenol A) into water, which is also a known hormone disrupter.

Invest in a good quality water filter or buy spring water in glass bottles, and use metal or glass water bottles on the go.

## Tip Number 6

### *Check and Replace Your Personal Care Products...*

The majority of body products are full of chemicals such as phthalates, parabens and other hormone-disrupting chemicals, which affect the transport, production, breakdown, binding and elimination of our own 'native' hormones.

These toxins get absorbed through the skin and into the blood stream, causing havoc with our hormone balance.

**Did you know...** Women put an average of 168 chemicals on their body every single day? Eek!

Check what's in your personal care products, you can look at the [www.ewg.org](http://www.ewg.org) website for more information or use the **Think Dirty App**, to see what's in your products.

Don't panic though, as things run out, choose to switch over to cleaner options which are free of hormone disrupting chemicals.

# Tip Number 7

## *Get the Sleep You Need...*

During sleep, the body is repairing, detoxifying, regulating hormones, correcting imbalances, adjusting blood sugar levels, supporting the immune system, and more.

You can see why sleep is SO IMPORTANT!

Poor sleep can affect hormone balance, and poor hormone balance can affect our sleep, so it can be a bit of a vicious circle.

We should be aiming for between 7 and 9 hours of sleep a night.

To get a good night's sleep, start by following these steps:

- Create a sleep routine by going to bed and waking at the same time each day
- Avoid stimulants, especially caffeine, and alcohol
- Make your room as dark as possible
- Avoid using phones, computers and watching TV after 8.30pm.
- Exercise daily

## Tip Number 8

### *Monitor Your Stress Levels...*

Our stress response is a wonderful response to help us to deal with danger, however, with the chronic long-term stress that many of us now suffer, our hormones are suffering too.

This can lead to a wide range of health issues including adrenal exhaustion, inability to lose weight, and sex hormone dysfunction.

Whilst it is impossible to avoid stress completely in the world we live in, it is crucial to find ways to cope with it better, to restore balance to hormones.

Meditation, mindfulness, 'taking a pause,' and gentle exercising are all techniques that can be used to help to manage stress.

In my work, I focus on helping clients to see where their stress is coming from, and thus to naturally reduce it rather than manage it, but anything that you can do to take the body out of the 'fight or flight' stress response will ultimately help with hormone balance, and improved health.

## Tip Number 9

### *Include These Foods if Oestrogen is an Issue...*

Oestrogen dominance can often be an issue for women as they head towards menopause. This occurs when the oestrogen and progesterone levels are out of balance with each other.

Common symptoms include (but not limited to) weight gain, breast tenderness or swelling before period, heavy periods, cramping, mood swings, anxiety, water retention, bloating, lack of energy, and poor sleep.

There are foods that can help to reduce oestrogen dominance including:

- Cruciferous vegetables – cauliflower, broccoli, kale, cabbage, Brussel sprouts are all cruciferous
- Ground flaxseeds
- Citrus Fruits
- Omega 3 fatty acids from oily fish
- Green leafy vegetables such as spinach and mustard greens

# Tip Number 10

## *Improve Digestive Function...*

There are so many causes and symptoms of poor gut health but good gut health is absolutely crucial to overall health AND to hormone balance.

Ageing, antibiotic use, poor diet and stress all have a big impact on our gut and its microbiome. Poor gut health leads to an increase in inflammation, decline in our immune system response and reduction in ability to clear hormones out of the body.

Here are some tips for improving gut health:

- Allow for natural 'rest and digest' process to take place
- Chew food properly
- Avoid unnecessary antibiotics
- Avoid unnecessary anti-inflammatories and other meds
- Eat probiotic and pre-biotic foods regularly
- Avoid sugars, alcohol and caffeine
- Use digestive enzymes
- Take a good quality probiotic

Hormonal changes are a fact of life, and something that all women will go through at some point.

However, there are lots of things that you can do to mitigate the side effects of this natural process.

Your health is in YOUR HANDS. By incorporating these natural solutions into your everyday life, you can find relief from the somewhat annoying, but often debilitating effects of hormones.

# *Are you a woman in your late 30's or beyond?*

**Fed up of feeling low energy, unable to shift unwanted kilos, suffering from hormonal symptoms, lacking in time for yourSELF and Self-Care, or wanting to make significant changes to your health and your life.. without diets, struggles and medications?**

**Book your FREE Women's MOT Health  
Call Now - [www.veevital.com/mot](http://www.veevital.com/mot)**



## **ABOUT VEE**

**Vee is a Women's Health & Hormones Expert, Nutritional Therapist and Essential Oils Educator. She spends most of her time helping women to feel healthy, calm and content again.**

**When she's not working, you'll find her at the gym or walking her curly dog!**