



5 WAYS TO HEALTHIER HORMONE BALANCE

Did you know that the average woman is exposed to hundreds of chemicals every single day? Our makeup products, personal care products, and the cleaners that we use on our clothes and our countertops can all contain harmful **endocrine disrupting chemicals** that cause hormone imbalances in the body. Some sources have reported that we are exposed to over 500 synthetic chemicals every day in our homes.

XENOESTROGENS:

- Mimic the estrogen hormone
- Link to Estrogen Dominance
- Trigger hormone imbalance
- Contribute to a constant assault from environmental sources.

HOW AM I BEING EXPOSED?

- ✓ Beauty Care products, personal care products, make-up, and hair color
- ✓ Food you are eating. Especially if you eat GMO, non-organic and processed foods
- ✓ Household cleaning products, pesticides and other chemicals used in and around the home

SIGNS OF ENDOCRINE DISRUPTION

Low sex drive	Irregular periods	Painful periods	Heavy periods	Bloating	Breast swelling and tenderness
Fibrocystic breasts	PMS	PCOS	Endometriosis	Fibroids	Headaches
migraine	Moodiness	Weight gain	Hair loss	Poor sleep	Energy issues
Slow metabolism	Thyroid dysfunction	Cold hands and feet	Brain fog	Immune imbalance	

WHAT CAN YOU DO?

Assess your symptoms

Write down symptoms that you are experiencing.

Make a list of factors that includes:

- ✓ Medicines
- ✓ Supplements
- ✓ Personal care products
- ✓ Alternative therapies
- ✓ Cleaning products
- ✓ Things you may be exposed to at work or elsewhere
- ✓ Stressors



Track your symptoms and your response to anything you change

In a notebook, record:

- ✓ Symptoms
- ✓ What you are eating and how you feel at the time you eat
- ✓ When you have bowel movements and what they are like (use the Bristol Stool Chart to help)
- ✓ Hydration
- ✓ Sleep
- ✓ Your menstrual cycle

Detox your diet, personal care products, home


- ✓ Remove the top 3 inflammatory triggers:
 1. **Gluten**
 2. **Dairy**
 3. **Sugar**
- ✓ Choose organics – use the EWG Dirty Dozen and Clean Fifteen as guideline
- ✓ Avoid processed foods, caffeine, alcohol and drugs.
- ✓ Focus on whole foods, vegetables, clean protein, healthy fats, fruit

Get deeper support by partnering with a health practitioner

- ✓ Find a trusted practitioner.
- ✓ Ask about any testing that may help figure out your specific imbalance.
- ✓ Keep making positive changes for your health.

Try complimentary therapies

Try different things and see how your body responds.

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- Acupuncture
 - Massage
 - Yoga/Tai Chi/ Qi-Gong
 - Meditation
 - Reiki
 - Float therapy
 - Sauna
 - Cryotherapy
 - Photobiomodulation

Work with Me:

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