



Your Healthy Hormones "How-to"

By Anna Vakil PhD CCH



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Hormones that are out of balance can make life wretched. They affect everything: sleep, mood, energy, our reaction to stress.

I know because I had several years of this kind of misery. Fortunately, homeopathy helped me through it (and also saved some of my organs from surgery!).

But if I could do it all again, I would have acted on some of the advice you are about to get in this e-book.

Turns out there is a lot we can do outside of supplements and medicines (including homeopathic remedies!) to help balance hormones.

This is intended to be a quick reference guide. The hormonal system is a highly complex subject, fuller explanation would require a much lengthier treatment. At the end, I point you to where you can get more information and support.

This e-book is my gift to you, I hope the suggestions contained in it can help you take more control over your hormones—and your health.





Signs of hormonal imbalance

You may already know that your hormones are out of whack, or perhaps you have received a formal diagnosis from your health care provider. But if you have not reached that point, below are some signs you can watch out for.

Since there are many hormone-related conditions, this is not a complete list:

- ⇒ Hair loss or hair in places you don't want it
- ⇒ Sleep disturbance: too much or too little
- ⇒ Weight issues: weight gain AND weight loss
- ⇒ Bone density loss
- ⇒ Recurring benign growths
- ⇒ Disturbed thirst
- ⇒ Depression





More signs of hormonal imbalance

- ⇒ Temperature regulation: too hot or too cold
- ⇒ Appetite issues: always hungry OR never hungry
- ⇒ Loss of libido or impotence
- ⇒ Problems with ovulation or menstruation
- ⇒ Digestive issues: bloating, constipation, diarrhea
- ⇒ Muscle contraction problems, including the heart
- ⇒ Energy level: too much or too little
- ⇒ Skin: dark spots or skin translucence
- ⇒ Water retention





Why hormones affect everything

The hormonal system, also known as the endocrine system, includes the following organs and glands:

Hypothalamus: Links the endocrine and nervous systems

Pituitary gland: Receives signals from the hypothalamus and secretes several sex hormones

Pineal gland: Induces sleep by secreting melatonin

Thyroid: Regulates metabolism, development and maturation

Adrenal glands: React to stress and produce hormones that regulate blood pressure, glucose metabolism and salt/water balance

Parathyroid: Regulates calcium and phosphate uptake, storage and secretion

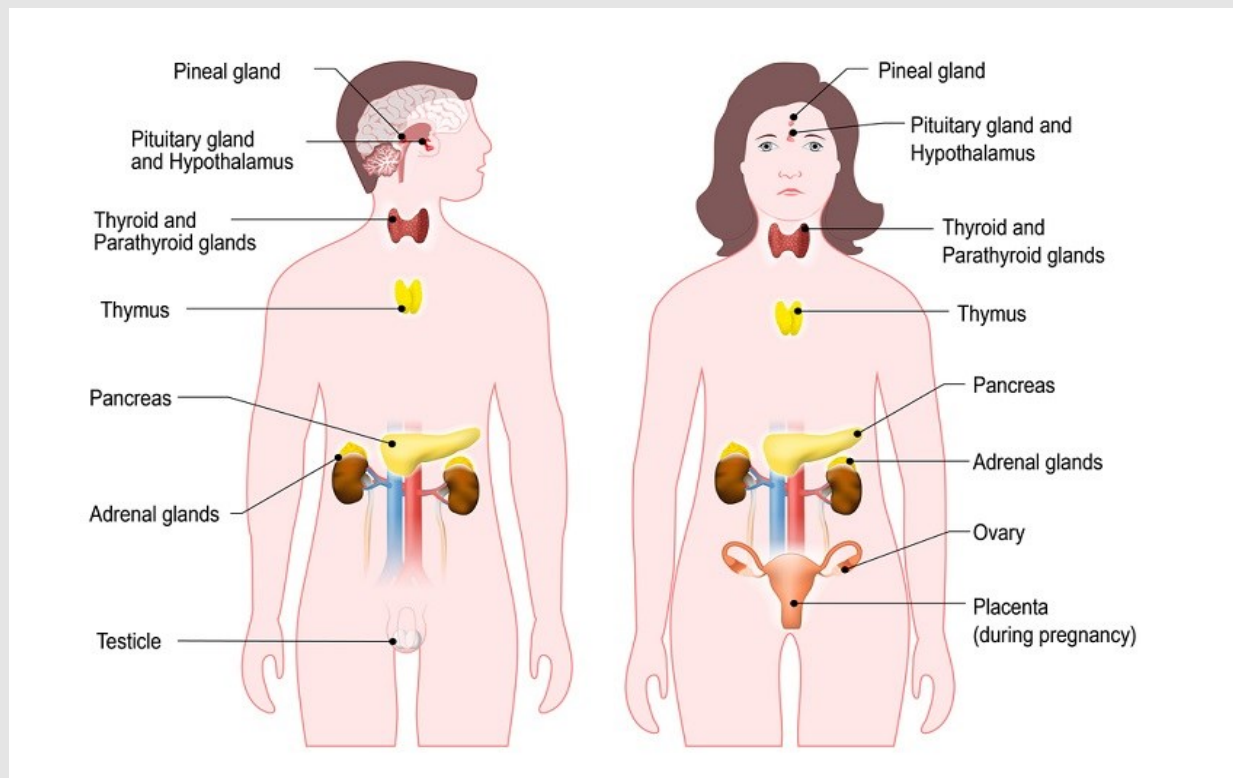
Thymus: Supports immune function and the lymphatic system

Pancreas: Regulates concentration of glucose in the blood

Gonads (ovaries, testes): Produce hormones that regulate reproduction, development, growth and behavior

Placenta: Suppresses ovulation during pregnancy

Here is a picture showing where these organs/glands are located in the body:



Here is a list of the many functions controlled by the endocrine system—it's not just about reproduction!

- ⇒ Emotions, behavior
- ⇒ Sleep
- ⇒ Metabolism
- ⇒ Energy level
- ⇒ Stress reaction
- ⇒ Immune function
- ⇒ Water balance

- ⇒ Calcium and phosphate regulation
- ⇒ Blood sugar
- ⇒ All reproductive functions
- ⇒ Growth and development
- ⇒ Blood pressure



Are you at risk for hormone imbalance?

One or more of these factors increases the risk of hormone problems:

- ⇒ **Family history:** especially parents or grandparents who have/had hormone conditions
- ⇒ **Normal life transitions:**
 - Men:* Adolescence, andropause
 - Women:* Menstruation, pregnancy, menopause
- ⇒ **Past hormone treatments:**
 - Hormone therapy or treatment
 - Oral contraceptives
 - Corticosteroids
- ⇒ **History of trauma or stress, head injury or miscarriage**
- ⇒ **Repeated antibiotic use**
- ⇒ **Exposure to toxins:** these disrupt hormone production
- ⇒ **Obesity :** this is both a contributor to and a consequence of hormone imbalance



How to help balance your hormones

***Here's what you can do to preserve/address hormone balance problems:

- ◆ **Research all your treatment options carefully if you are considering hormone-based therapy**, especially if you have a higher risk of hormone imbalance
- ◆ **Eat plenty of healthy fats**: fish oil, coconut oil, olive oil, the endocrine system synthesizes hormones from these fats
- ◆ **Wait 4-5 hours between meals, no snacking!**: this gives your blood sugar and insulin levels a chance to drop after eating
- ◆ **Drink plenty of filtered water**: tap water has too many harmful chemicals
- ◆ **Keep the cell phone away from your body**: the electromagnetic field it emits can disrupt the endocrine system
- ◆ **Get 30 minutes of direct sun exposure every day without sunscreen or sunglasses**: Vitamin D, the precursor of many hormones, is absorbed through the skin, and much of the sunlight we need is absorbed through the eyes, this means it's important to get out early!





Read the labels of personal care products before buying:

shampoo, conditioner, moisturizers, cosmetics, sunscreens and deodorants often contain chemicals that are easily absorbed through the skin and can disrupt the endocrine system

Avoid plastics and nonstick cookware as much as possible:

they leech chemicals into the food you eat, especially when heated

Switch to “green” cleaning products : regular cleaning products contain toxic chemicals

Buy organic fruits and vegetables whenever possible: this can remove about 97% of exposure to pesticides

Buy organic, grass-fed, free-range dairy and meat products whenever possible: regular animal products contain toxic and industrial chemicals, antibiotics and hormones

Avoid canned goods, especially canned tomatoes: most cans contain BPA, a known endocrine system disruptor that can leech into food

Reduce or eliminate alcohol: Why does this matter? The liver prioritizes metabolizing alcohol over making hormones, there are many other health-related reasons to eliminate alcohol.

Reduce coffee intake: Besides being a stimulant, coffee is also prioritized by the liver.

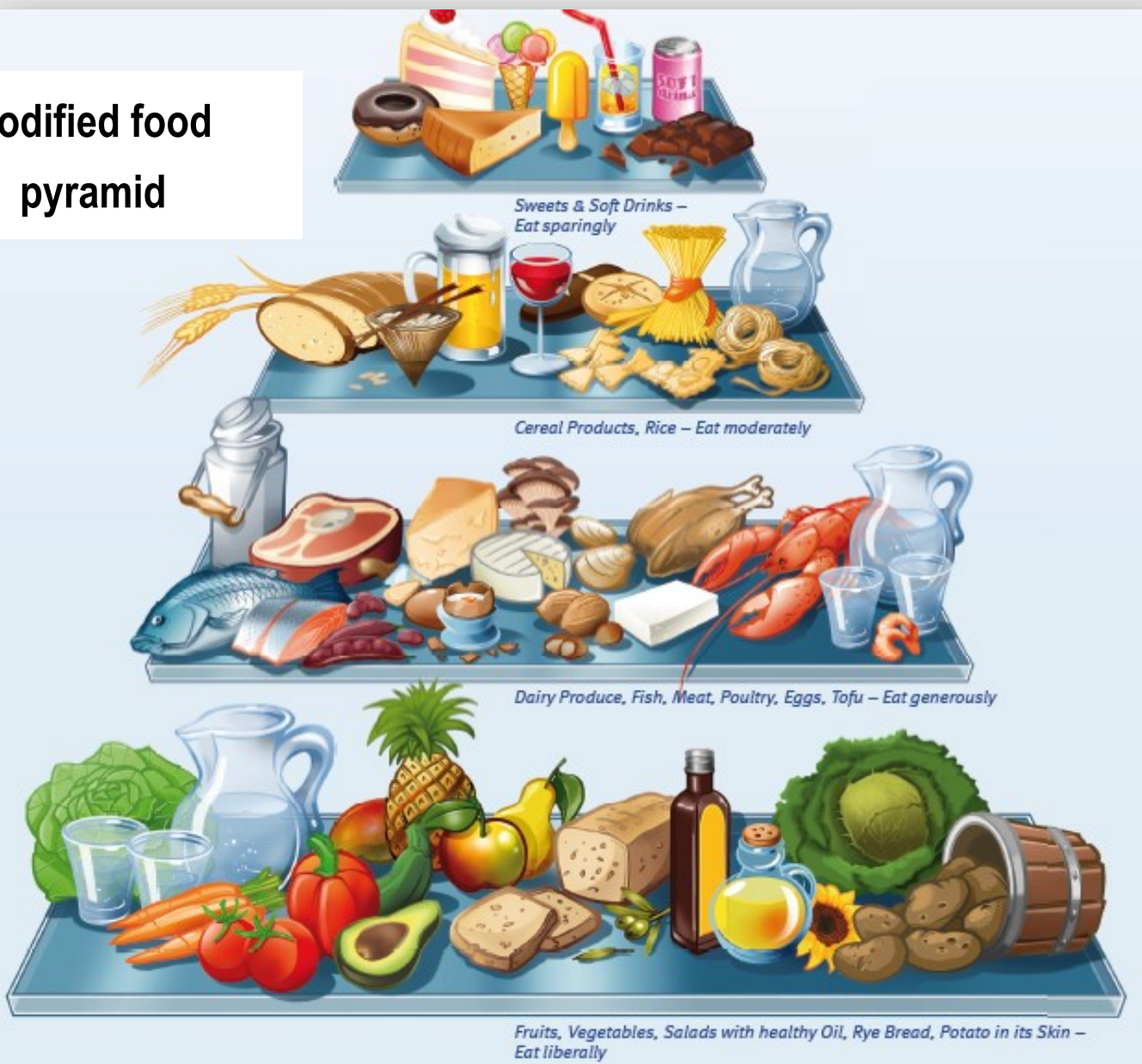
You may need to change the proportions of the foods you eat in order to have hormonal balance.

Healthy fats are a prerequisite for healthy hormones, which means you should avoid “low-fat” diets and products.

With the exception of rye, high consumption of grains can lead to rising levels of insulin, the “mother endocrine hormone”, so eat grains in moderation.

This food pyramid, used in the metabolic balance[®] program, shows food consumption in the correct proportions to support endocrine health:

Modified food pyramid





How to get more information and support

For more information on a range of specific topics related to hormone balance, visit the *Healthy Hormones Blog* at either of my websites:

<https://www.yumahomeopathy.com/healthy-hormones-blog>

<https://www.wellnesscareonline.com/healthy-hormones-blog>

I work one-on-one with clients, prescribing homeopathic remedies that are individualized for each client. The initial aim is to relieve symptoms. But the more important goal is to resolve hormone problems so that balance is restored permanently with little or no long-term reliance on supplements, herbs, prescription drugs and even homeopathic remedies.

I also coach the personalized nutrition program Metabolic Balance[®] for those clients who wish to use food as medicine to balance hormones, resolve conditions associated with being overweight, and to achieve and maintain a healthy weight over the long-term.

I hope you learned more about the endocrine system and how to maintain balanced and healthy hormones.

For a FREE 15-MINUTE CONSULTATION

Call 928-247-6385

Or go to: <https://consultwithannavakil.as.me> and schedule one