

Your Path to Hormone Harmony


THE 7 PILLARS OF VIBRANT HEALTH

- STRESS TRANSFORMATION
- ATTITUDES & BELIEFS
- SLEEP
- NUTRITION
- FITNESS
- ENVIRONMENT
- FUN



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Pillar 1: Stress Transformation





- ✓ Mini-vacations
- ✓ Qi gong
- ✓ Tapping
- ✓ Meditation
- ✓ Yoga
- ✓ Freeze-Frame
- ✓ Heart Lock-In

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Get Out of Your Lizard Brain

- ✓ Shifts you into relaxed mode
- ✓ **Relaxed brains make logical comparisons and informed choices**
- ✓ Lizards can't compare and contrast, but high level thinking humans can





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Pillar 2: Attitudes and Beliefs



- ✓ Values, visions, and goals
- ✓ Positive aspects journal
- ✓ Let go of limiting beliefs

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Pillar 3: Sleep

- ✓ Mini-vacation before bed
- ✓ Sleep “hygiene”
 - Stop eating before bed
 - Dim the lights
 - Turn off electronics
- ✓ Performance effects
- ✓ Hormones and sleep
- ✓ Relaxing herbs
- ✓ Supplements that can help with sleep

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Hormones and Sleep

- ✓ Insulin/Glucagon
- ✓ Cortisol/DHEA
- ✓ Growth Hormone
- ✓ Leptin/Ghrelin
- ✓ Melatonin
- ✓ Estrogen/Progesterone
- ✓ Testosterone



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Pillar 4: Nutrition

- ✓ Hormone balancing food
- ✓ Nutrients
- ✓ Fun recipes
- ✓ Kitchen setup for success


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Pillar 5: Fitness



- ✓ Hormones balancing fitness
- ✓ Over-exercising and under-exercising
- ✓ Bursts
- ✓ T-Tapp: Has effects on specific hormones
- ✓ Aerobics
- ✓ Stretching
- ✓ Weights
- ✓ Fun

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Exercise Effects on Hormones


- ✓ Increases testosterone
- ✓ Increases growth hormone
- ✓ Balances swings in estrogen and progesterone
- ✓ Blood sugar balance




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Pillar 6: Environment




- ✓ Hormones disruptors
- ✓ Cosmetics and personal care products
- ✓ Home environment
- ✓ Clean air
- ✓ Clean water
- ✓ Avoidance of food allergens, additives, preservatives, and pesticides


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Pillar 7: Fun



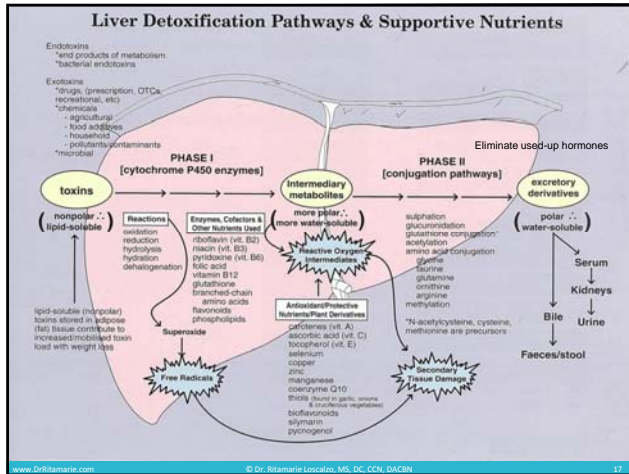
- ✓ Take the fun assessment
- ✓ Fun inventory
- ✓ Daily fun activities

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Methylation

Gets rid of

- Steroid hormones, i.e., estrogen
- Dopamine
- Histamine
- Phenols
- Homocysteine
- Heavy metals
- Neurotransmitters

Foods and Nutrients Required

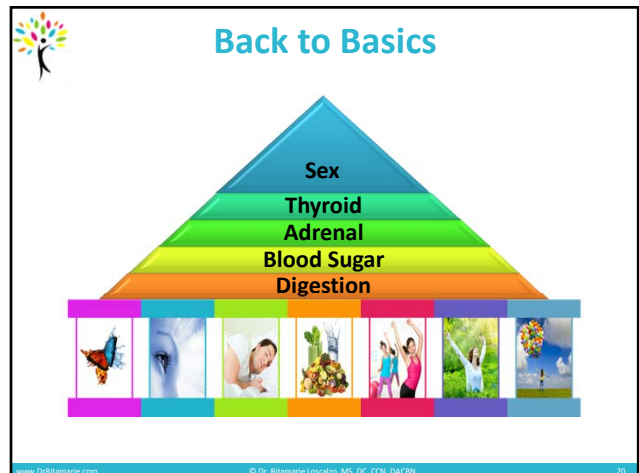
- Choline: avocado, soy, sunflower
- Betaine: beets
- Methyl folate: greens
- Magnesium: greens
- Molybdenum: nuts, legumes
- B vitamins: greens
- Methionine: brassicas
- SAME
- Methyl B-12
- Methyl donors: TMG, DMG, MSM

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Herbs and Spices That Enhance Detox

- ✓ Turmeric
- ✓ Cayenne
- ✓ Dill
- ✓ Caraway
- ✓ Basil
- ✓ Cilantro
- ✓ Cinnamon
- ✓ Fennel
- ✓ Garlic
- ✓ Ginger
- ✓ Parsley
- ✓ Peppermint
- ✓ Rosemary
- ✓ Thyme

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Foods That Support Hormones



- ✓ Green leafy vegetables
- ✓ Raw nuts and seeds
- ✓ Low-glycemic fruits
- ✓ Brassicas
- ✓ Sea vegetables
- ✓ Omega-3 fats
 - Hemp seeds, chia seeds
 - flax seeds, algae
- ✓ Whole, non-gluten grains
- ✓ Garlic, onions, and mushrooms-especially shiitake
- ✓ Probiotic and pre-biotic foods – kefir, sauerkraut, coconut yogurt, nut and seed yogurt, Jerusalem artichoke, and chicory root
- ✓ Coconut oil
- ✓ Sunflower lecithin
- ✓ Cumin
- ✓ Pomegranate
- ✓ **Lignans:** flax, sesame, and pumpkin seeds, soybeans, broccoli, beans, and some berries
- ✓ **Isoflavones:** soybeans, clover, kudzu, mung beans, alfalfa sprouts, black cohosh, and chickpeas

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Hormone Balancing Ingredients

Adrenal	Thyroid	Digestion	Reproduction	Liver/Detox	Blood Sugar
Maca	Ashwagandha	Pau d'Arco	Maca	Milk Thistle	Cinnamon
Gynostemma	Rosemary	Cinnamon	Don Quai	Burdock	Avocado
Mucuna Pruriens	Sage	Ginger	Black Cohosh	Dandelion	Chia
Schizandra	He Shou Wu	Turmeric	Reishi	Turmeric	Carob
Reishi	Black Cohosh	Cayenne	Ashwagandha	Ginger	Ginseng
Cordyceps	Siberian Ginseng	Peppermint	Gynostemma	Yellow Dock	Gymnema
Shiitake	Gotu Kola	Aloe	Turmeric	Broccoli seeds	Fenugreek
Astragalus	Licorice ***	Slippery Elm	Milky Oats	Garlic	Ashwagandha
Siberian Ginseng	Mushrooms	Marshmallow	Shilajit	Hawthorne	Oregon Grape
Licorice	Prickly Ash	Licorice ***	Chasteberry	Berry	(Berberine)
Rhodiola	Rhodiola	Fennel	Saw Palmetto	Radish	Olive leaf
Tulsi	White willow	Chamomile	Pumpkin seeds		Tulsi
Borage	Don Quai				
Ashwagandha	Brazil nuts				
Licorice ***					

*** Caution with Using Licorice if you have High Blood Pressure

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Healing Elixir Base Recipe

Ingredients

- ✓ **Liquid base:** herbal tea, nut or seed milk, fresh juice or water – 2 cups
- ✓ **Fat source:** nut butter, avocado, *Chia Gel*, soaked nuts, seeds, coconut
- ✓ **Herbs:** several teaspoons to several tablespoons
- ✓ **Flavorings:** essential oils, extracts, carob, vanilla, raw cacao, essential oils,
- ✓ **Sweetener**
- ✓ **Salt:** sea salt or kelp


Directions

- ✓ If you're using a tea base, boil water and allow herbs to steep 10 minutes or longer to get to full flavor and strength.
- ✓ Put water, fat, herbs, flavorings, sweetener, and salt in blender.
- ✓ Blend until smooth, then adjust flavorings and sweeteners to taste.




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Easy Energizing Elixir




- ✓ 1 tea bag plus 16 ounces purified water
- ✓ 4 large Brazil nuts
- ✓ 1 tablespoon raw organic walnuts
- ✓ 1 tablespoon hemp seeds
- ✓ 1 tablespoon coconut butter (*Artisana*) **OR** 2 tablespoons dried coconut
- ✓ 1/2 teaspoon reishi powder (*Mountain Rose Herbs*)
- ✓ 1/2 teaspoon cordyceps mushroom powder
- ✓ 1/4 teaspoon astragalus powder (*Mountain Rose Herbs*)
- ✓ 1/2 teaspoon ashwagandha powder (*Mountain Rose Herbs*)
- ✓ 2 tablespoons raw carob powder or raw cacao powder
- ✓ 1 tablespoon maca powder (*Health Force Nutritionals*)
- ✓ 1/4 teaspoon stevia, green leaf powder, or 3-4 drops your choice flavored stevia (*Sweet Leaf*) or 1 teaspoon *Zero/Lakanto*

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Hormone Support Elixir

- ✓ 1 tea bag plus 16 ounces purified water
- ✓ 4 large Brazil nuts
- ✓ 1 tablespoon raw organic walnuts
- ✓ 1 tablespoon hemp seeds
- ✓ 1 tablespoon coconut butter **OR** 2 tablespoons dried coconut
- ✓ 1/2 teaspoon kelp and/or blue green algae
- ✓ 1/2 teaspoon broccoli sprout powder
- ✓ 1/2 teaspoon reishi powder
- ✓ 1/2 teaspoon cordyceps mushroom powder
- ✓ 1/2 teaspoon ashwagandha powder
- ✓ 2 tablespoons raw carob powder or raw cacao powder or 1 teaspoon vanilla
- ✓ 1 tablespoon maca powder
- ✓ 1/4 teaspoon stevia, green leaf powder, or 3-4 drops your choice flavored stevia (*Sweet Leaf*) or 1 teaspoon *Zero/Lakanto*



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Hormone Balancing Herbs To Work Into Your Day-To-Day Diet

- ✓ Ashwagandha
- ✓ Mint
- ✓ Gynostemma
- ✓ Ginseng
- ✓ Reishi
- ✓ Maca
- ✓ Rosemary, thyme, and mint in a bath



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Herbs and Foods for Sex Drive

- ✓ Maca Root
- ✓ Cardamom
- ✓ Basil
- ✓ Saw Palmetto
- ✓ Pumpkin Seeds
- ✓ Ashwaganda
- ✓ Ginkgo Biloba
- ✓ Sarsaparilla
- ✓ Siberian Ginseng
- ✓ Saffron
- ✓ Fenugreek



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