How to Balance Your Hormone Levels

There are many hormones in your body as a woman that you need to work on balancing properly. These range from estrogen and progesterone, to testosterone and your thyroid hormones. Simple daily tasks can help improve your health overall and balance your hormone levels at the same time.

**Signs of a Hormonal Imbalance Problem**

Before looking at the different ways to balance your hormone levels, it helps to first find out if this is something you are struggling with. All women should make sure their hormones are balanced properly, but if you show signs of problems, you really need to focus on it a little more than the average woman. Some signs of hormonal imbalances include having an irregular period, trouble conceiving, insomnia, and a change in your libido. You might lose or gain weight without changing your diet, experience sever fatigue, and have mental health changes like anxiety or depression. Hair loss and changes in your appetite may also occur.

**Try Adaptogen Herbs**

These types of herbs are healing herbs that provide even more benefits than standard herbs. They are wonderful at helping to balance your hormones as well, so if you are looking to improve your hormone levels with herbs, those classified as adaptogens are the first ones you should turn to. These include many you might recognize, like holy basil, ashwagandha, and certain types of medicinal mushrooms. Not only can they help with your hormone levels, but they are great at lowering your cholesterol, improving thyroid function, and helping with anxiety and depression.

**Eat More Healthy Fats**

You may think the words ‘healthy’ and ‘fats’ don’t go hand-in-hand, but that isn’t at all true. While you may not want to just eat unlimited fats all day long, there are healthier fats that are great for you. These can help to balance your hormones and actually help you lose weight. You want to avoid manmade and processed fats like margarine and vegetable oil, and instead go for healthier fats like grass fed butter, coconut oil, nuts and seeds, and avocados. Try to add these to your diet and you will notice all the amazing benefits.

Improve Your Sleep

If you haven’t been getting 6-8 hours of sleep a night, it is time to rectify that. Missing out on sleep affects your body and mind, and yes, your hormone levels. If you want to balance your hormones, start focusing on getting better sleep. Try changing your sleep routines, drinking a cup of tea before bed, and not keeping your phone near you while trying to sleep.