

The Hormone Balance Handbook

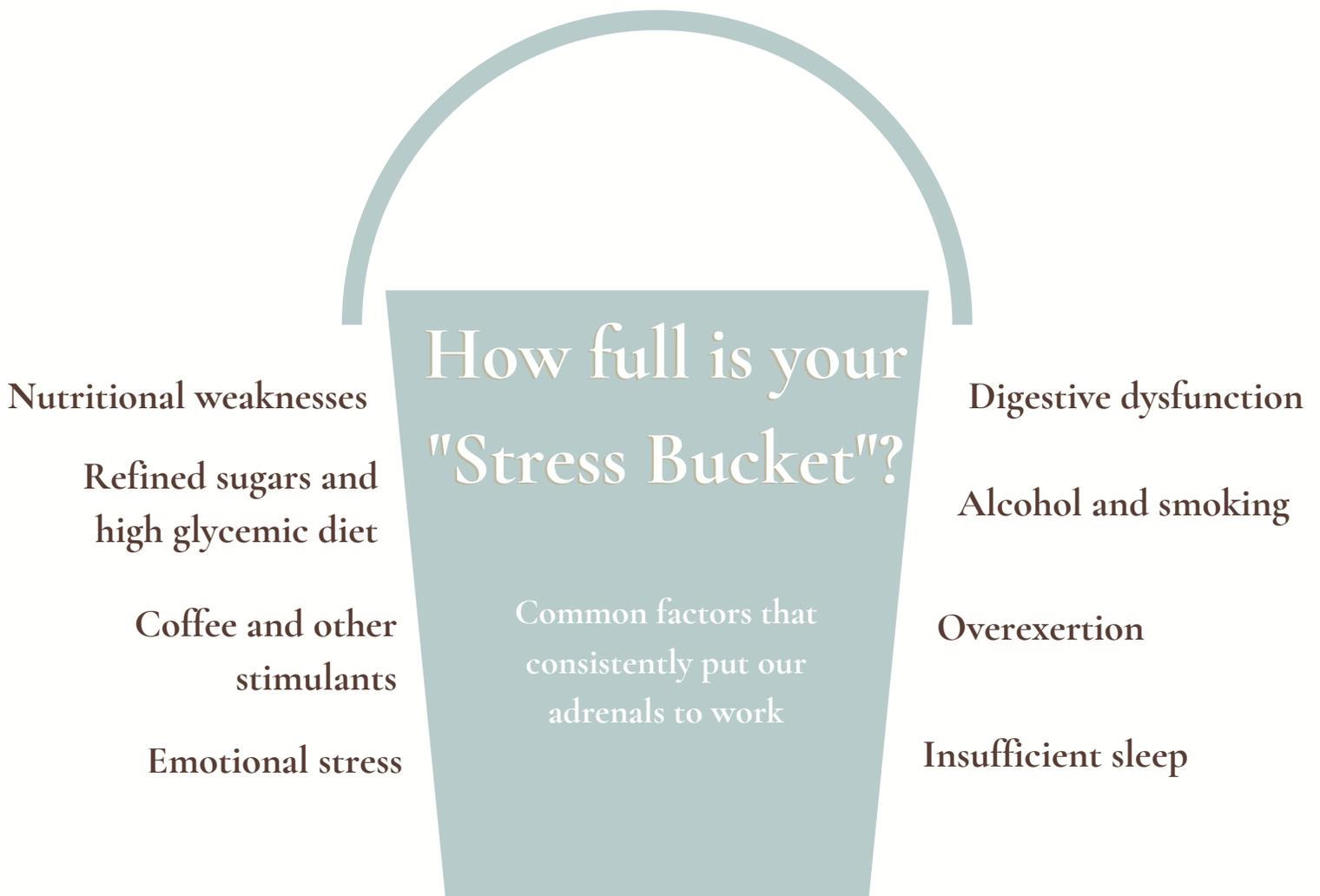
Volume 1: Blood Sugar Regulation

Denae Heaton, NTP



Stable blood sugar is crucial for proper hormone production, function and balance.

Our endocrine system is very responsive to small shifts that threaten our survival. Sounds dramatic I know, but our bodies can react to a work deadline with the same intensity as our ancestors did running from a predator. Being on the blood sugar roller coaster leads our bodies to innately go into fight-of-flight mode as a way of protection. One way they do this is by calling on the adrenals for help. The adrenals respond by increasing the cortisol output. You may be thinking okay, great, so that cools things down? Well it's not without its consequences. Simultaneously, the formation of reproductive hormones is put on hold while the liver becomes unable to conjugate and eliminate excess hormones from the body; both leading to an imbalance of progesterone, estrogens, and testosterone.



Signs you may be experiencing

hormone imbalance:

Irregular
Cycles

PMS

Breast
Tenderness

Chronic
Fatigue

Cystic Acne
(jawline/
chin)

Low Libido

Increased
Irritability



If you are struggling with any of these symptoms, blood sugar regulation should be the first thing you address.

Ways to mellow out the blood sugar roller coaster and encourage hormone production and function:

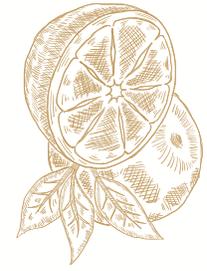
1) Eat breakfast within 30 minutes of waking

2) Incorporate a fat, protein and carb with every meal/snack

3) Support the liver
(castor oil packs, dandelion tea, beets)

4) Remove stressors and add in some gentle movement

Happy Hormone Recipe & Snack Ideas:



Adrenal Cocktail:

- 4 oz pulp free orange juice
- 2 tbsp coconut cream
- 2 tbsp collagen peptides
- huge pinch of sea salt

Snack Combos:

- Dates stuffed with grass-fed butter or raw cheese and sea salt
- Raw organic carrot, raw cheese, apple, meat stick
- Full fat organic yogurt, berries, collagen peptides

Our body is so intelligent that it will give us signals when something is a little off. Here are some symptoms of blood sugar imbalance:

Afternoon
coffee/sweet
cravings

Fatigue relieved
by eating

Headache if
meals are
delayed or
skipped

Shaky if meals
are delayed

Irritable
before meals
(hangry)

I hope you feel encouraged to know that hormone balance doesn't need to be complicated or scary. A simple change such as making sure you have a protein and fat with each meal can go a long way. Seamless menstrual cycles, clearer skin, and consistent energy is within reach!