



# 10 ways to rebalance your hormones naturally

with Pam Mathis, Functional Dietitian/Nutritionist

Do you wonder why you struggle through some days and why you don't feel as good as you think you could?

Did you know that any (or all!) of these symptoms could be signs of a hormone imbalance?

- ✓ Chronic or "monthly" headaches
- ✓ Fatigue and lack of motivation
- ✓ Brain fog
- ✓ Restless or interrupted sleep
- ✓ Food cravings
- ✓ Weight gain around your middle
- ✓ Irritability and mood swings
- ✓ Heavy and/or irregular periods
- ✓ Bloating and digestive issues
- ✓ Joint pain

**Yes! Your hormones play such an important role in your overall health that they shouldn't be ignored.**

**And stress can throw your hormones into a tizzy!**

Your daily habits play a crucial role in maintaining hormonal balance. What you eat, how you exercise, your sleep patterns, and the stress you experience all impact your hormone levels.

*How so?*

When you're stressed, your body produces high levels of cortisol. This stress hormone drains the upstream hormones needed to produce other vital hormones like estrogen, testosterone, and progesterone. As a result, elevated cortisol levels can lead to imbalances and a range of symptoms.

**The good news is that you can take steps to improve your hormone balance.**

Simple changes in your daily routine can make a big difference.



## Here are 10 ways to rebalance your hormones naturally:

- ☞ Instead of your usual jolt of caffeine - start your day with an immune boost with a cup of Teeccino herbal tea or coffee.
- ☞ Instead of skipping breakfast or lunch - stop and refuel to get energy and stabilize blood sugar to support healthy cortisol levels.
- ☞ Instead of saying “yes” when you really don’t want to - practice saying “no” without any apologies!
- ☞ Instead of grabbing a quick bar for a pick me up - have an apple with almond butter or a collagen shake with avocado.
- ☞ Instead of running errands and missing your workout - prioritize your Pilates class and feel good about your effort afterwards.
- ☞ Instead of eating “whatever” because you don’t have time to think about it - create structure and love for your nutrition (and your body!) by ensuring you have healthy options on hand.
- ☞ Instead of adding one more thing to your calendar, consider creating more free-space, more “margin” so that you can savor the day a little more.
- ☞ Instead of chewing out your partner when your last nerve is shot, practice 4 x 4 box breathing (4 counts in, 4 counts holding, and 4 counts out, 4 counts holding). Repeat 3 times and you’ll feel SO much better!)
- ☞ Instead of unwinding with a glass (or 2) of wine - do a 15 minute meditation. Your body and mind will thank you!
- ☞ Instead of staying up late - go to bed an hour earlier and get some much needed restorative sleep.

**Need some support with balancing your hormones?**

**Connect with me for a consultation  
at 941-907-3757 or [pam@nutritioncoachpam.com](mailto:pam@nutritioncoachpam.com).**

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