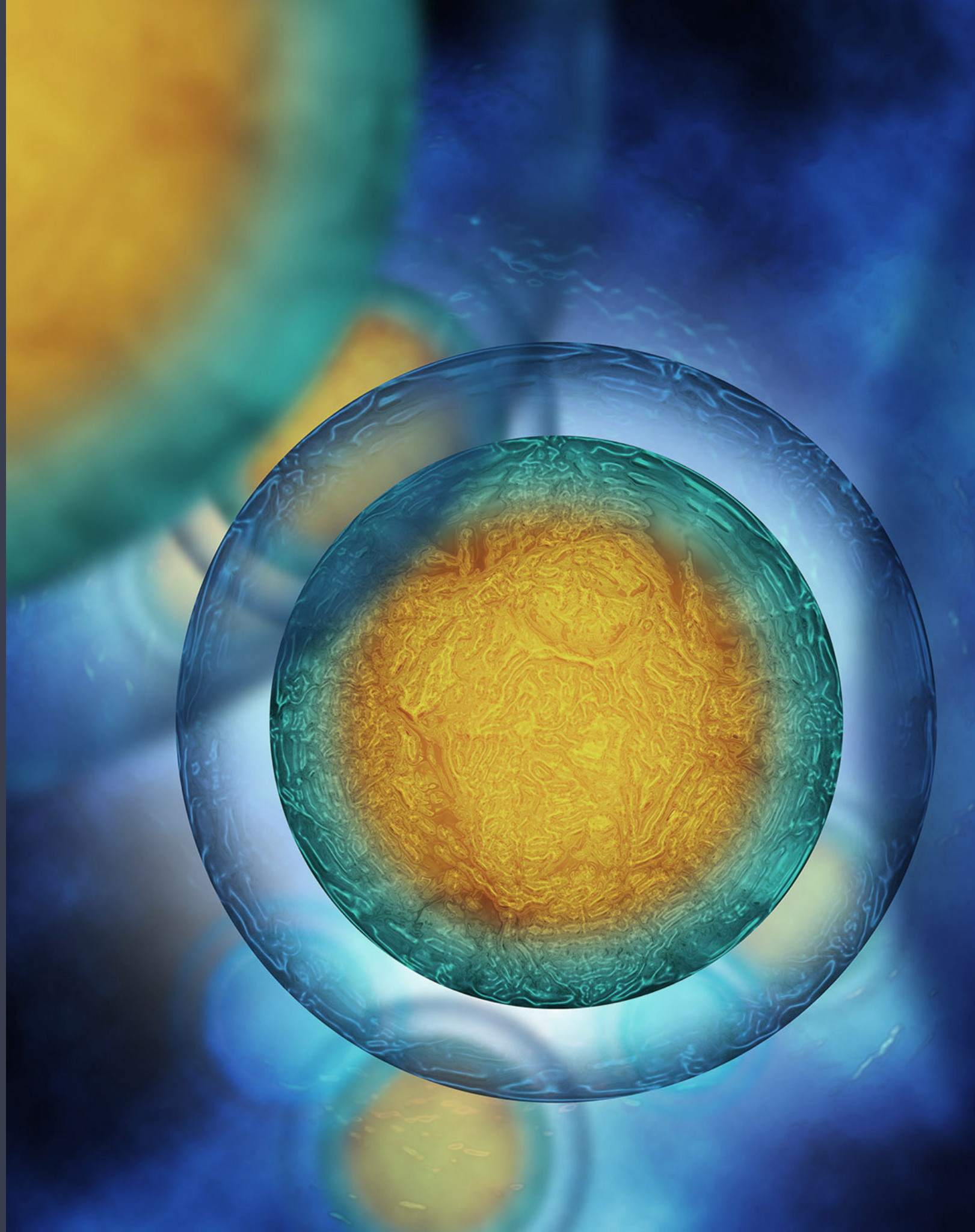
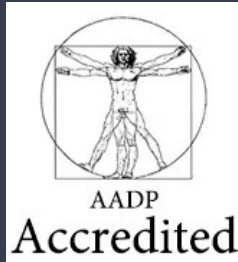


HORMONE BALANCE GUIDEBOOK

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Total Wellness Empowerment Institute



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She is the founder of Total Wellness Empowerment Institute, Total Wellness Empowerment Monthly Membership, Total Wellness Empowerment Practitioner Mentorship, Total Wellness Empowerment Podcast, Look and Feel Great Method: 9 Steps to a Healthier You.

Symptoms of Hormone Imbalance

Your hormones play an integral role in your total wellness and overall health. A broad range of signs and symptoms could signal a hormonal imbalance depending on the hormones or glands that are not working correctly.

Several signs, such as weight gain, fatigue, and anxiety, can signal a hormonal imbalance. Many conditions that cause hormonal imbalance need addressing and support. Your hormones assist in controlling many of your body's major processes, such as metabolism and reproduction. When you have a hormonal imbalance, you have either too much or too little of a particular hormone, causing the imbalance. Even small changes can have serious adverse effects throughout your whole body.

Hormones are your body's chemical messengers and are produced by glands in the endocrine system. These messengers tell your cells, organs, and tissues what to do.

Hormones help regulate many vital functions in the body:

- mood
- body temperature
- metabolism
- heart rate
- sleep
- reproductive cycles
- growth
- stress

Symptoms of Hormonal Imbalances

Bloating, fatigue, mood swings, weight gain, and fluctuations in body temperature are some of the many symptoms of hormonal imbalance in women. Hormone imbalances can also cause delayed or skipped periods. These imbalances can impact personal comfort, focus, health, work performance, and relationships with loved ones.

Hormonal imbalance symptoms in females include:

Night sweats
Reduced interest in sexual activity
Infertility
Mood swings
Trouble sleeping
Depression
Changes in appetite
Deepened voice
Altered heart rate
Soreness in breasts
Swollen face
Headaches
Difficulty concentrating
Bloating (body)

Weight gain
Weight loss
More or less frequent urination or bowel movements
Dry skin
Skin rashes
Bulge in the neck
Weak bones
Thin hair
Hair loss
Sweating
Changes in blood sugar
Changes in sensitivity to heat or cold
Thirst
Vision problems
Enlarged clitoris
Infertility
Long-lasting fatigue.

Some of these symptoms mentioned above may also reflect other chronic conditions. If you are dealing with any changes in your body or energy levels, it is an excellent idea to test your hormones with a salivary test; make sure the test checks your cortisol levels four times throughout the day.

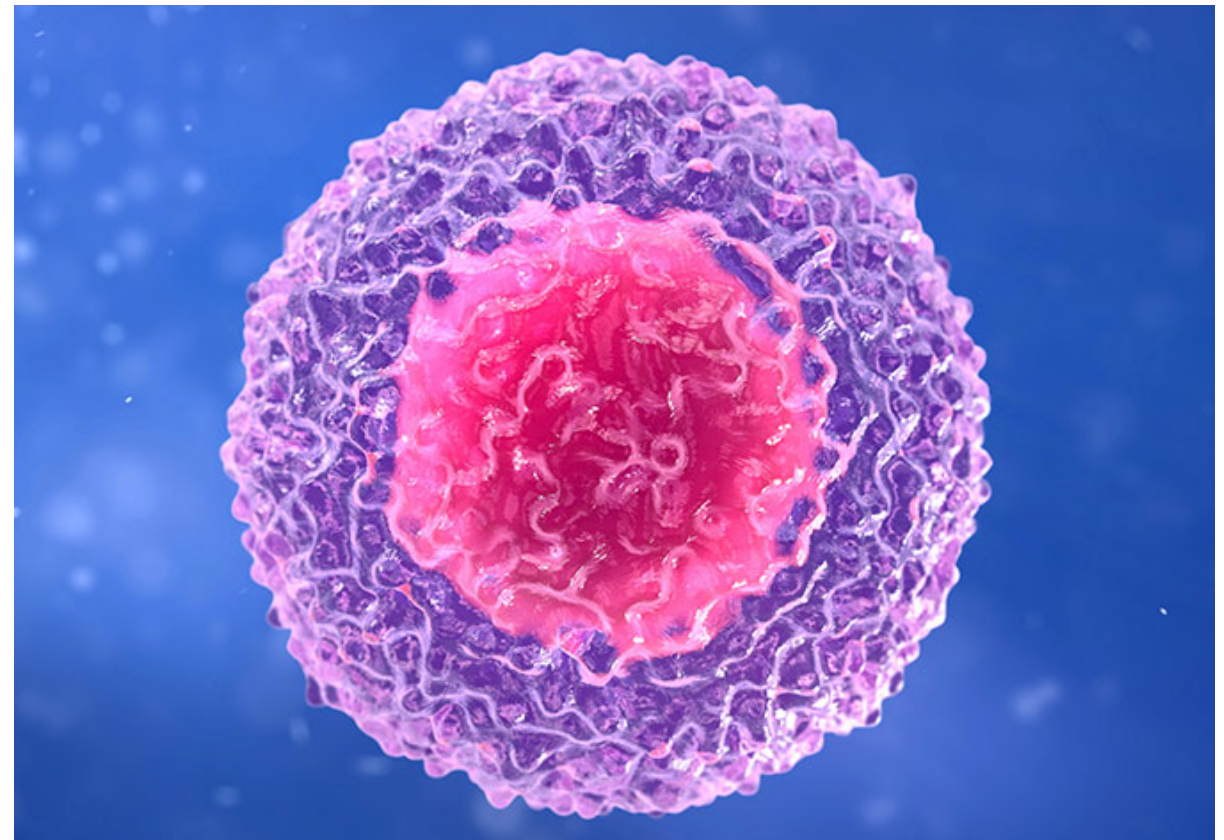
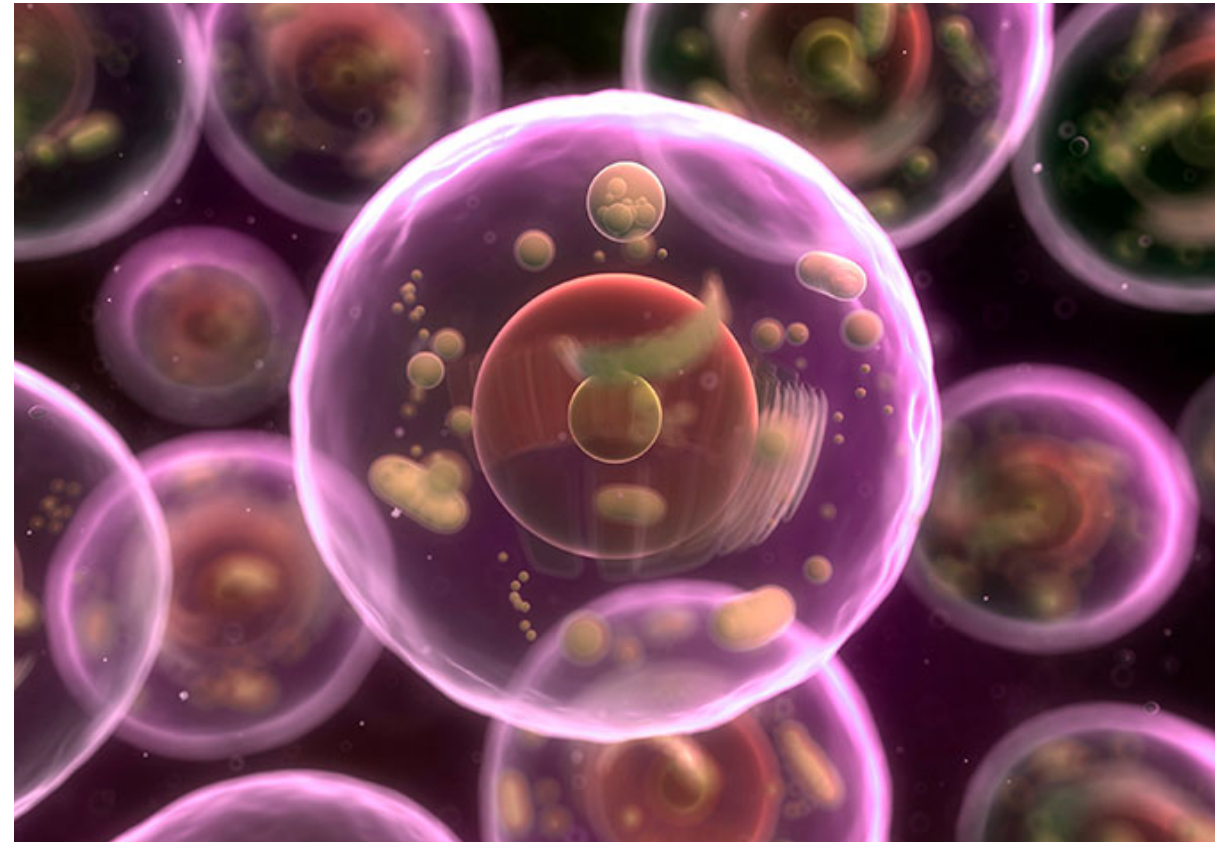
A hormonal imbalance has many possible causes, and each can differ depending on which hormones are imbalanced.

Here are some common causes of hormonal imbalances:

cancer treatments
eating disorders
hormone therapy
medications
tumors, cancerous or benign
pituitary tumors
stress
injury
trauma.

Further complicating the matter, if you have the following conditions, it can exacerbate hormonal imbalances:

diabetes
Addison's disease
Cushing syndrome, or high levels of cortisol
hyperthyroidism, or an overactive thyroid
hypothyroidism, or an underactive thyroid
thyroiditis
thyroid nodules
hypogonadism.





Hormones are responsible for many of your body's major processes. When hormones become unbalanced, the symptoms vary greatly, and conventional doctors may miss your hormonal imbalance.

Remember that hormonal imbalance can cause a variety of complications, so it's essential to seek treatment as soon as possible.

Testing with a reliable, functional medicine lab is crucial for proper diagnosis and treatment plans.

[Click here to order your salivary hormone test](#), which includes a 40-minute consultation to review your results and treatment options.

Take control for your health today.

"Take care of your body; it's the only place you have to live." - Jim Rohn.

Dalai Lama: "We sacrifice our health to make wealth, then we sacrifice our wealth in order to get back our health."

"Your health and well-being should be your number one priority; nothing else is more important." ~Robert Cheeke

Essential Oils For Hormone Balance

Hormones are pivotal in a woman's life, influencing emotions, weight, sleep quality, and overall well-being. When hormones fall out of balance, it can have far-reaching effects. *Essential oils have been used for centuries for their therapeutic properties.*

Certain essential oils are beneficial for supporting hormone balance:

Lavender Oil known for its calming properties, can help reduce stress and improve sleep, indirectly influencing hormone balance.

Clary Sage Oil is believed to have estrogen-like properties and may help regulate hormone levels in women as it balances estrogen production. Certain health issues like, like infertility, PCOS, and estrogen-based cancers, are caused by excess estrogen in the body – in part because we consume high-estrogen foods. Since clary sage helps balance out those estrogen levels, it's incredible in assisting a wide array of hormone imbalances.

Sandalwood Oil is very effective at balancing out testosterone levels in both men and women. Sandalwood has been used as a natural aphrodisiac, making it a desired ingredient in men's cologne and certain perfumes for years.

Peppermint Oil can alleviate hormonal imbalances, such as mood swings and irritability.

Geranium Oil may support hormonal balance and alleviate symptoms of PMS.

Thyme oil works on improving progesterone production. Some health issues of low progesterone levels are infertility, depression, and PCOS, as well as other imbalanced hormones within the body.

Geranium Oil may support hormonal balance and alleviate symptoms of PMS.

I like to support the thyroid when balancing hormones. Frankincense oil is great for thyroid function and autoimmune issues, as it reduces inflammation and helps lower cortisol levels.

If you want more balanced hormones, consider clary sage oil, thyme oil, and some added sandalwood oil for men. Add a few drops to a carrier oil such as almond or coconut oil and rub on your skin.

Essential oils offer a holistic approach to hormone balance as they can support your body's natural healing processes. To address hormonal imbalances, consider nutrition, exercise, stress management, toxin reduction, self-care, and functional medicine lab testing to gain insight into your unique hormone markers.



Essential oils may be your ally if you seek a natural way to achieve hormone balance.

Essential oils offer numerous benefits for hormone balance and overall well-being:

Stress Reduction: Certain essential oils can help reduce stress levels and promote relaxation, indirectly supporting hormone balance.

Mood Enhancement: Essential oils can uplift mood and alleviate symptoms of anxiety or depression.

Improved Sleep: Essential oils like lavender can enhance sleep quality, positively impacting hormone regulation.

Hormone Support: Some essential oils may have adaptogenic properties, helping the body adapt to stressors and regulate hormones more efficiently.

Remember that hormonal imbalance can cause a variety of complications, so it's essential to seek treatment as soon as possible.

Testing with a reliable, functional medicine lab is crucial for proper diagnosis and treatment plans.

Click [here](#) to order your salivary hormone test, which includes a 40-minute consultation to review your results and treatment options.



10 Steps to Balance Your Hormones

Lifestyle factors like exercising daily and eating a balanced, nutritious diet with ample protein and fiber can help naturally balance your hormones.

Hormones are chemical messengers that affect your mental, physical, and emotional health, as they play a significant role in controlling your appetite, metabolism, mental clarity, weight, and mood.

In today's world, several issues can negatively impact one's hormone health, such as toxins, chronic stress, sleep patterns, and physical and emotional health.

Certain hormones decline with age, as well as exposure to toxins and endocrine disruptors, and some people experience a dramatic decrease in their hormone levels compared to others.

Here's how to work on balancing your hormones in 10 natural steps.

Maintain a Healthy Weight

Following healthy eating guidelines and reducing your weight to a healthy range can help reverse the effects of these hormones and help balance hormones naturally.

Research suggests that increasing weight, specifically in body fat, decreases insulin sensitivity. It can also reduce the release of hormones from the testes and ovaries responsible for maintaining reproductive health and result in lower testosterone in males and a lack of ovulation in women, which can increase the chances of infertility.

Reduce Sugar Intake

Sugar in foods such as high fructose corn syrup, table sugar, fructose, and honey can cause disruptions in your gut health as well as in your hormone balance. Research suggests that fructose found in sugar stimulates the body to release leptin. This hormone gives you the feeling of fullness.

However, when it is overstimulated due to a high sugar intake, it causes a decrease in the amount of energy burned, and the outcome is weight gain.



Reduce Sugar Intake (continued)

Since a high sugar intake decreases the body's sensitivity to insulin, resulting in insulin resistance, this imbalance in insulin for females causes further imbalances in other hormones, mainly reproductive hormones such as estrogen. The chronic imbalance of estrogen is linked to medical conditions such as polycystic ovary syndrome (PCOS) and fertility challenges.

Reduce or Avoid Alcohol

Considerable evidence from both human and animal studies has shown that alcohol administration affects the HPA-axis activity and hormones.



Alcohol disrupts the communication between the nervous, endocrine, and immune systems and causes hormonal disturbances that lead to severe and profound consequences at physiological and behavioral levels. These alcohol-induced hormonal dysregulations affect the entire body. They can result in various disorders, such as stress issues, reproductive deficits, body growth defects, thyroid problems, immune dysfunction, cancers, bone disease, and psychological and behavioral disorders. When you quit drinking, your hormones should begin to balance out. Estrogen levels should increase, leading to an improved mood and energy. Testosterone levels should also return to normal.



Eat Enough Protein

Protein is an essential macronutrient that includes animal and plant-based sources. Whilst you may think you need protein for muscle growth, protein plays a vital role in the production of hormones.

Peptide hormones include growth hormone and corticotrophins, which help release cortisol in your body that manages stress efficiently. Your body needs amino acids from proteins to produce these peptide hormones. Therefore, your daily dietary protein intake helps supply your body with these amino acids.



The bottom line is that if you do not consume enough protein, your body cannot make these hormones. Consuming protein helps stimulate the release of peptide hormones such as leptin in your body to help you feel full. Without enough protein intake, leptin cannot be released, and satiety may not be achieved. Without feeling of fullness, it can ultimately lead to weight gain.

Eat Healthy Fats and Increase Fiber

Fat is a macronutrient in your diet. Saturated and trans fats have adverse effects on your health. However, certain fats, such as unsaturated fats, can have beneficial effects.

Unsaturated fats include omega 3 and 6.

Omega 3 is an unsaturated fat found predominantly in oily fish and has been shown to help improve the sensitivity of the hormone insulin and help regulate the cortisol levels in the body during times of stress.

Fiber is a component in many different foods and is the part of the food your gut cannot digest. In the stomach, healthy gut bacteria ferment the fiber, and this fermentation helps to stimulate the release of peptide hormones and helps promote a feeling of fullness. A diet low in fiber can cause these peptide hormones not to be released and cause overeating.

Get Quality Sleep

Sleep is underrated, but it makes up around a third of your life and plays a vital role in regulating hormones such as insulin and cortisol and the hormones involved in hunger and fullness, such as ghrelin and leptin.

Research suggests that sleep restriction or deprivation reduces insulin sensitivity and increases cortisol levels. It also improves the production of ghrelin, the hormone responsible for initiating hunger, and facilitates the production of leptin, which promotes a feeling of fullness. Over time, it can result in weight gain and further hormonal imbalances due to weight gain.

The sleep recommendations for adults are between seven to nine hours a night. If you struggle to sleep or wake up frequently during the night, incorporate breathing exercises, relaxation exercises, journaling, yoga, and supplements such as magnesium to improve your quality and quantity of sleep.

Stress Management

Unfortunately, stress is a common occurrence in many individuals' lives. While acute stress to the body can sometimes be beneficial, long-term stress can cause adverse effects on your health.

With long-term stress, cortisol production increases, increasing the total cortisol level in the body. This increase in cortisol stimulates the appetite and causes an increase in food intake, leading to weight gain and further hormone imbalances.

Stress can also lead to conditions like Adrenal Fatigue Syndrome when long-term stress causes imbalances throughout the body. Because cortisol uses the same precursors as reproductive hormones, high cortisol levels can deplete the resources for other vital hormones and cause hormone imbalance.

Another effect of cortisol is that it causes your body to produce more glucose from non-carbohydrate sources. This increase in glucose causes your body to become less sensitive to insulin.

Managing stress can be challenging, primarily if you work long hours in a stressful, high-pressure environment. Stress-managing techniques such as breathing exercises, yoga, meditation, and journaling for as little as 15 minutes a day can help manage your stress and keep your hormones in balance.

Using certain essential oils can help balance hormone health and ease stress.

Exercise

Being physically active helps to balance hormones both directly and indirectly naturally. Exercise helps to reduce insulin and cortisol levels, helping to keep them within the normal range. It allows the natural balance of hormones by assisting in weight management, reducing stress, and improving sleep.

Adults should strive for 150 minutes of moderate exercise per week, focusing on building muscle two days a week.

Probiotics, Magnesium, B Complex, Vitamin C & D

Supplementation is another method that helps to naturally balance hormones if the dietary intake of these nutrients is low.

These supplements include vitamins, minerals, and other nutrients such as:

Omega 3 oils

Fiber

Probiotics

B vitamins

Magnesium

Vitamin D

Vitamin C

Omega 3, fiber, and probiotics help to balance insulin and the peptide hormones.

The B vitamins, magnesium, and vitamin D help to balance the reproductive hormones, especially in females. B vitamins, especially vitamin B6 and magnesium, assist in the regulation of progesterone. This hormone regulates the menstrual cycle, prepares the body for conception, and is responsible for maintaining pregnancy. Vitamin D assists in the regulation of progesterone but also helps in the regulation of estrogen, balancing these two hormones. Vitamin C supports the adrenal system and boosts immune functioning.

Here is the hormone balance protocol that I recommend to my clients to balance their hormones: <https://us.fullscript.com/welcome/nancyguberti>

Setup an account and then you will have access to the **Hormone Balance Protocol.**

I always recommended doing the salivary hormone functional medicine lab first to get a baseline of your hormones and cortisol levels. To order your lab test and get started on gaining insight into your hormone and cortisol markers, order the salivary hormone functional medicine test today.

Explore Homeopathic & Herbal Remedies

When looking for natural approaches to balance your hormones, explore the power of herbal and homeopathic remedies.

Herbs that can help balance hormones include:

Black cohosh

Chasteberry

Ashwagandha

Rhodiola

Black cohosh and chasteberry are two herbs that can help balance reproductive hormones. Black cohosh helps to balance estrogen, and chasteberry helps to balance progesterone and estrogen.

Ashwagandha and Rhodiola are also known as adaptogens, which help your body handle stress. They do this by reducing cortisol levels in the body. They also have other effects on the body that help you manage stress, such as increasing energy and focus.

Bottom Line

Your body relies on hormones to function, and an imbalance in hormones can cause multiple effects. The above ten steps can help naturally balance the body's hormones, including nutrition, supplementation, and lifestyle changes.

If you are currently experiencing changes in weight, energy levels, and your menstrual cycle and are looking for ways to relieve these symptoms naturally. In that case, I recommend ordering your salivary hormone bundle, which includes the functional medicine lab test and a 40-minute session to review your results and my recommendations.

Want to be part of the Total Wellness Empowerment Membership? It's a safe, non-judgmental root-cause resolution functional medicine nutritional approach to treat health concerns where we start with personalized care, health coaching, and year-round, monthly ongoing sessions and support. When you join the annual plan, you receive either the organic acid functional medicine lab test, so you gain insight into 70 plus markers, or the Salivary Hormone and Cortisol Test.

You get to choose your gift!



How I Kept My Hormones Balanced

I've got an answer that works.

Here's the story: I heard the horrors of peri-menopause and menopause, and I did not want to gain weight, lose my skin's glow, become anxious or depressed.

And then one day I realized I could test my hormones annually and discover imbalances and regulate them before things get out of control.

And those tests were the key to unlocking wellness.

Suddenly the hormones horrors were no longer scary because I knew what was the imbalance and supported them, and I felt better than I have in years!

The one thing that was crucial: I tested annually to adjust my protocol according to my imbalances and needs.

When I started using these non-invasive functional medicine lab tests to check my hormones annually, I was able to transition from peri-menopause to menopause without gaining weight, losing sleep, losing skin glow, feeling anxious or feeling off-balanced in anyway. That's why I am so passionate about these labs and what I do!

I began recommending this lab bundle with my friends, and clients, and they had the same positive experience as me!

It Worked For These People, And It Will Work For You

I went from worrying about the horrors of peri-menopause and menopause to being in control of my hormones and outcome...but what's really amazing is what happened for other people...

I like to say, "A woman's body is always under construction!" Puberty, fertility, peri-menopause, menopause and post-menopause; during each transition, our hormones can get imbalanced and that's when symptoms surface. When I went thru peri-menopause and menopause, it was this exact test bundle that kept my hormones in check so I did not gain weight, my skin looked youthful and most of all, I didn't suffer from energy slumps, anxiety, depressive issues, or nasty side effects from conventional hormones medication because I used natural, homeopathic and herbal remedies.

And it's not just me.

Here from Anjie, an amazing architect:

"I reached out to Nancy after years of neglecting my anxiety, fatigue, and overwhelm. It was only when I could barely peel myself out of bed that I reached out for help. It was a relief when the testing confirmed the adrenal fatigue and hormonal imbalances that I had suspected. She not only addressed the primary concerns, but gracefully introduced ways to improve habits impacting me like sleep! Within a few weeks my energy levels improved!"

Hormone Reset

How to Finally Figure Out Hormonal Issues

If you suffer from anxiety, irritability, and insomnia... if you have migraine headaches... if you deal with forgetfulness or fluctuating weight... then this message is just for you. Here's why...

Imbalances in your body's intricate hormonal patterns can be the root cause of you feeling drained, moody, anxious, irritable, and struggling with weight loss.

And you need to realize, there is a cost to not dealing with this...

If You Ignore It, It Just Gets Worse

What most people do when facing hormonal imbalances, anxiety, mood swings is they either suffer with the symptoms... try a new fad diet that comes along...latest detox cleanse... start googling and find themselves down a rabbit hole once again. But for most people, none of that works.

These DIY steps will NOT get to the root cause.

Diets and gimmicks don't work because they are not effective in balancing the body.

Detox cleanses will not jumpstart your hormones and adrenals and can make it worse ;(

And finally, you probably end up with more issues, as well as more frustration and anxiety than you had to begin with!

And what happens if you just do nothing? If you just keep doing what you've been doing?

You keep getting heavier, sicker and more miserable... until one day you cannot get motivated to get out of bed and are overcome with depressive feelings.

Not getting your hormones back in balance could lead to adrenal dysfunction, severe fatigue, excessive weight gain, even obesity, thyroid issues and chronic health problems, like elevated cholesterol, osteoporosis, lack of sleep and cognitive decline.

You see hormones impact your adrenal system too and it's all intertwined so not taking action can negatively impact more than your hormones.

Finally, It's Your Turn

When you get the Salivary Hormone Lab Testing Bundle today, you'll get the key to...

Measure your hormone and cortisol levels that relate to energy, weight fluctuations, water retention, muscle loss or gain, sleep, mood, and cognitive function.

The hormone test is helpful in the evaluation of sex steroid imbalance such as deficiency or excess of estrogen, progesterone, or testosterone/DHEAS-S. It also helps to assess adrenal function and conditions relating to excess or deficiency of cortisol, and HPA axis imbalance.

See how your body is functioning and receive personalized attention

Take charge of your health and look and feel amazing!

It all comes as part of Salivary Hormone Lab Testing Bundle.

It's Decision Time

You have a choice to make:

Do what you've been doing (or worse, do nothing at all).

You know where that will lead. Gaining Weight, Feeling Tired & Getting Sick.

Is that really where you want to go?

Take a new action, and get a new result.

Get happy, healthy, fit, and full of energy!

Which do you really want for yourself?

Here's what to do now...

Click on the [link to order](#) your Hormone & Cortisol Lab Test Bundle, enter your information for the lab to mail you the kits, pay now or apply for credit with the lab, then when you receive the kit, collect your saliva specimens, send them back to the Lab in the pre-paid mailer. We will email your our intake forms, then complete our intake forms and email them back to us at anne@CoachforHealthyLiving.com. It takes about 2 to 3 weeks to receive your test results and then we schedule our 40-minute session to review everything and a strategy to get you on your wellness journey.



**Always
remember:**

**You're
worth it.**