



20 Quick &
Effective Ways to

SUPPORT YOUR
HORMONAL HEALTH
EACH DAY

Catherine Jane Chandler

Why is it so important to support our hormonal health as women?

Hormones play a crucial role in every woman's health and well-being. These chemical messengers regulate various bodily functions, influencing everything from mood to metabolism. When our hormones are imbalanced, our whole world can feel like it's ending. Our energy can decrease, we have sleep issues, weight issues, we can have brain fog and be moody, we can have horrible PMS, little to no sex drive, feel puffy, have sugar cravings, bloating, trouble conceiving and maintaining a healthy pregnancy and much more.

Maintaining balanced hormones is essential for many reasons, here are some of the reasons it's so important for women.

1. Regulates Menstrual Cycle and Reproductive Health

Balanced hormones ensure a regular menstrual cycle, which is vital for reproductive health. Hormones like estrogen and progesterone orchestrate the menstrual cycle, and imbalances can lead to irregular periods, infertility, and conditions such as polycystic ovary syndrome (PCOS).

2. Supports Mental Health

Hormones significantly impact mood and mental well-being. Balanced levels of hormones such as serotonin, cortisol, and estrogen contribute to emotional stability. Imbalances can lead to mood swings, anxiety, depression, and even cognitive issues like brain fog.

3. Maintains Bone Health

Estrogen plays a key role in maintaining bone density. As women age, especially during menopause, a decrease in estrogen levels can lead to weakened bones and an increased risk of osteoporosis. Keeping hormones balanced helps preserve bone strength and reduce the risk of fractures.

4. Enhances Skin Health

Hormones affect the health and appearance of the skin. Balanced hormones promote clear, hydrated, and youthful skin, while imbalances can lead to acne, dryness, and other skin issues. For instance, an excess of androgens can cause acne, while estrogen is essential for skin hydration and elasticity.

5. Boosts Energy and Metabolism

Thyroid hormones, insulin, and cortisol are critical for regulating energy levels and metabolism. Balanced hormones ensure efficient energy production and utilization, helping women maintain a healthy weight and feel energetic throughout the day. Hormonal imbalances can result in fatigue, weight gain, or weight loss resistance.

6. Promotes Healthy Aging

Balanced hormones contribute to healthy aging. They support cardiovascular health, maintain muscle mass, and keep cognitive functions sharp. For example, balanced levels of estrogen and progesterone help protect against heart disease and cognitive decline, which become more prevalent as women age.

7. Improves Sleep Quality

Hormones like melatonin and cortisol regulate sleep patterns. Balanced hormones help ensure restful and restorative sleep, which is essential for overall health. Hormonal imbalances can lead to sleep disturbances, insomnia, and poor sleep quality, affecting daily functioning and health.

8. Facilitates Stress Management

Hormones like cortisol and adrenaline are involved in the body's stress response. Balanced hormones help manage stress effectively, preventing chronic stress-related issues such as anxiety, high blood pressure, and weakened immune function. Managing stress is crucial for maintaining overall hormonal balance.

Below are 20 simple ways you can give your hormones a little extra love because in today's busy, fast paced world, we need to prioritise our hormone health more than ever. There is so much that can easily disrupt them, so we need to make sure to decrease that risk. Now, more than ever, we are seeing a huge issues for women when it comes to their thyroid, falling pregnant, having an easy cycle each month and the amount of women suffering with PCOS and other hormone dysregulations is absolutely staggering.

Thankfully, if this is you right now, it does not have to be you forever. There are solutions to your struggles and here is a beginning step for you.

Much love,
Cath

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1: Manage Stress at ALL COST to decrease stress based hormones being produced. Taking regular breaks every few hours is essential. Make sure to also get away from screens and do some relaxation techniques such as deep breathing, a few minutes of mindfulness, going for a walk in nature, listening to Binaural beats, writing a gratitude list or some calm stretching/yoga. I aim for 3 relaxation activities each day: am, midday and afternoon/evening.

2: Get Adequate Sleep: aim for 7-9 hours of quality sleep each night as this is crucial for hormone regulation. Aim to be in bed and get up at a similar time each day. Without proper sleep, it will be hard to regulate hormones, lose weight and have energy to take on the day and make healthy choices.

3: Limit Caffeine and Alcohol Consumption: both can raise cortisol in the body which impacts our sex hormone balance. Aim for one caffeine drink per day, before 1pm. Alcohol also negatively affects the liver, which decreases its ability to eliminate used hormones such as estrogen and testosterone which can then be re-circulated in the body which is not ideal.

4: Maintain a Healthy Weight through getting 10,000 steps per day, exercising 3-4x at least a week and eating a balanced diet full of colourful fruit and veg, nuts and seeds and other healthy fats, lean protein, fibre and unprocessed carbs. The more weight you have, the greater estrogen you may produce, which can make your estrogen/progesterone ratio become imbalanced, leading to even greater symptoms.

5: Maintain Balanced Blood Sugar Levels: leave 3-4 hours before meal and construct your meals with 20-30g healthy protein, fibre, unprocessed carbs and healthy fats. Make sure you start your day with a balanced, protein filled breakfast to decrease the chance of being on the dangerous blood sugar rollercoaster for the day. Limit processed foods to once or twice a week and have them after a balanced meal, not on an empty stomach.

6: Support Gut Health: gut health and hormone health are directly connected so we have to be extremely careful with how we treat our gut. Consume a quality Probiotics (my fav is <https://equi.life/products/daily-probiotic-support?irad=909131&irmp=2968916>) and Prebiotic based foods such as kefir, sauerkraut, garlic, onion and fiber-rich foods to support gut health. Minimise other factors that impact gut health such as stress, alcohol, and some meds such as proton pump inhibitors, metformin, antibiotics, the contraceptive pill. Also, avoid excess sugar and artificial sweeteners as they can disrupt gut flora and hormone balance.

7: Use Herbal Remedies: Adaptogens like Ashwagandha, maca root, Rhodiola Rosea and Holy Basil are some useful herbs to support hormone balance. If you're taking medication, it could be helpful to speak to your doctor before using these.

8: Use Natural Personal Care Products: Opt for products free of parabens, phthalates, and other endocrine disruptors. Use the app EWG (<https://www.ewg.org/skindeep/>) to tests your cleaning products, cosmetics etc toxin levels. What we put on and in our body is extremely important and many of the products we use are leading to greater issues with our hormones.

9: Reduce Exposure to Environmental Toxins: Use glass or stainless steel containers instead of plastic ones to reduce exposure to hormone-disrupting chemicals. Make sure you're not cooking with Teflon, non stick based pots & pans or plastic utensils. Use the Dirty Dozen and Clean 15 list to buy produce and decrease chemical exposure. The dirty dozen foods should only be bought organic and the clean 15 foods can be bought either conventional or organic. Buy a water filter to ensure you're drinking clean water.

10: Get Morning Sunlight into Your Eyes, as soon to waking as possible. Ideally before using screens when possible. This is essential for balancing melatonin and cortisol production and creating a healthy diurnal rhythm. This is extremely important for balancing hormones, improving the sleep and repair process and helping with weight loss. Even if it's just 15 minutes, this will make a world of difference.

11: Eat Some Brazil Nuts (which are high in selenium) and foods high in iodine in order to support thyroid function. Seaweed paper, cod, eggs and liver are all good sources of iodine.

12: Use a Quality Multi Mineral and Vitamin Nutritional Supplement. This makes sure you have everything you need to support hormone function. I LOVE this one myself: <https://equi.life/products/daily-activated-multi-vitamin?irad=909109&irmp=2968916>

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13: Take a Hot Bath with Magnesium Salts and/or Epsom Salts. These have been proven to create relaxation in the muscles and lead to less stress in the body and therefore mind. Healthy magnesium levels can boost brain neurotransmitters that are responsible for inducing sleep and reducing stress. Less stress—more balanced hormones.

14: Complete a Functional Medicine Liver Detox to deeply support your liver health, improve hormone balance, increase energy, improve sleep and skin quality and help you lose weight. A strong liver is absolutely essential for balanced hormones and something more people need to prioritise. This is the liver detox I personally use and have my clients use: <https://equi.life/products/dr-cabral-detox?irad=909135&irmp=2968916>

It extremely important you are making sure to get enough nutrients so your liver can do its jobs (amino acids, B vitamins, antioxidants, vit C, vit E, choline, magnesium, selenium, zinc, sulfur, magnesium. These are some of my favourite liver and hormone supporting supplements:

Magnesium: <https://equi.life/products/full-spectrum-magnesium?irad=909147&irmp=2968916>

B complex: <https://equi.life/products/activated-b-complex?irad=909023&irmp=2968916>

Vit D: <https://equi.life/products/vitamin-d3-liquid?irad=909192&irmp=2968916>

Estrogen Balance: <https://equi.life/products/estrogen-balance?irad=909140&irmp=2968916>

Vitamin C: <https://equi.life/products/full-spectrum-vitamin-c?irad=909148&irmp=2968916>

Balanced Zinc: <https://equi.life/products/balanced-zinc?irad=909034&irmp=2968916>

Omega 3 soft gels: <https://equi.life/products/omega-3-support-softgels?irad=909169&irmp=2968916>

15: Use Castor Oil Packs to support hormonal imbalances and decreasing overall inflammation and pain, especially in conditions like polycystic ovary syndrome (PCOS) as these are often associated with inflammation. It can also be very helpful to alleviate PMS based pains or when you have your period. Using castor oil as an abdominal pack, a practice that enhances circulation and lymphatic drainage, further aids detoxification and regulating hormone levels.

16: Practice Dry Brushing Daily. Dry brushing on a daily basis helps increase lymph flow, helping to remove waste & increase detoxification of the body. Regular detoxification is essential for balanced hormones and body. Dry brushing also helps to improve the skin quality, decrease cellulite, increase energy, improves digestion and exfoliates skin.

17: Use a Sauna to help remove toxins and support the liver. Saunas also reduce stress hormones, improve blood sugar and insulin sensitivity, improve cardio fitness, improve mood and increases endorphines. Aim for about 19 minutes each time you do it, making sure to slowly work your way up to this if you're not used to using a sauna. Aim for 3-4x a week if possible.

18: Further Support Liver Detoxification practices to support your liver to eliminate used hormones. This could include drinking fresh lemon water at the beginning of the day, eating more cruciferous vegetables, using supplements such as DIM or liver supporting herbs such as milk thistle, licorice root, Ginseng, tumeric and green tea for example.

19: Connect with Loved Ones and Friends who help you feel calm and at ease. Limit interactions and situations with people that leave you feeling more stressed and overwhelmed. Because social connection is so hard-wired into human behavior, it makes sense that our relationships (or lack thereof) significantly influence our well-being. Healthy connections are just as important to physical and mental health as exercise and healthy eating. Loniness can increase stress hormones, so although some alone time is absolutely essential for hormone and overall health, isolating ourselves can have a very negative effect on our health.

20: Walk Barefoot on the Ground such as grass or on the beach. Preliminary evidence suggests that direct contact with the ground (known as earthing) can help calm the nervous system and bring it back into balance. Grounding yourself can be as simple as placing your bare feet on the earth. A calm nervous system is ESSENTIAL if you want balanced hormones.

Bonus tip: Eat dinner 3 hours before bed. This allows your blood sugar level and insulin to balance out which allows for more healing and improved sleep. You'll also be in a better position to use more fat as fuel which is helpful for weight loss. Most people are robbing themselves of easy health benefits from sleeping without needing to digest food. This is a game changer to hormone health, weight management and sleep quality.

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HEY THERE,

I'm Cath, an Integrative Health Practitioner and founder of Chandler Wellness.

A few years ago I was really struggling with my health, particularly my gut and hormonal health. I came off the pill after four years and couldn't get my period back for a full year. The doctor said I had to go back on the pill to get my period again. I was also struggling with adult acne, bloating, puffiness, anxiety, weight gain, low energy and a terrible immune system.

I didn't feel like my normal self and I knew there must be another way to rebalance (and live). My body surely was intelligent enough to heal itself if I supported it in the right ways, right? Right :)

I became passionate about finding the root cause of all my health issues. I realized that my body was in a constant fight-or-flight state, not prioritizing hormone production, and down regulating my thyroid hormones.

I decided to study and get myself out of this mess I had created. I learned how to nourish my body, how to move and exercise in a more mindful way, how to slow down and how to manage stress. I ran Functional Medicine lab tests that helped me greatly speed up my healing journey. I never wanted to struggle to get pregnant in the future either, which was a big part of my mission. I then decided I needed to pass my success onto other beautiful women like you!

Slowly, I was able to put all my health issues behind me and experience beautiful menstrual cycles every month, a robust immune system, a strong fit body I love, and insane energy!

I have helped many women balance their hormones, get rid of PMS, eliminate their acne, improve digestion, reclaim their energy and achieve their dream body! Now I want to help you do the same. Follow me on Instagram ([catherinejanechandler](https://www.instagram.com/catherinejanechandler)) for free content and daily tips and insights about balancing hormones, improving your gut health, increasing energy, improving mood, along with healthy weight loss tips and boosting your health in general.

Visit <https://www.chandlerwellness.co/> to learn more about my work and programs and to see if you are a good fit for my 1-1 'Balanced Belly, Harmonious Hormones' program that has helped countless women achieve their dream health because I hold your hand every step of the way :)

If you'd like to book a **free 45 minute** wellness call with me to discuss your current state of health and how we can support you to improving this, then simply book here: <https://calendly.com/catherinejanechandler/freehealthcall>

Much love,
Cath

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