


# CHANDLER WELLNESS

The background of the page features a close-up photograph of two glasses filled with a light brown, creamy smoothie. The smoothie in the foreground is topped with a small amount of dark seeds, likely chia or flax. In the lower foreground, a dollop of smooth peanut butter is spread on a silver fork, surrounded by several sliced almonds scattered on a light-colored surface.

## 8 SIMPLE STEPS

TO EFFICIENTLY &  
NATURALLY  
REBALANCING YOUR  
HORMONES WITHOUT THE  
USE OF MEDICATIONS

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# INTRODUCTION

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This guide will give you simple, easy to implement steps that can promptly create more balance in your life.

I wish I had something like this when I was struggling with hormonal weight gain, sleep issues, acne, mood issues and loss of my menstrual cycle.

Whether you struggle with symptoms of PCOS, the inability to shift your weight, Thyroid imbalances, adrenal fatigue, adult acne, dysregulated periods or digestive issues, this guide can help get back on track.

These 8 steps are the steps that helped me and continue to help my clients to move the needle the fastest. I hope they can empower you and help you find relief in your current health struggles.



# STEP 1: BALANCE YOUR BLOOD SUGAR LEVELS

Balanced blood sugar levels are **essential** to maintaining balanced hormones.

Many women are stressed, skipping meals, eating processed foods or not eating a balanced meal. This leads to imbalanced blood sugar levels which leads to greater insulin in the blood. Insulin is a fat storing hormone and leads to greater storage of fat for many body types.

High insulin levels can tell the ovaries to make more testosterone. This can cause facial hair and acne. High insulin levels also lower sex hormone binding globulin (SHBG) this dumps estrogen in your system and can contribute symptoms of estrogen excess like sore breasts, fibroids, PMS symptoms and heavy menses.

A drop in blood sugar causes a release of adrenaline, cortisol, and glucagon to convert glucose from stored fats. This alone can increase the burden of estrogen, promote the suppression of both thyroid hormone and progesterone and lead to mineral loss like sodium, potassium, and magnesium.

Interestingly, stress can also lead to greater amounts of blood sugar which creates this same cycle.

## ✓ *My top tips to keep blood sugar balanced are:*

- 1: Create each meal with fibre, around 30g protein, healthy fats and unprocessed carbs.
- 2: eat your meals around 3-4 hours apart
- 3: only eat processed foods 1-2x per week and after a balanced meal, not on an empty stomach
- 4: go for a 10-15 minute walk after your meals
- 5: NO MORE SNACKING! This is very important!
- 6: consume coffee after breakfast rather than on an empty stomach as this can also increase blood sugar levels
- 7: fast for 12-14 hours overnight but no longer
- 8: eat within an hour of waking up.



# STEP 2: MANAGE YOUR STRESS

I cannot highlight enough, how important it is to manage your stress. Stress is a huge reason why your hormones are imbalanced and it's important to understand this more.

Stress comes in different forms including:

- 1: Work/life emotional stress
- 2: GI stress: parasites, bacteria imbalance, candida overgrowth
- 3: Viruses such as herpes, Epstein bar.

Other stressors include: heavy metals, toxins, food sensitivities and a diet low in essential nutrients.

Stress shifts the production of our sex hormones, namely progesterone, to producing stress hormones, such as cortisol, in order to respond to stress in our lives. Many women are struggling with estrogen dominance and this is a huge reason why.

When our body is under chronic stress from our busy lifestyles and internal imbalances, our flight or fight response is consistently activated, decreasing our immune system and in turn our hormones. Physical, mental & emotional stress all result in us dealing with hormonal issues.

Remember, even though you might not always feel stressed, your body can still perceive things you do as a stressor, such as exercising too intensely, eating low carb diets or restricting other food groups, being nutrient deficient, not getting enough sleep, low blood sugar, high toxic burden including high EMF exposure.

## ✓ ***My top tips to reduce stress are:***

- 1: Prioritise sleep. Get in bed before 10pm and wake up around 6-7. Shut off screens 1 hour before bed. Quality sleep is essential to reducing stress
- 2: balance blood sugar levels. Eat healthy fats, protein and unprocessed carbs at each meal. Maintaining healthy levels of blood sugar will help decrease the burden of stress on your adrenals due to highs and lows in blood sugar
- 3: meditation/breathwork. Our breath is the fastest way to decrease stress
- 4: get out in nature often and make sure not to stay indoors all day
- 5: start a gratitude journal
- 6: lab test to see if you have food sensitivities, parasites and other gut imbalances and check your nutrient values (this is something I can help with)
- 7: remove heavy metals and other toxins built up in your body and before you ask the question, "do I have any?", I can pretty much guarantee you will have
- 8: consider supplements such as magnesium, Vitamin B complex and ashwagandha and nervous system calming teas such as Chamomile, Passionflower & lemon balm.





## STEP 3: EAT A NUTRIENT DENSE DIET

A deficient body cannot function optimally, period. A woman's hormones are particularly sensitive to scarcity and unfortunately our body doesn't know the difference between stress from a famine or war or us trying the latest weight loss fad diet. If our body is lacking or doesn't feel like it is getting what it needs, it will down regulate sex hormones (because it is under stress) and up regulate stress hormones in order to survive. The body will always choose survival over creating new life or having happy, functioning hormones.

One of the many stressors we can experience as women is not having enough nutrients to support hormone production. It is extremely important we are consuming enough nutrients, first and foremost from our diet and at times from nutritional supplements.

We must be aware that our food systems & soil have greatly changed over the past half a century or so which impacts the nutrient value of the foods we eat. Even the healthiest of foods, organic and fresh, have less nutrients than before. This is where certain nutritional supplements can come in very handy (more about that in another step).

Hormones are made from enzymes. Enzymes need micronutrients (vitamins & minerals) to function properly. Without these micronutrients, it is very challenging to create and maintain our hormones and unfortunately many people are deficient in micronutrients today, partly because we are too focused on our macros and not eating enough unprocessed foods.

### ✓ *My top tips to increase nutrient intake:*

1: Eat foods as close to their whole, original form from nature and eat a wide variety of foods, with a range of nutrients

2: limit processed foods to 1-2x per week

3: eat a variety of brightly coloured fruits & veges, nuts & seeds, legumes, and some animal protein if you choose to eat meat/fish. These plant foods also help create a healthy gut microbiome (more about this in another step)

4: calculate your daily energy expenditure to see how much you need to take in daily <https://tdeecalculator.net/>

5: eating fruits and other healthy carbs gives your body glucose which it needs to convert inactive thyroid T<sub>4</sub> into active T<sub>3</sub>, to keep your cells functioning optimally, keep your metabolism running, and fuel every single part of your body

6: eat enough healthy fats (olives, olive oil, avocado etc). Fat and cholesterol are the building blocks of hormones. You need enough cholesterol to make sex hormones like estrogen and testosterone.



# STEP 4: CLEAN UP YOUR GUT HEALTH

The trillions of microbes in your gut, known as your microbiome, play a role in activating and eliminating certain hormones. When there's an imbalance in these microbes, due to stress, toxins, antibiotics, gut infections, or a poor diet, it can have a huge impact on hormone levels and function. There are many factors that can cause an imbalance in gut bacteria (toxins, stress, food intolerances, processed foods, alcohol, high sugar foods, medications such as antibiotics and the hormonal birth control). These can irritate the lining of the gut, disrupt the gut microbiome and cause inflammation, nutrient deficiencies and a range of health problems, a big one being hormone imbalances.

Estrogen in the body is processed by a collection of bacteria in the gut called 'estrobolome'. Estrobolome includes the enzymes which are responsible for breaking down hormones and healthy bacteria in the gut which go on to feed the rest of our body. Estrobolome also controls how your body breaks down and eliminates excess estrogen from the body. As a result, an imbalance in healthy gut bacteria can contribute to a deficiency or excess of estrogen.

The gut is also responsible for producing hormones that regulate our mood, hunger, sleep and stress. The gut synthesizes and secretes hormones and inhibits and enhances production of hormone,

Parasites also impact the gut and hormones. They consume nutrients needed for healthy bodily functions plus the presence of parasites in the host changes its endocrine equilibrium due to the activation of the immune system response. 1 in 3 people have parasites but we can eliminate them safely.

Your gut is where you absorb the nutrients needed to produce hormones. If you're not breaking down and absorbing nutrients properly, you won't have the building blocks needed to make hormones like thyroid hormones, estrogen, progesterone, and cortisol. Making sure you have enough stomach acid to extract nutrients from your food is extremely important.

## ✓ *My top tips to increase nutrient intake:*

- 1: Eat a diverse diet and choose unprocessed, fresh, organic food when possible
- 2: consume a quality probiotic
- 3: remove parasites, yeast and bacterial overgrowth
- 4: heal and seal the gut lining using products such as marshmallow root, aloe vera and zinc
- 5: limit stress & toxin intake from food, beauty and cleaning products
- 6: limit alcohol
- 7: consider the impact the birth control pill has on your gut health
- 8: increase stomach acid by using 1 tsp ACV in a little water 15 mins before meals
- 9: chew slowly and eat in a calm state
- 10: avoid foods your sensitive to. Run an at home lab test to find out which ones they are. This is something many of my clients run.





## STEP 5: CONSIDER USING NUTRITIONAL SUPPLEMENTS



Like every part of our body, our hormones require specific macro nutrients (carbohydrates, fats and protein) and micro nutrients (vitamins and minerals) to function. Unfortunately due to our diets, food systems, personal lifestyles or where we live in the world, we do not always get what we need in order to support our body's hormones. Using high quality nutritional supplements, along with eating a wide variety of whole foods can give you the extra support you need.

Some hormone supporting supplements my clients and myself use include:

**Vitamin D3:** Several studies reported that vitamin D deficiency affects both insulin secretion and insulin resistance. Insulin resistance is a hallmark of the polycystic ovarian syndrome, one of the most common endocrine disorders that affects reproductive age women.

**Omega 3s:** These essential fats are found in fatty fish and certain nuts and seeds and play a critical role in the production and regulation of hormones. Omega 3s can help regulate hormone levels and reduce inflammation associated with PMS symptoms, like bloating, cramps, and mood swings. They also support healthy fetal development during pregnancy and are linked to a reduced risk of cardiovascular disease.

**Vit Bs:** These are super important for balanced hormones, in particular, B6 as it helps with the production of progesterone and B5 is known as the 'anti-stress vitamin' and is needed for synthesis & metabolism of our steroid hormones (sex and stress hormones). B vitamins are essentially known to be 'the energy vitamins'! They also support cell metabolism and transforming the food we eat into usable energy! B vitamins help our body feel calm, less anxious and are needed for a balanced nervous system.

**Multivitamin:** a quality multivitamin gives you all your daily vitamins, minerals plus greens support which helps increase your antioxidants and better support your liver to remove used hormones.

**Magnesium:** Magnesium has over 300 functions in the body and is known as the 'miracle mineral'. It is essential for the production of steroid hormones such as Testosterone, DHEA, Progesterone and Estrogen. It has been shown to reduce oxidative stress, slowing down the aging process. It's amazing at calming the nervous system, supporting the body with stress and helps improve sleep

**Adaptogenic herbs:** help improve mood, balance hormones, fight fatigue and boost the immune system. Some of my favourites are Ashwagandha, Ginseng, Reishi and Rhodiola.

**Herbal teas:** help to calm the nervous system and support a healthy sleep cycle. Managing stress and improving sleep quality are essential for healthy, balanced hormones. I love Chamomile, Passionflower and Lemon Balm.



# STEP 6: GET ENOUGH QUALITY SLEEP

Getting adequate sleep is important for regulating a number of hormones, including:

- cortisol
- estrogen and progesterone
- hunger hormones, like insulin, leptin, and ghrelin
- melatonin
- thyroid hormones
- growth hormones

It's important to get a good night's sleep on a regular basis for optimum hormone regulation. This includes sleeping long enough and deeply enough to enter rapid eye movement (REM) sleep and deep sleep. Light sleep or sleep that's frequently interrupted won't do the job.

You may also be skipping the healing and repairing time that comes from growth hormone levels during sleep.

The ideal amount of sleep required for most adults is around 7 to 9 hours, aiming for 8 hours is a great target.

If you're accumulating sleep debt during the week, you can't catch up sufficiently on the weekends.

Missing sleep can lead to:

- reduced immunity
- more frequent infections
- increases in illnesses
- spikes in appetite
- higher calorie consumption
- weight gain
- dysregulated hormones

## ✓ *My top tips to improve sleep:*

- 1: Eat minimum 3 hours before bed
- 2: wear blue light blocking glasses after sunset
- 3: have magnesium and nervous system relaxing teas such as Chamomile in the evening (not too close to bedtime)
- 4: avoid exercising after 6pm
- 5: have your last coffee before 1pm (1-2max coffees recommended per day)
- 6: have a calming winddown routine such as reading and journalling instead of screen time.





## STEP 7: DETOX YOUR LIFE



We currently live in a world that had over 180,000 man made toxins. Many of these toxins are known carcinogens, meaning they cause cancer and are also endocrine disruptors, so they directly impact your hormone system and cause many of these issues we struggle with today. We are exposed to chemicals through the air we breathe, what we put on our skin and through the foods/water we consume.

Evidence has been documented that heavy metal such as mercury, cadmium, lead, and arsenic, and other environmental toxins can serve as endocrine disruptors causing endocrine imbalance. Examples include mercury in fish, chlorine in tap water and swimming pools, pesticides on foods, chemicals in makeup and other beauty products, paints, candles etc.

Chlorine molecules are very similar to thyroid hormones and can mistakenly be up-taken by the thyroid leaving no space on the receptors for actual thyroid hormone. Toxins can accumulate in the adrenals and thyroid and cause adrenal fatigue, block thyroid receptors from real thyroid hormone and disrupt hormonal pathway. Many toxins mimic hormones, interrupt the bodies ability to decipher between our hormones and the environmental toxins and other substances we take into our body leading to all types of hormonal issues.

### ✓ ***My top tips to decrease toxin intake:***

- 1: consume organic food when possible and use the 'dirty dozen, clean 15' to help guide you.
- 2: buy clean beauty products, cleaning products, toothpaste and body wash etc. Use this website to check the level of toxicity in your products [EWG](#)
- 3: complete a functional medicine detox to help your liver remove built up toxins stored in your fat tissue (this is something I do a few times a year)
- 4: switch from candles and air fresheners to essential oils
- 5: buy a quality filter to make sure you're drinking clean water that actually penetrates and hydrates your cells rather than just making you pee and leaving your dehydrated
- 6: Do dry brushing to increase lymphatic drainage & use saunas to help remove toxins through your sweat.



## STEP 8: SUPPORT YOUR LIVER

Our liver is the most incredible organ! When its strong and has all the nutrients it requires to complete both phases 1 and 2 of its detoxification process, it's amazing but when it doesn't have these nutrients, things start to go south quickly.

It is responsible for filtering our entire blood every 6 minutes and tries its best to do so but due to nutrient deficiencies and a huge toxin burden in our environment, we need to support it with some extra love.

One of the liver's roles is to help regulate the balance of sex hormones, thyroid hormones, cortisone and other adrenal hormones. The liver transforms or removes any excess hormones from the body. If your liver is not functioning optimally, or if you have a liver condition, then your liver may not be able to properly remove estrogen at its normal rate. That means estrogen can be poorly metabolized and can get reabsorbed in the body, leading to a hormonal imbalance.

It also means that your liver can't remove all of the toxins you are consuming. Your body is smart and wants to ensure its safety, so it will store extra toxins in your fat cells, leading to greater water weight and that puffy look many women with hormonal issues can have. Extra toxins in the body can cause other health issues and is not healthy for our cells.

### ✓ *My top tips to increase nutrient intake:*

- 1: Support your bile flow, use bile flow aids like digestive bitters, dandelion root, beets, ox bile and castor oil packs
- 2: Practice dry brushing daily. Dry brushing on a daily basis helps increase lymph flow & detoxification of the body.
- 3: Exercise regularly to keep the lymph moving
- 4: Use sauna's to help remove toxins
- 5: Make sure you hydrate with clean water, 2-3 L per day.

More continued below.....



# STEP 8: SUPPORT YOUR LIVER

✓ *My top tips to increase nutrient intake:*

6: Complete a functional medicine detox every 3-6 months to keep your liver in optimal condition and body clean. This will support to deeply support your liver health, improve hormone balance, increase energy, improve sleep and skin quality and help you lose weight.

My clients and I use this one and absolutely love it!

<https://equi.life/products/dr-cabral-detox?irad=909135&irmp=2968916>

7: Make sure you get enough nutrients so your liver can do its jobs (amino acids, B vitamins, antioxidants, vit C, vit E, choline, magnesium, selenium, zinc, sulfur. These are some of the supplements I use:

**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>

# SO WHAT NOW?

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Alright, now you know the 8 vital steps you need to take to balance your hormones naturally... But here's the thing, having these 8 steps at your fingertips is only a small part of the journey.

You need to structure it into your day-to-day lifestyle to see real results and be CONSISTENT (this is key)...not by trial & error and second guessing every step of the way, but a proven step-by-step blueprint you can follow to discover the root cause of your symptoms, restore your metabolism and hormonal health. And that's exactly what you get in the program, (Harmonious Hormones, Balanced Belly) I developed to support women just like you.

## HARMONIOUS HORMONES, BALANCED BELLY

### LET'S BEGIN HERE

Without a clear blueprint and an ability to be consistent with implementing the things you know can help you, it will unfortunately take so much longer for you to rebalance.

This program is a step-by-step program to help you discover the root cause of YOUR symptoms (as everyone is individual), learn how to bring balance to your life, and reclaim your hormonal and gut health and vitality.

It is for women who are over feeling terrible and haven't got the time to waste guessing what to do about their symptoms: fatigue, weight gain, irregular cycle, acne, hair loss, mood swings, poor sleep, bloating, digestive issues. For women who want results quickly and for long term.



"6 months from now, you'll wish you started today".



# WELCOME TO MY PROGRAM

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I created my program for women who want to get lasting results, fast. It's no myth that hiring a coach who is an expert in the area you wish to improve in, greatly fast tracks your success. What might take you years on your own, can take you a few months with a coach by your side supporting you and keeping you accountable. This helps you get out of your own way and finally change your habits, which is what is currently stopping you from being successful in your health.

## DO YOU WANT?

- **REGULAR & SYMPTOM-FREE CYCLES**
- **CLEARER SKIN WITH NO HORMONAL ACNE**
- **IMPROVED MOODS**
- **BETTER SLEEP**
- **INCREASED LIBIDO**
- **LESS BLOATING**
- **MORE ENERGY**
- **LESS ILLNESS**
- **STRONGER BODY**
- **CONSISTENCY**

If you've finally had enough of always being sick, tired, in pain and playing small because your health is not in a good place then this is your sign to get in touch with me for a free health consultation.

Find out what can be done for you individual situation and if you are a good fit for my program.

The hard truth is, no one is coming to save you and unless you put yourself first, your healing journey is going to be a long one, which won't help yourself or your loved ones.

Take action today and start to create the health and life you've been dreaming about.

**EMAIL ME OR MESSAGE ME ON INSTAGRAM**  
**TO BOOK A FREE HEALTH CALL**

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## SEE WHAT OTHER WOMEN ARE SAYING

### **Steph, from England**

Within the first week, I was losing weight, thinking clearer, more relaxed, positive, and motivated. All of these were accomplished following a flexible, practical plan, without the use of medication, to release toxins and balance hormones the way nature and our bodies are designed to do so. Cath was always available to answer questions and offer professional support, which she earned through education and personal experiences."

### **Shannon, from Sweden**

"I am in the first month of the three month program and have already lost 6kg! AFTER having a baby I had a lot of water weight and had gained a lot of weight during my pregnancy. It's been difficult so lose but now i feel confident i can do it! So excited to see my transformation after 3 months!"

### **Donna, from Australia**

When I started with Cath I was struggling with hormone imbalances, Fatigue, Stress, Gut issues. I have so much more energy now to look after my 3 beautiful kids! Still more to continue working on but A LOT better than where I was 3 months ago.

### **Emma, from Australia**

"I chose to work with Cath because of her holistic approach to health and well-being and I knew she would be dedicated to supporting me because she is so passionate about what she does.

I am no longer taking any prescription medications and have learnt how to better manage lifestyle triggers instead. The severity of headaches has significantly reduced and frequency of migraines is also much less."

### **Lisa, United States**

"Cath is very gentle in her approach, a great listener & very empathetic. Before I worked with Cath I struggled with what foods to eat which went along with bloating and menstrual cycle issues. I felt fatigued all the time being a busy mum of two. After running some functional medicine lab tests she advised me on what vitamins I was lacking, what gut imbalances I had and what foods suited my body type so I could achieve my goals and naturally balance my gut and hormones. Thank you for your daily support Cath".

**CHECK OUT MY WEBSITE TO SEE**  
**MORE WOMEN'S SUCCESS**



# 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. 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 body 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 for free content and daily tips and insights about balancing hormones, improving your gut health 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 'Balanced Belly, Harmonious Hormones' program that has helped countless women achieve their dream health.

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,

*Catherine Chandler*

