

Symptoms of hormonal imbalance range from:

- Anxiety, Weepiness, Paranoia
- Mood Swings, Irritability, Hostility
- Depression
- Migraines
- Dizziness
- Depressed Immunity
- Food Cravings
- Skin Issues
- Sleep issues
- Low energy/fatigue
- Menstrual irregularities, premenstrual symptoms
- Low fertility
- Bloating, Water Retention
- Digestive Issues
- Cramps, Pain (Lower Pain Threshold)

PILLARS OF SUPPORT

I. Stress Management:

Manage Stress

Stress is the most common underlying cause of hormonal imbalances of all types. Stress can look many different ways and can be caused by emotional, physical or environmental factors. Stress management is a lifestyle. It can require us to make large, systemic changes to our life, relationships and patterns of behavior. Stress management will look different for everyone, but in general, we can manage stress by taking time for ourselves, breaking old patterns, communicating clearly, standing up for ourselves and our needs, resting, eating well, staying hydrated and drinking nervine teas (see below).

Exercise

Exercise is important and helps the body process toxins, manage stress, anxiety and depression and keep the metabolism and organs of elimination functioning well. Exercise does not have to be overly strenuous to be healthy. Consider your own unique constitution, would you most benefit from vigorous cardiovascular exercise like running or more restorative, calming exercise practices such as yoga or tai chi. Perhaps you would do best with something in the middle like brisk walking, bike riding or swimming.

Get Good Rest

When we rest and sleep the body has time to restore itself. When we are relaxed, the body creates hormones and other chemicals, repairs cells, processes toxins and waste material and builds blood and tissues. Rest and relaxation is an essential component of stress management, emotional wellness, immunity and vitality.

Listen to Your Body

Long before hormonal imbalances lead to pathology, we are given countless signs that the body is under stress. Try to tune into these signs and signals and identify them. What aggravates and exacerbates them, what might help to alleviate them? Pain and discomfort (emotional and physical) is a sign from your body to stop doing what you are doing and start doing things differently. It is important that we approach our health with love and compassion, observing patiently (with an open mind and open heart). What it is that my body needs and how can I give that to myself?

Herbs for Mind, Body and Spirit

Nervine Tonics: chamomile, basil, lemon balm, linden, oat straw and oat tops, skullcap, St. John's wort

Nervine Sedatives: California poppy, chamomile, lemon balm, passionflower, skullcap, wild lettuce

Heart Exhilarators: basil, cinnamon, lavender, lemon balm, linden, rose, tulsi basil

II. Metabolic Balance and Support:

Stay Hydrated

Water helps to flush toxins from the body and hydrate your cells. It enhances immunity, supports tissue growth and repair and helps the body transport nutrients. As a general suggestion, drink half of your body weight in ounces of water per day. For example, if someone weights 150 lb., they would drink 75 ounces (which is 2 quarts plus 9 ounces) of water each day. This is a general suggestion and can be adapted accordingly to meet individual needs. Avoid drinking cold water, instead drink water at room temperature or warmer. In the summer months, consider adding a pinch of salt and a splash of juice or a spoonful of honey or maple syrup to your water to help the body absorb it better. Well water or filtered water is recommended.

Exercise

See above.

Alteratives

Artichoke leaf, burdock root, calendula, dandelion leaf and root, milk thistle, nettle, yellow dock

Lymphatics

Burdock root, calendula, cleavers, red clover, violet leaf and flower

Carminatives

All culinary herbs and spices.

III. Nutrition:

Omega 3 Rich Foods

Fish oil and cod liver oil, evening primrose seeds/oil, flax seeds (freshly ground seeds or properly stored and transported oil), animal and animal bi-products from pastured animals.

Mineral Rich Foods & Herbs

High mineral foods include leafy greens such as kale, collards, Swiss chard, spinach, seaweed, parsley. Herbs and wild greens such as lamb's quarters, purslane, violet leaf, nettle leaf, dandelion greens. Sesame seeds, tahini and sesame oil very rich in calcium and other minerals. Incorporate into the diet freely. Consider making a mineral rich vinegar to incorporate into your cooking.

Blood Building, Iron Rich Foods

Hard squashes, beets, sweet potatoes, potatoes, carrots, molasses, red meat, prunes and herbs including goji berries, rehmannia root and jujube date.

Avoid: sugar, caffeine (coffee, green & black tea, chocolate, sodas), alcohol, processed and refined foods, refined salt (especially in processed foods).

Mineral Rich, Tonic herbs:

Alfalfa, borage, chickweed, dandelion leaf, horsetail, nettle, oat straw & tops, red clover, red raspberry leaf, rose hips, watercress. Drink 1 – 3 cups of tea or infusion/day.

IV. Rejuvenation:

Adaptogens and Rejuvenate Herbs:

Alfalfa, ashwagandah, astragalus, basil, chamomile, codonopsis, eluthero, goji, licorice, linden, motherwort, schizandra, shitavari, tulsi basil. And more!

