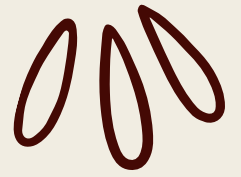
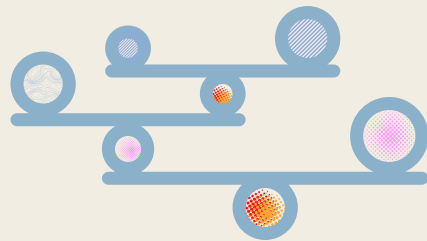


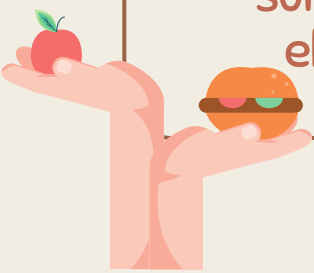
HOW TO BALANCE

# HORMONES



## BALANCE WITH DIET

Eliminate suspected food allergens or sensitivities; if you know you have sensitivities to certain foods do your absolute best to remove them. If you're not sure, consider a full elimination diet.



## BALANCE WITH EXERCISE

Movement after meals supports cortisol and insulin balance; short, brisk walks may be adequate for this purpose.



## BALANCE WITH SLEEP

Sleep in a cool, completely darkened room, use an eye mask if living in an urban area.



## BALANCE STRESSORS

Engage in a regular, daily stress management routine which can include guided imagery, belly breathing/deep breathing, journaling, yoga, meditation, reading, time in nature, prayer, art or whatever resonates for you.

## REDUCE INTERNAL TOXINS

Support your body's ability to detoxify the harmful substances you come in contact with on a daily basis by eating cruciferous vegetables and consuming 64-80 oz. of water daily.



## REDUCE EXTERNAL TOXINS

Reduce exposure to electromagnetic radiation - keep cell phones out of pockets, tablets and laptops out of laps, unplug wireless connections at night.

