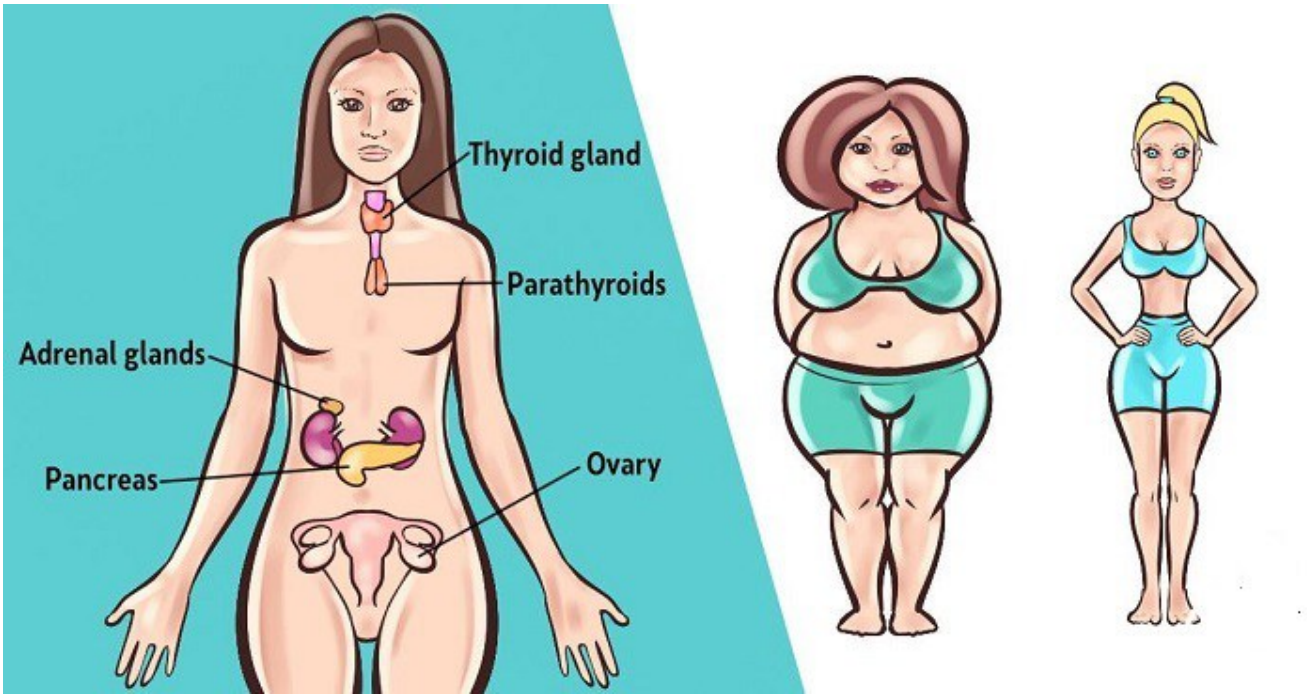
PLANTS & HERBS

The Top 6 Herbs to Balance the Hormones Naturally

By bestfolkmedicine · 13/07/2018 · 2 min read



Often times, symptoms like anxiety, bloating, chronic tiredness, and gain of weight can occur as a result of hormonal imbalance in the body. Namely, hormones play a crucial role in various processes going on in the body, like regulation of mood, digestion, metabolism, reproduction, respiration, tissue function, movement, stress, and growth.

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The Reasons for Hormonal Imbalance

A hormonal imbalance can occur due to various reasons, i.e. from excessive amounts of negative stress, unhealthy diet, and environmental pollutants to genetics and previous medical issues. Other

contributing factors are insulin injections, thyroid meds, birth control pills, etc.

All Symptoms of Hormonal Imbalance

Insufficient energy

Loss of hair

Weight gain

Sweating in the nighttime

Frequent headaches

Tiredness

Depression

Changes in mood

Puffy eyes

Memory fog

Reduction in libido

Sleeping problems

Skin problems like acne

Changes in appetite

Irregular menstrual periods

Brittle nails and hair

How to Bring Back the Hormonal Balance Naturally

Instead of reaching for over-the-counter meds which often come with serious side effects, you should opt for natural remedies like these powerful herbs to restore the balance. Let's take a look:

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Ashwagandha

This herb is a natural adaptogen which is highly effective in healing hormonal imbalances; it also brings back the balance in the thyroid and adrenal glands, minimizes negative stress, aids in the treatment of hyperthyroidism and hypothyroidism, and it is also recommendable against Graves and Hashimoto. You can also use it against depressive mood and anxiety.

Maca

Peruvian people have been using this herb for centuries in order to enhance fertility, endurance, and libido. It is known to improve the hormonal production and it naturally adapts to the body and provides the necessary hormones or lowers their amount when necessary. What's more, it is also beneficial for the pituitary and hypothalamus gland.

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Milk thistle

Without doubt, this is a potent herb when it comes to liver detoxification and restoration of hormonal balance. Namely, a toxic liver can elevate the secretion of estrogen and decrease that of progesterone. This herb will purify the liver and the rest of the body by improving the liver's functioning and thus, regulate the hormonal imbalance.

Oatstraw

This is the best herb for a relaxed nervous system, better mood and blood flow, balanced hormones, less stomach pain, and strong nerves and hormonal glands. In addition, it can be used for stronger bones and against high cholesterol levels.

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Chaste tree berry

For a long period of time, this herb has been widely used as a natural remedy against hormonal imbalance, infertility, menopausal symptoms, and endometriosis. It maintains a healthy balance of the hormones in the body by regulating the functioning of all smaller glands.

Red raspberry leaf

Tea from red raspberry leaves is abundant in vitamins and minerals and it can therefore minimize menstrual ache, post-labor pain, nausea and avert miscarriage and heavy blood flow during

menstruation. It is also recommendable for women who need to boost the production of breast milk.

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