HEALTHY TIPS

10 Small Changes that Will Balance Your Hormones Naturally

By bestfolkmedicine · 25/11/2018 · 2 min read



Our hormones affect our mental, emotional, physical well-being. As Health Line explain, these chemicals are pivotal for our appetite, weight, and mood management, but for numerous other functions too.

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Unfortunately, nowadays, due to the busy lifestyles we lead, we tend to struggle with hormonal imbalances. If you have been also having a hormone-related problem, make sure you continue reading the article because we will show you how simple lifestyle changes can optimize your hormonal health.

10 Improvements to Boost Hormonal Health

1. **Eat more healthy fat**

Healthy fat on a regular basis acquired from whole foods will balance the production of hormones, but also help you feel sated, energetic, and experience fewer cravings.

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2. **Minimize sweets and starch**

A diet full in sweets and starch can overburden the hormones. Make sure you reduce their intake and see whether there is some improvement.

3. **Stay away from inflammatory foods**

Processed foods, artificial sweeteners, sugar, gluten are not good for the hormones and the endocrine health. Minimize or completely exclude their consumption if you have hormonal problems.

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4. **Relax**

Relaxing is vital for the hormones, but for your health and well-being as well. No matter if you watch a movie, go to a dancing class or spend time with friends, it will definitely benefit your hormones.

5. **Reduce your chemical exposure**

Our hormones can be negatively affected by excessive exposure to dangerous chemicals present in cosmetic products, cleaners, skin care products.

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6. **Get enough sleep**

Insufficient sleep is never good for the health and when you do not get enough sleep, your body's hormonal production will not be optimal, i.e. there will not be enough hormones to restore and revitalize the cells. This will contribute to the cells aging much quicker.

7. **Ditch the meds**

Some over-the-counter meds, when consumed in excessive amounts, will contribute to hormonal imbalance and worsen the health of the microbiome. Consult your physician about meds that you can replace for natural options or ones you can stop taking.

8. **Lower the consumption of caffeine**

Consuming high amounts of caffeine can cause hormonal problems. So, make sure you do not exaggerate with the intake of drinks that contain it, for example, coffee, soda, tea, etc.

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9. **Preserve your microbiome health**

A healthy gut needs fiber and probiotics to function optimally. They will prevent the negative effect of bad bacteria and encourage the growth of good ones. You can acquire them from fruits and veggies and fermented foods. They are also essential for the hormonal and digestive health.

10. **Lower the grains, legumes, and sugar-abundant fruits for 2 weeks**

When you eat too much carbs, you may experience metabolic issues and your body will not be able to properly digest them. The risk of insulin resistance will also elevate.

Before heading out, do not forget to check out the video shown below to learn more about how to naturally balance your hormones:

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Sources:

HEALTH AND LOVE PAGE

HEALTH LINE

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