

Achieving Hormonal Balance & Wellness

Follow & Connect

Kim Schamroth
@Thefertility_RN
Thefertilityrn@gmail.com

Gila Guzman
@CoachGilaApproved
Coachgilaapproved@gmail.com

Hormonal Health

What are hormones?

- Hormones are chemicals produced by endocrine glands throughout the body
- Hormones travel through the bloodstream to tissues & organs delivering messages to these organs to carry out different functions
- Since hormones drive major functions in the body, an imbalance may affect how the body functions properly
 - ie: Blood Sugar, Metabolism, Menstrual Cycle & Fertility, Mood & Stress and more.

What are reproductive hormones?

- 3 main hormones include: Estrogen, Progesterone, Testosterone
- All 3 are working throughout a woman's lifespan from puberty - trying to conceive - pregnancy - postpartum - menopause
- These hormones fluctuate throughout a woman's cycle so we won't see a steady amount, rather a coordinated dance of highs & lows
- **Estrogen:** Produced by the ovaries
 - Estrone (E1): Most common during menopause
 - Estradiol (E2): Most common during reproductive years
 - Estriol (E3): Most common during pregnancy
- **Progesterone:** Produced by ovaries, corpus luteum & adrenal glands
 - Function: to support & maintain a pregnancy
 - Each month progesterone builds the uterine lining to support a pregnancy until 12 weeks when the placenta takes over
 - If a pregnancy does not occur, the uterine lining will shed
- **Testosterone:** Produced by ovaries in small amounts & fat cells
 - They support the sex drive, mood, energy levels, & bone health
 - Increased levels in fertile women are associated with PCOS, insulin resistance, diabetes, hypertension & high cholesterol.
 - Low levels found in post-menopausal women have been linked to decreased sex drive, osteoporosis, risk for bone fractures

Lifestyle Factors Impacting Hormonal Health:

- A mindset shift can change your habits for hormonal health like:
- *Sleep* affects our hormones so improve your sleep regimen with:
- *Exercise:* Explore different forms of exercise and their effects on our hormonal regulation.
- *Hydration* has an effect on hormonal health
- *Drink* approximately 48 oz. per day.
- *Stress Management:* Does chronic stress play a role in hormonal regulation?
- Tips to manage your stress
- *Balancing* blood sugar and hormonal health.
- The connection between *Gut health* & hormonal health

Dietary Changes To Optimize Hormonal Health:

- *Whole Food Plant-Based Diet:* Fruits & Vegetables, whole grains, fats, & plant-based proteins
- The Importance of *Fiber*
- *Soy* - harmful or helpful?
- *Flaxseeds, Cruciferous Vegetables, Leafy Greens, Nuts & Seeds, Berries*
- Hormone Balancing *Herbs & Spices*
- Are there foods to limit/avoid for hormonal health?
- Exploring the link between environmental toxins ie. endocrine disruptors found in food and our hormones