

THE
HAPPY
HORMONE
HANDBOOK



A simple guide to help you feel
like you at every stage of life

WHY HORMONAL HEALTH MATTERS

Your hormones affect everything from your mood and energy to sleep, metabolism, and even weight. Yet many women suffer in silence, thinking exhaustion, brain fog, or hot flashes are just part of life. This guide will walk you through what hormonal imbalance looks like, how to start supporting your hormones naturally, and plant-based products to help you feel like yourself again.*

YOU'LL LEARN HOW TO:

- Spot signs and symptoms of hormonal imbalance
- Build simple daily habits that promote hormone health
- Avoid hormone disruptors in your home and diet
- Find natural hormone support that works for you*

SIGNS YOUR HORMONES ARE CRYING OUT FOR HELP

Hormone imbalances look different for everyone. You might chalk them up to aging, stress, or a busy schedule. But here are common red flags.

Check off anything that you experience regularly:

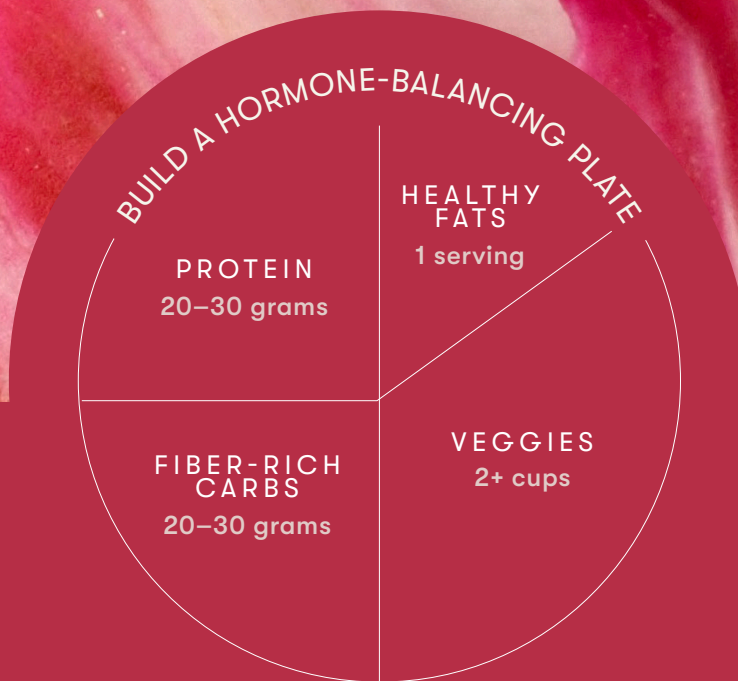
- | | |
|--|---|
| <input type="checkbox"/> Fatigue, even after a full night's sleep | <input type="checkbox"/> Vaginal dryness |
| <input type="checkbox"/> Mood swings, irritability, or nervousness | <input type="checkbox"/> Trouble falling or staying asleep |
| <input type="checkbox"/> Weight gain, especially around the belly | <input type="checkbox"/> Joint discomfort |
| <input type="checkbox"/> Irregular cycles or heavier periods | <input type="checkbox"/> Dizziness |
| <input type="checkbox"/> Hot flashes or night sweats | <input type="checkbox"/> Numbness, tingling, or crawling skin |
| <input type="checkbox"/> Brain fog or forgetfulness | <input type="checkbox"/> Headaches |
| <input type="checkbox"/> Low libido | <input type="checkbox"/> Pounding heart |

If you checked off two or more, your hormones may need support. Tracking your symptoms and discussing them with a health care provider can be helpful. You can also begin building hormone-friendly habits—starting with the simple daily steps in this guide!

DAILY HORMONE- BALANCING HABITS

You don't need to overhaul your life overnight to feel like yourself again. Small, consistent changes for more balanced hormones add up. Here are some easy ways to begin:

- | | |
|--|--|
| 1 Nourish your hormones with food that fuels. | 4 Incorporate mindful movement. |
| 2 Practice healthy sleep hygiene. | 5 Manage everyday stress. |
| 3 Supplement with natural hormone support.* | 6 Ditch endocrine disruptors. |



NOURISH YOUR HORMONES

Hormone balance begins in the kitchen. Nutritious, balanced meals support your liver’s ability to detox excess hormones, help regulate blood sugar, and reduce inflammation—three key factors in maintaining healthy hormone levels, mood, and energy.

PROTEIN

- Eggs
- Wild-caught salmon
- Grass-fed beef
- Lentils
- Organic chicken or turkey
- Bone broth

FIBER-RICH CARBS

- Quinoa
- Sweet potatoes
- Squash
- Brown rice
- Oats
- Chickpeas
- Black beans
- Beets
- Carrots

HEALTHY FATS

- Avocado
- Olive oil
- Unrefined coconut oil
- Chia seeds
- Flax seeds

NON-STARCHY VEGGIES

- Broccoli
- Cauliflower
- Brussels sprouts
- Leafy greens
- Zucchini
- Cucumber
- Cabbage
- Asparagus
- Bell peppers

TIPS TO EAT YOUR WAY TO HORMONE HARMONY

EAT WITHIN 30–60 MINUTES OF WAKING

A protein-rich breakfast helps steady cortisol and hormone levels.

DELAY CAFFEINE UNTIL AFTER BREAKFAST

Coffee on an empty stomach can spike cortisol and disrupt insulin sensitivity.^{1,2}

AIM FOR 5–7 SERVINGS OF COLORFUL VEGGIES

Cruciferous veggies like broccoli, cauliflower, and Brussels sprouts help your liver detox excess estrogen.

EAT MORE MINERALS (THEY'RE HORMONE MESSENGERS)

Try Celtic or Himalayan salt, trace minerals, or YL products like **Super Magnesium™** and **Mineral Essence™** supplements.

DRINK HALF YOUR BODY WEIGHT IN OUNCES OF WATER

Add **Lemon Vitality™ oil** or **Citrus Fresh™ Vitality™ blend** to a glass water bottle for flavor and internal cleansing properties.*

GET SUNLIGHT WITHIN 1 HOUR OF WAKING

It helps regulate your natural cortisol and melatonin rhythms.³

EAT 25–35 GRAMS OF FIBER DAILY

Fiber feeds your gut microbiome, which helps your body regulate hormones.

MATCH MEALS TO YOUR CYCLE

Eat raw, lighter meals during follicular/ovulatory phases and warm, stabilizing meals during luteal/menstrual phases.
(See page 12.)

AVOID HORMONE ENEMIES

- Refined sugar
- High-fructose corn syrup
- Vegetable oils (canola, soybean, corn)
- Artificial sweeteners
- Processed foods
- Skipping meals or undereating
- Excess caffeine (especially on an empty stomach)
- Alcohol (especially nightly)

HORMONE-FRIENDLY SLEEP HYGIENE

One of the most powerful (and underrated) hormone balancers? **SLEEP**. Your body repairs, detoxes, and regulates hormones—especially cortisol, melatonin, growth hormone, and insulin—while you rest. If you're skipping sleep, you're short-circuiting your entire endocrine system.

WHY SLEEP MATTERS FOR HORMONES:



SLEEP REGULATES CORTISOL

Poor sleep raises cortisol, which can make you feel tired but wired—and mess with your sleep even more.



IT SUPPORTS HORMONAL DETOX

Quality sleep is linked to healthy liver function, which is essential for clearing out excess estrogen, testosterone, and other hormones.⁴



IF AFFECTS INSULIN AND HUNGER HORMONES

Less sleep = more insulin resistance, more cravings, and more belly fat.

YOUR SLEEP PROTOCOL

01. AIM FOR 7–9 HOURS EVERY NIGHT

This is non-negotiable. Even one night of poor sleep can disrupt your insulin levels.⁵

02. POWER DOWN 60–90 MINUTES BEFORE BED

Blue light from screens delays melatonin. Swap streaming movies or shows for a warm bath, reading a book, or journaling.

03. STICK TO A CONSISTENT BEDTIME (10 P.M. IS IDEAL)

Your circadian rhythm loves consistency. Early bedtimes help melatonin rise sooner, so you feel sleep at the right time.⁶

04. CREATE A SENSORY SLEEP RITUAL

Thirty minutes before bed, diffuse an essential oil with a calming aroma like Lavender or **Peace & Calming®** blend, journal, stretch, or do whatever signals to your body that it's time to rest.



PRO TIP

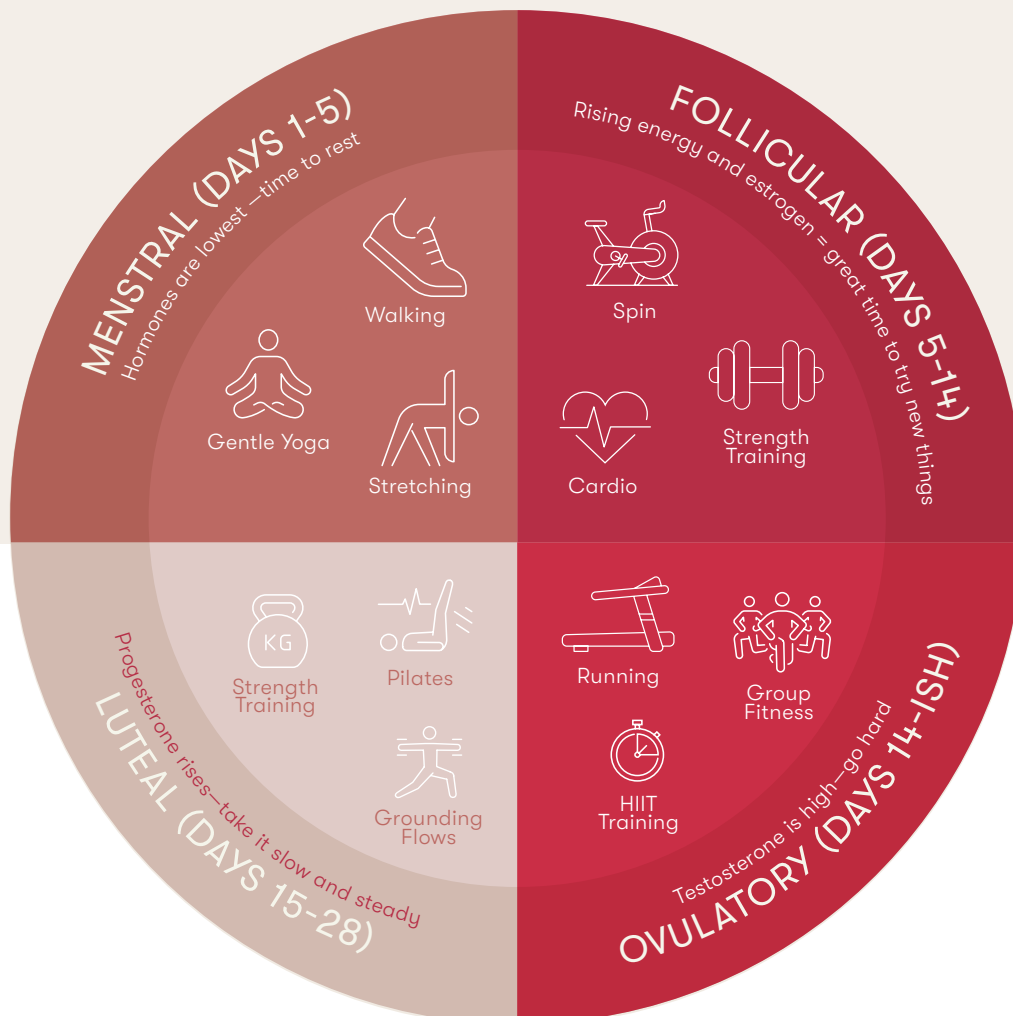
Need melatonin-free support for more restful sleep? Try **Young Living's Deep Night Essence™** supplement before bed.*

MINDFUL MOVEMENT

Engaging in mindful forms of movement throughout your cycle is a great way to support hormonal balance and honor your body's needs. Overtraining or pushing through low-energy days can spike cortisol, disrupt your cycle, and lead to burnout. But syncing your workouts with your hormonal phases helps you train smarter, not harder, so you can take advantage of your body's natural high-performance windows.

WHY MOVEMENT MATTERS FOR HORMONES:

- Boosts serotonin and dopamine (your happy hormones)
- Reduces excess cortisol and improves insulin sensitivity
- Improves lymphatic drainage and estrogen detox
- Helps regulate menstrual cycle and ease PMS symptoms



MANAGE EVERYDAY STRESS

Chronic stress floods the body with cortisol, which suppresses progesterone, disrupts ovulation, and throws your thyroid off course. If you're feeling anxious, wired but tired, or constantly on edge—this is your sign to adopt a daily stress-management routine.

WHY STRESS MANAGEMENT MATTERS FOR HORMONES:

- Chronic stress spikes cortisol, leading to hormonal imbalance.
- Progesterone and cortisol compete for the same building blocks, so more stress = less progesterone.
- Stress weakens digestion, liver detox, and sleep—all critical for hormone health.

5 TIPS TO MANAGE EVERYDAY STRESS



01. TRY BOX BREATHING

Add **Frankincense** or **Valor**® blend to your palms and breathe in, hold, exhale, and hold for four seconds each.⁵

02. MOVE YOUR BODY

Take a 15-minute walk, do a few yoga poses, or stretch to calm cortisol and release tension.



03. MEDITATE

Use the Headspace or Calm app for guided routines and apply **Peace & Calming**® or Young Living **Stress Away**® blend as you meditate.

04. SOAK IN A HOT MAGNESIUM BATH

A warm bath can ease PMS cramps. Add Epsom salt for magnesium and Lavender oil for a calming aroma.



05. CREATE A RELEASE RITUAL

Write down pent-up emotions and thoughts while you diffuse **Frankincense**, **Valor**® blend, or **Release**™ blend.



**PRO
TIP**

Swap your cleaning products for the powerful, plant-based alternatives in the Young Living Thieves® line.

DITCH THE DISRUPTORS

Many everyday products contain endocrine-disrupting chemicals (EDCs)—compounds that mimic or block your natural hormones and silently disrupt your cycle, sleep, metabolism, and fertility.

Learn where they hide, so you can make simple swaps to avoid them.

TOP HORMONE-DISRUPTING CHEMICALS TO DITCH



SYNTHETIC FRAGRANCE

Found in candles, air fresheners, perfumes, and cleaners.



BPA & BPS

Found in plastic water bottles, food packaging, and receipts.



SLS/SLES

Found in many soaps and shampoos.



PHTHALATES

Found in plastics, perfumes, and lotions.



AMMONIA & CHLORINE

Found in conventional cleaners and disinfectants.



PETROLEUM-DERIVED INGREDIENTS

Found in lip balms, lotions, and creams.



PARABENS

Found in skin care and beauty products.



TRICLOSAN

Found in antibacterial hand soaps and toothpaste.

6

SIMPLE SWAPS FOR A LOW-TOX HOME

Harsh cleaning chemicals



Thieves® Cleaner

Candles and air fresheners



Essential oil diffusers

Tap water



Filtered water

Endocrine-disrupting laundry detergent



Thieves® Laundry Detergent

Dryer sheets



Dryer balls

Plastic hand soap bottle



Thieves® Foaming Hand Soap Concentrate and Glass Foaming Hand Soap Dispenser

SUPPORT YOUR NATURAL DETOX POWERHOUSE*

Avoiding every hormone disruptor isn't realistic—but the good news is that your liver detoxes daily, helping your body clear unwanted toxins, excess estrogen, cortisol, and more. Support that natural process with plant-powered supplements designed to promote detoxification and support healthy liver function and hormonal balance.*



LIVERTONE™ SUPPLEMENT

A blend of liver-protective botanicals that supports phases I and II of liver detox, healthy hormonal balance, and insulin metabolism.*



WHOLE BODY CLEANSE™ POWDER

A fiber-rich formula that supports elimination (phase III detox), so your body can release the toxins your liver processes.*

PUTTING IT ALL TOGETHER

YOUR CYCLE-SYNCING CHEAT SHEET

Now that you've learned how to support healthy hormones with nutrition, rest, mindful movement, and stress management, here's how to sync those habits to each phase of your cycle.

Progesterone rises, preparing for potential pregnancy. If no pregnancy occurs, hormones drop —often triggering PMS, fatigue, or cravings.

MOVE Pilates, light cardio, yoga

EAT Sweet potatoes, turkey, greens, healthy fats

TRY Early bedtimes, digital detox, setting boundaries, massage

Estrogen and progesterone are at their lowest. You may feel tired, introverted, or emotionally sensitive.

MOVE Gentle walks/stretching

EAT Leafy greens, beets, fatty fish, grass-fed beef, and seaweed

TRY Journaling, warm baths, magnesium tea



USE Lavender before bed
Dragon Time™ blend on lower back or stomach

Estrogen is rising, boosting your energy, creativity, mood, and metabolism. Use this surge to step up your workouts, set goals, and start new projects.

MOVE Cardio, strength training, hiking

EAT Raw veggies, berries, lean protein

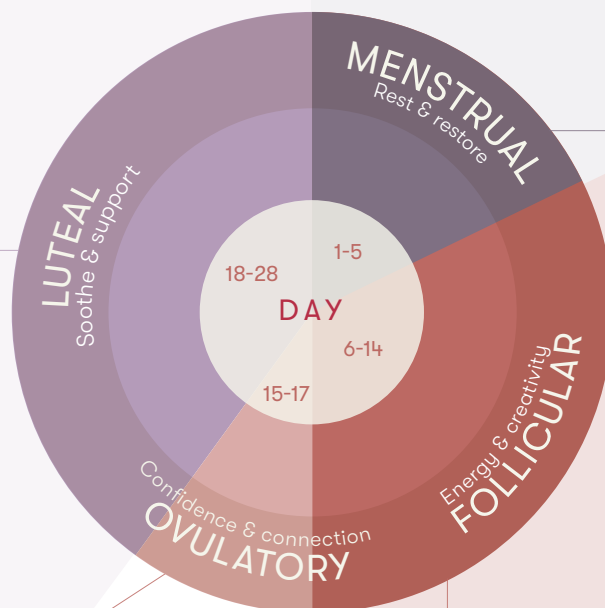
TRY New projects or workouts



USE Citrus Fresh™ blend for an invigorating scent
Peppermint for your work zone

PRO TIP

Use a cycle tracking app or our tracker on page 12 to spot shifts in mood, sleep, energy, and cravings—so you can move through each phase with more ease and confidence.



Estrogen peaks and luteinizing hormone surges, making this your most magnetic and energetic phase.

MOVE HIIT, cycling, group classes

EAT Salmon, avocado, legumes, cruciferous veggies

TRY Hosting events, recording content, going out



USE Progessence Plus™ blend on wrists
Dragon Time™ blend on lower back
Peace & Calming® blend before bed



USE Valor® blend for tasks
Ylang Ylang for date night

NATURAL HORMONE SUPPORT

ONE PLANT-BASED SOLUTION FOR PMS,
PERIMENOPAUSE AND MENOPAUSE*

Meet Daily Hormone Essentials™—a hormone-free women's hormonal health supplement that blends clinically studied botanicals, adaptogens, and essential oils into a fast-absorbing gel. It supports healthy energy, libido, mood, restful sleep, cortisol balance, and everyday stress management—while promoting comfort through hot flashes, night sweats, insomnia, and fatigue. All that without added sugar or the side effects of typical hormone therapy.



DESIGNED
TO SUPPORT

- ✓ Healthy mood & energy*
- ✓ Balanced cortisol & restful sleep*
- ✓ Comfort through PMS, perimenopausal, and menopausal symptoms*
- ✓ Mental clarity and memory*

HOW IT WORKS

Herbal complex

Your hormones' BFF. A clinically studied blend of red giant angelica, Wilford's cynanchum, and sok-dan that promotes comfort through menopause's curveballs—hot flashes, night sweats, insomnia, vaginal dryness, fatigue, and more—while supporting a healthy mood throughout the month. All without the typical side effects of hormone therapy.*

Chaste tree berry

Keeps the rollercoaster in check. This period sidekick offers support for hormonal balance and common PMS symptoms.*

Ashwagandha

The chill-out root. This adaptogen helps support restful sleep, balanced cortisol, mental clarity, and healthy everyday stress management.*

Maca root

The all-in adaptogen. Maca root is often used to support reproductive health and provide comfort through menopause. Some research also suggests it may help support mood and ease everyday stress.*

DeepSpectra® Frankincense^{2™}

A fusion of frankincense resin and essential oil—studied for their potential to support women's hormonal health.*

Magnesium

Supports restful sleep, relaxed muscles, and a calm nervous system.*

Clary Sage, Davana, Fennel, Lavender, and Ylang Ylang essential oils

Ylang Ylang oil comes from our Ecuador farm, where we support girls' education at the Young Living Academy. Lavender and Clary Sage oils come from pollinator-friendly farms in Utah and France.

WHY YOU'LL LOVE IT

- No added sugar
- Keto and vegan friendly
- Less than 5 calories per serving
- Travel-friendly sachets = less plastic
- Gentle enough for daily use



Simply sip and feel
like you again.*

Item No. 49902

Price \$75.00

PV 65

YOUR HORMONE SUPPORT PATH

NOT SURE WHERE TO START? FOLLOW THIS CHART TO FIND THE BEST PRODUCTS FOR YOUR BODY'S NEEDS.*

EXPERIENCING MOOD SWINGS OR CYCLE DISCOMFORT?

You may need monthly rhythm support. Try abdominal massages, supplementation with B vitamins, and grounding practices like yoga or meditation.

START WITH



Daily Hormone essentials™ supplement
Supports healthy mood and common PMS symptoms.*

ADDITIONAL SUPPORT



Progessence Plus® serum
contains natural, bioidentical progesterone from wild yam.*



Dragon Time™ blend
Has a balancing and soothing aroma for your monthly cycle.*



Super B™ supplement
Contains all eight B vitamins to support healthy energy and mood.*

FEELING OVERWHELMED, BURNED OUT, OR WIRED?

You may need adrenal support and a healthy stress-management routine.

Try getting morning sunlight, box breathing, and diffusing essential oils with energizing aromas during the day and calming aromas while you wind down at night.

START WITH



Daily Hormone essentials™ supplement
Supports healthy mood and common PMS symptoms.*

ADDITIONAL SUPPORT



**Peace & Calming® or
Young Living Stress Away® blend**
Feature relaxing aromas that help
you find a moment of calm at
any time or place.*



CortiStop® capsules
Support your body's natural
cortisol balance.*



EndoFlex® blend
Has a minty-fresh, uplifting,
and energizing fragrance.*



Nutmeg Vitality™ oil
May support cognitive function
when taken internally.*



NingXia Red® drink
Clinically shown to significantly reduce
daily stress, increase physical energy,
and improve mental well-being.†



Super B™ supplement
Contains all eight B vitamins
to support healthy energy
and mood.*

†Based on a NingXia Red clinical study.

GOING THROUGH PERIMENOPAUSE OR MENOPAUSE?

Are hot flashes, low energy, brain fog, mood swings, and vaginal dryness part of your new normal? You don't have to suffer in silence. Find hormone-free, plant-powered support through this new phase of life.

START WITH



Daily Hormone essentials™ supplement
Supports healthy mood and common PMS symptoms.*

ADDITIONAL SUPPORT



Progessence Plus® serum
contains natural, bioidentical progesterone from wild yam.*



Endoflex® Vitality™ blend
Help support a healthy lifestyle when taken as a daily supplement.



FemiGen™ capsules
Contains herbs and amino acids designed to help support female hormonal health.*



Clary Sage essential oil
Provides a grounding and harmonizing aroma when applied topically.*



Sclarescence™ Vitality™ blend
Contains Clary Sage and Fennel oils, traditionally used to support women's wellness.*



PD 80/20™ capsules
Supports hormonal balance and endocrine function with pregnenolone and DHEA.*

JUST WANT TO FEEL BALANCED ALL MONTH LONG?

You may need full-spectrum foundational support. Try mindful movement; eating plenty of protein, healthy fats, and fiber; prioritizing eight hours of sleep; and taking supplements that support whole-body wellness.*

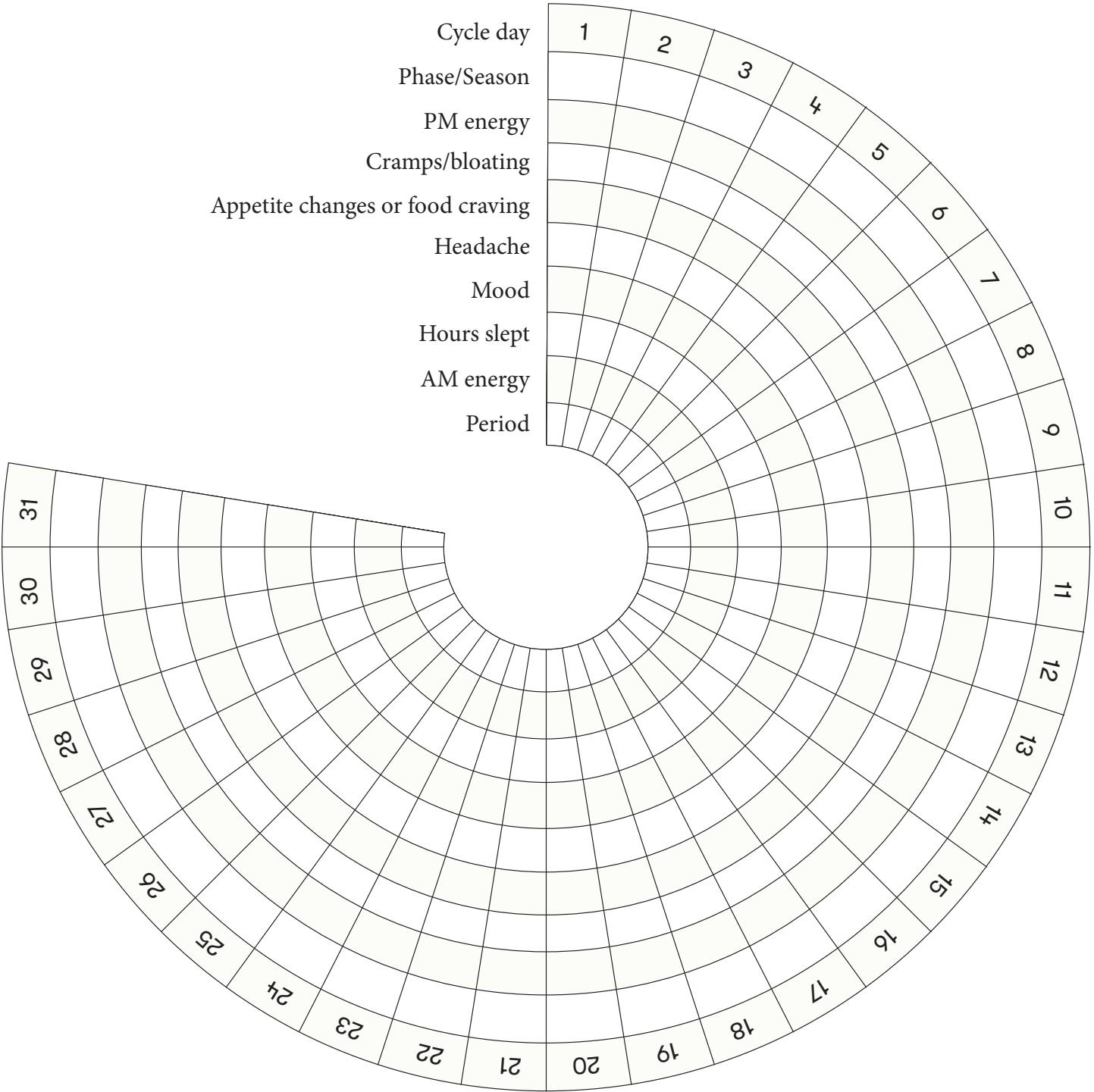


LOOKING FOR HORMONE-SAFE SOLUTIONS FOR THE FAMILY?

If you want to reduce your family's exposure to hormone-disrupting chemicals in the home, start with your cleaning products. Look for plant-based cleaning solutions that are free from parabens, phthalates, synthetic fragrance, ammonia, chlorine, and other endocrine disruptors.



CYCLE TRACKER



REFERENCES

1. When Is the Best Time to Drink Coffee? (16 November 2023). Cleveland Clinic.
<https://health.clevelandclinic.org/best-time-to-drink-coffee>
2. Smith, H. A., Hengist, A., Thomas, J., Walhin, J. P., Heath, P., Perkin, O., Chen, Y. C., Gonzalez, J. T., and Betts, J. A. (2020). Glucose control upon waking is unaffected by hourly sleep fragmentation during the night, but is impaired by morning caffeinated coffee. *British Journal of Nutrition* 124 (10): 1–7.
<https://doi.org/10.1017/s0007114520001865>
3. Peters, B. (24 April 2023). How Morning Sunlight Can Improve Your Sleep. Verywell Health.
<https://www.verywellhealth.com/morning-sunlight-exposure-3973908>
4. Huang, Y. C., Wang B. L., Ling I. J. et al. (2025). The Association of Sleep Duration, Sleep Quality and Liver Function in Taiwan. *International Journal of Clinical Investigation and Case Reports*.
<https://ijcicr.com/journal/article/26>
5. Vinall, M. (1 September 1 2021). How Sleep Can Affect Your Hormone Levels, Plus 12 Ways to Sleep Deep. Healthline. <https://www.healthline.com/health/sleep/how-sleep-can-affect-your-hormone-levels>
6. Burgess, H. J., and Eastman, C. I. (2004). Early versus late bedtimes phase shift the human dim light melatonin rhythm despite a fixed morning lights on time. *Neuroscience Letters* 356 (2): 115–18.
<https://doi.org/10.1016/j.neulet.2003.11.032>