

DEEP DIVE INTO WOMENS HORMONES

WHAT ARE HORMONES?

Hormones are chemicals that coordinate different functions in your body by carrying messages through your blood to your organs, skin, muscles and other tissues. These signals tell your body what to do and when to do it.



The hormones we will discuss are Progesterone, Estrogen and Testosterone. It's normal for hormone levels to fluctuate over time, such as with your monthly cycle, during pregnancy.

For women, the most pronounced hormonal changes come in the teens, 40s and 50s. Hormonal levels not only change with age but are also affected by things like nutrition, medications, contraceptive pill, pollution, toxins, stress, sleep, inflammation and exercise.

HORMONE DISRUPTORS

Hormone disruptors are things that interfere with your endocrine (network of glands that produces all of the hormones) system not only toxins we breathe or apply to our body but also the foods we eat. Foods like dairy, wheat, alcohol, caffeine and sugar to name a few, cause inflammation in our body and in turn can disrupt our hormones. E.g. Studies have found that women with Endometriosis have elevated inflammation levels.



When our hormones are out of balance, they can lead to conditions like Endometriosis, Polycystic Ovary Syndrome (PCOS) and symptoms of perimenopause much in younger women and left unattended can send us into early menopause. And for post-menopausal women or women who have had a hysterectomy, they are still in need of balanced hormones.



As women age, levels of progesterone, estrogen and testosterone decline and contribute to conditions like osteoporosis, increased risk of breast and uterine cancers, mood swings, and increased the risk of heart disease. Fortunately, we can correct these symptoms and once again have happy hormones or with the onset of menopause.



Cleaning Products

Regular everyday products we buy from the supermarket such as your spray & wipe, laundry detergents, hand wash etc, all possibly contain harmful chemicals & fragrance which are known as EDC (Endocrine Disruptive Chemicals)

Fragrance

Over 1140 chemicals that are banned in Europe are still in use in Australia! Unfortunately, our labelling regulations do not require manufacturers to disclose a full list of ingredients in their products. This creates difficulty in making an informed decision when it comes to purchasing products for yourself, your homes and your children.

Stress

As an adaptive response to stress, there is a change in the serum level of various hormones. These changes may be required for the fight or flight response of the individual to stress. However, long-term exposure to stress may lead to many damaging consequences leading to various endocrine disorders.

Diet

Nutrition is emerging as a pivotal environmental factor in hormone health and reproductive capabilities.

WHAT IS YOUR BODY TELLING YOU

Hormones are essential for regulating most major bodily processes. This means a hormonal imbalance can affect many bodily functions.

Hormones help to regulate:

- metabolism
- blood sugar
- growth
- blood pressure
- reproductive cycles and sexual function
- general growth and development
- mood and stress levels



In female's hormonal imbalance symptoms may include:

- mood swings
- constipation or diarrhoea
- irregular menstrual cycle
- infertility
- pain in the abdomen or the back during menstruation
- low sex drive
- insomnia
- unexplained weight gain or weight loss
- brittle bones
- hirsutism, or excessive hair growth
- rashes on the skin

What we can do about it?

The great thing is that you can do to rebalance, support and correct your imbalances.

Here are our TOP 10 SOLUTIONS

1. Reduce your STRESS

Stress Away - Over the heart daily

This oil is our number one essential oil for stress relief. It comprises of 52% Copaiba, which is high in naturally occurring molecules, which increase the action of the parasympathetic nervous system and reduces the sympathetic nervous system. Apply it over your heart daily, pop it in your diffuser and pour some in your bath.



Exercise - small amounts each day

Exercise reduces levels of the body's stress hormones, such as adrenaline and cortisol. It also stimulates the production of endorphins, chemicals in the brain that are the body's natural painkillers and mood elevators.



Meditation

Our favourite apps to use:

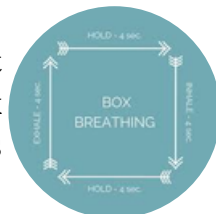
- Calm App (\$79 per year), incorporates Sleep Stories, guided meditation, soothing sounds and more.
- Insight Timer, with the world's largest FREE library of more than 200k guided meditations, with 17k teachers incorporated.



Box Breathing - Slow & deep breaths

1. Breathe in, counting to four slowly.
2. Hold your breath for 4 seconds.
3. Slowly exhale through your mouth for 4 seconds.
4. Repeat steps 1 to 3 until you feel re-centred.

This can be done anywhere at any time, use any box shaped object as your cue to do some deep breathing.



TOP 10 SOLUTIONS

2. Support your Adrenals (stress glands)

Women in their 40s and beyond who find themselves tired, tense and stressed-out usually suspect their symptoms are caused by perimenopause. But even when women are on the cusp of menopause, adrenal stress can be the driving force behind more difficult symptoms.

The adrenal glands are small triangle shaped glands that sit above the kidneys and are responsible for producing and releasing many essential hormones including Cortisol, Aldosterone, Adrenalin and DHEA.

These hormones play a key role in regulating energy production, stress response, carbohydrate, protein and fat conversion: fluid and electrolyte balance, sleep, blood pressure and fat storage.

Without healthy adrenals, the body can't regulate blood sugars properly which leads to inflammation, weight issues, thyroid problems, mineral deficiency, high cortisol, hormone imbalance, poor sleep, anxiety and more.

Ways to support your Adrenals (stress glands):

- Rub EnRGee and Nutmeg essential oils over your adrenals daily
- Reduce your stress- Even minor shifts in daily habits – a walk at lunch, regular deep breaths, noise-blocking headphones, a different route to work – can significantly reduce your stress burden. Apply Stress Away as your daily perfume and pop it in the diffuser in the morning and evening.
- Focus on your sleep routine, have a regular routine that you incorporate before bed that does not involve technology, have a set bedtime that you stick to.
- Modify your exercise routine if you feel drained by it. Try relaxing walks, yoga or any kind of exercise that recharges you rather than drains you.

3. Happy Hormone Diet

- Include protein into every meal (eggs, chicken, beef, legumes, nuts, fish & protein shakes).
- Eat 3 meals a day as well as 2-3 snacks.
- Limit your caffeine and alcohol intake.
- Increase good fats (avocado, seeds & nuts, eggs, olive and coconut oil, fish), you need this for the production of your hormones.
- Stick to whole foods (farm to plate) wherever possible.
- Wash your fruit and vegetables to remove the chemicals.
- Increase your Vitamin B (needed for the creation of adrenal hormones which balance stress & Vitamin C (regulates the adrenalin hormones).
- Incorporate Antioxidants into your every day routine.
- Drinking filtered water (tap water is a hormone disruptor)

How many of these symptoms you have?

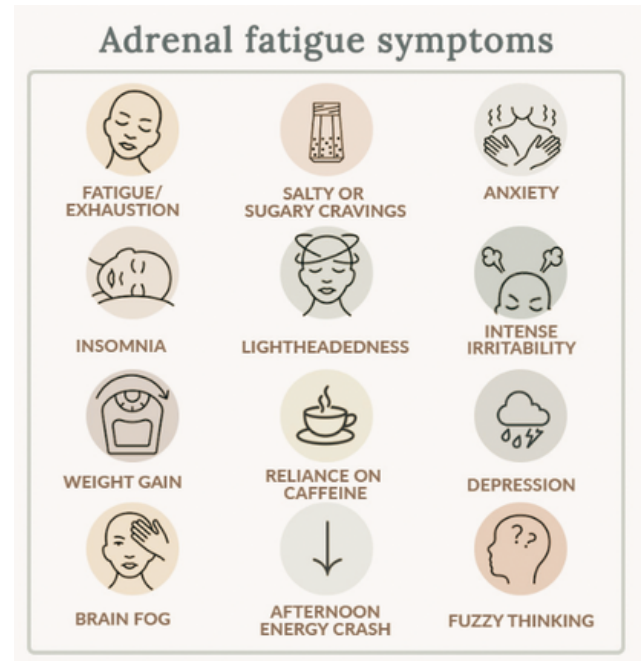


Image credit Science of essential



TOP 10 SOLUTIONS

4. Incorporate Supplements

Master Formula

Master Formula is a concentrated fruit juice blend with valuable vitamins of B1, B2, B3, B5, B6, B9, B12, K, K2; D and D3. B vitamins help restore equilibrium to your nervous system by supporting the manufacture of key neurotransmitters, including serotonin, dopamine and gamma-aminobutyric acid (GABA).

B Vitamins also support balanced cortisol production and reduce levels of excess cortisol. Master Formula contains gut flora-supporting prebiotics which are vital for gut health enabling the absorption of vitamins and minerals and supporting the estrobolome (the gut flora which help to regulate our hormones)



Green Omega 3

- Support healthy hormone levels by keeping receptor sites in optimal condition
- Support healthy blood pressure
- Support a healthy heart and circulation
- Support healthy brain function
- Support a healthy immune system
- Reduces inflammation
- Reduces joint pain and supports joint health
- Alleviates depression and other mental illnesses

This omega-3 food supplement serves up essential fatty acids from algal oil instead of fish oil so there's no fishy aftertaste. Green Omega 3 contain one of the highest amounts of DHA and EPA.



5. Switch to Plant Based Cleaning & Personal Products

Bioaccumulation

Bioaccumulation is the gradual accumulation of substances, such as pesticides or other chemicals, in an organism. When we are using chemicals in our cleaning products, our personal products and they are sprayed on the food we eat our body accumulates these substances faster than it can be lost or eliminated.

Plant Based Skincare & Personal Care

Free from known harmful chemicals, using essential oil-infused shampoos, lotions and targeted skincare products will naturally cleanse and moisturise your skin for a natural, healthy-looking glow, while supporting our emotions, hormones and entire body.

Thieves Cleaning Range

Formulated with the power of Young Living's Thieves Oil blend, you can get a deep clean without dangerous or synthetic ingredients. This range incorporates: All Purpose Cleaner, Laundry Soap, Dish Soap, Hand Soap, Fruit & Veg Wash, and a Toothpaste.



TOP 10 SOLUTIONS

6. Harness the power of antioxidants for hormone balance & whole body health

What is the nutritional value of Ningxia Red?



= 10



= 186



= 45,000



=4.5kg



= 119



=1,628



= 44



= 200

60ml ANTIOXIDANT EQUIVALENT
Antioxidants protect against oxidative stress, supports normal cellular function, and promote healthy energy levels.

Ningxia Red is a powerful antioxidant drink made from wolfberry puree, blueberry, plum, cherry, aronia, and pomegranate juices, grape seed extract, Yuzu, Tangerine, Lemon and Orange essential oils.

The essential oils mixed in Ningxia Red act as catalysts to help deliver nutrients through the cell membranes while assisting in the removal of cellular wastes.

Ningxia Red contains; 18 amino acids, 21 trace minerals, beta-carotene, and vitamins B1, B2, B6, and E. It is an excellent whole-food source of nutrients that provide energy and strength to the body without any harmful stimulants.

Amino acids are vital for healthy brain function and to regulate moods They are the chemical precursor to the neurotransmitters: serotonin and melatonin (our hormones for happiness and sleep) and they aid in the detoxification pathways.

Ningxia recently went under scientific studies at Franklin Health Research Centre and they found that it improved physical energy levels by 34.5% (who would like more energy) 27% increase in gastrointestinal health, and reduce physical limitations by 36% inflammation, physical function, mental wellbeing and energy levels.

7. Reduce Plastics

- Switch the plastic bottles to glass or stainless steel
- Switch the plastic wrap to beeswax covers or ceramic containers with lids
- Switch plastic bags to reusable cloth bags
- Switch plastic storage containers to glass or ceramic
- Think of your personal products, your cleaning products are they all stored in plastic bottles?



WHY....

Plastic contains Hormone Disrupting Chemicals that wreak havoc on certain message systems in your body. These chemicals affect the hormone system in dangerous ways.

CHALLENGE- Share in the chat 2 things you can swap from plastic in your home this month!

TOP 10 SOLUTIONS

8. Lifestyle Changes

Sleep Patterns

Hormonal imbalance can often create bad sleep patterns, get control back over your sleep by creating a set nighttime routine, take a look at our example to the right.

Get at least eight hours of sleep every time.

If sleep is an issue for you try these:

- Pop Cedarwood over your forehead before bed to stop the brain chatter that keeps you awake.
- Add Cedarwood and Peace & Calming into your bedroom diffuser to keep you asleep for the whole night.



Exercise

Twenty minutes of exercise at least three times a week, flushes out excess cortisol and xenoestrogens (synthetic compounds that mimic oestrogen) which helps to balance our hormones.

Switch from cardio to weight bearing exercise, as this will prevent bone density loss (osteoporosis) as you age and go through your hormonal change.

9. Switch to Essential Oils

Essential oils are more than a beautiful smell, they can be used to support your health, your emotions, they can also clean and reduce smells in your home.

DIY Perfumes

Walking through the perfume section of a department store can almost instantly trigger a headache. Plus, there's some nasty stuff in those commercial perfumes that you're spritzing onto your skin—chemicals you are absorbing AND inhaling.

Essential oils have long been used in perfume-making and the best part you can cater them to support your emotions & health.



Ditch Candles

The synthetic fragrances that are used in making candle scents usually contain phthalates. As the candles burn, phthalates are released into the air and can be inhaled or absorbed through the skin. When the phthalates enter the bloodstream, they can exacerbate allergic symptoms and asthma and alter hormone levels.

Essential Oils for health support

Do you know essential oils have traditionally been used in aromatherapy to assist in health support.

Bergamot: relieve the symptoms of mild upper respiratory tract infections,

Cedarwood: antiseptic for minor cuts.

Frankincense: enhance nerve function,

Ginger: to relieve nausea.

Ditch Room Sprays

NRDC tested 14 different brands of common household air fresheners and found that 12 contained the hormone-disrupting chemicals known as phthalates. Only two, Febreze Air Effects and Renuzit Subtle Effects, contained no detectable levels of phthalates. The products that tested positive included ones marketed as “all-natural” and “unscented.”

TOP 10 SOLUTIONS

10. Hormone Game Changers

Progessence Phyto Plus

Progesterone is made by your ovaries with support from your adrenal glands. It supports menstruation, pregnancy, lactation, moods and thyroid function. High cortisol levels can negatively impact the production of progesterone resulting in estrogen dominance.

This oil blend was developed by an Endocrinologist for women at all stages. The ingredients include Vitex (Chaste Tree) Oil and Wild Yam Root Extract. Vitex stimulates the production of progesterone and Wild Yam Root Extract helps balance estrogen. Signs of low Progesterone include: PMS, endometriosis, difficulty conceiving, irregular periods, hot flashes, night sweats, tender breasts, insomnia, migraine headaches, mood changes, anxiety or depression. Use morning or night (may promote a restful sleep). Start with 2 drops and build to 8 if necessary.

Apply to your lower abdomen, inner thighs or inner forearms.



Clary Sage Wellness Oil

Estrogen is produced in the ovaries and adrenal glands in a menstruating woman and by the body fat during and after menopause. It helps to regulate menstruation and to reduce symptoms of menopause.

It regulates production of cholesterol, body temperature (hot flashes), preserves bone density, and may delay memory loss.

In clinical studies, Clary Sage has been shown to support apoptosis of breast cancer cells (death of cells) and therefore may reduce risk of breast cancer. Signs of low Estrogen include: Weak or brittle bones/Osteoporosis, Hot flashes and night sweats, Irregular or no periods, Fine wrinkles, Hair loss, Tender breasts.

Apply topically in the morning, 1-8 drops per day on inner forearms.



Change takes action, which 5 are you choosing today to implement?

1. Reduce Stress
2. Support your Adrenal Glands
3. Happy Hormone Diet
4. Incorporate Supplements
5. Harness the power of Antioxidants
6. Switch to Plant Based Cleaning & Personal Care Products
7. Reduce Plastics
8. Lifestyle Changes
9. Switch to Essential Oils
10. Hormone Game Changing Oils



Here are some bundles to help you take action today



GOOD

HORMONE BUNDLE

2 bottles of 750ml Ningxia Red
15ml Stress Away Essential Oil
30 Sachets of Master Formula
\$263.70

BETTER

HORMONE BUNDLE

2 bottles of 750ml Ningxia Red
15ml Stress Away Essential Oil
30 Sachets of Master Formula
15ml Clary Sage Wellness Oil
15ml Progessence Phyto Plus essential oil
\$417.50

BEST

HORMONE BUNDLE

2 bottles of 750ml Ningxia Red
15ml Stress Away Essential Oil
30 Sachets of Master Formula
15ml Clary Sage Wellness Oil
15ml Progessence Phyto Plus essential oil
15ml En-R-Gee essential oil
Green Omega 3



We can customise a bundle if your prefer!

\$534.35

Hormones Order Form

GOOD HORMONE BUNDLE \$263.70
2 bottles of 750ml Ningxia Red
15ml Stress Away Essential Oil
30 Sachets of Master Formula



BETTER HORMONE BUNDLE \$417.50
2 bottles of 750ml Ningxia Red
30 Sachets of Master Formula
15ml Clary Sage Wellness Oil
15ml Progessence Phyto Plus essential oil
15ml Stress Away Essential Oil



BEST HORMONE BUNDLE \$534.35
2 bottles of 750ml Ningxia Red
30 Sachets of Master Formula
15ml Clary Sage Wellness Oil
15ml Progessence Phyto Plus essential oil
15ml En-R-Gee essential oil
Green Omega 3
15ml Stress Away Essential Oil



YOUR DETAILS

Full Name _____

Shipping Address _____

Phone _____

Email _____

PAYMENT DETAILS

Name on Card _____

CC Number _____

Expiry _____

Sign me up for Essential Rewards (monthly ordering loyalty program)

I am interested in hosting an event, we come to you and educate your family and friends, you receive a host gift.