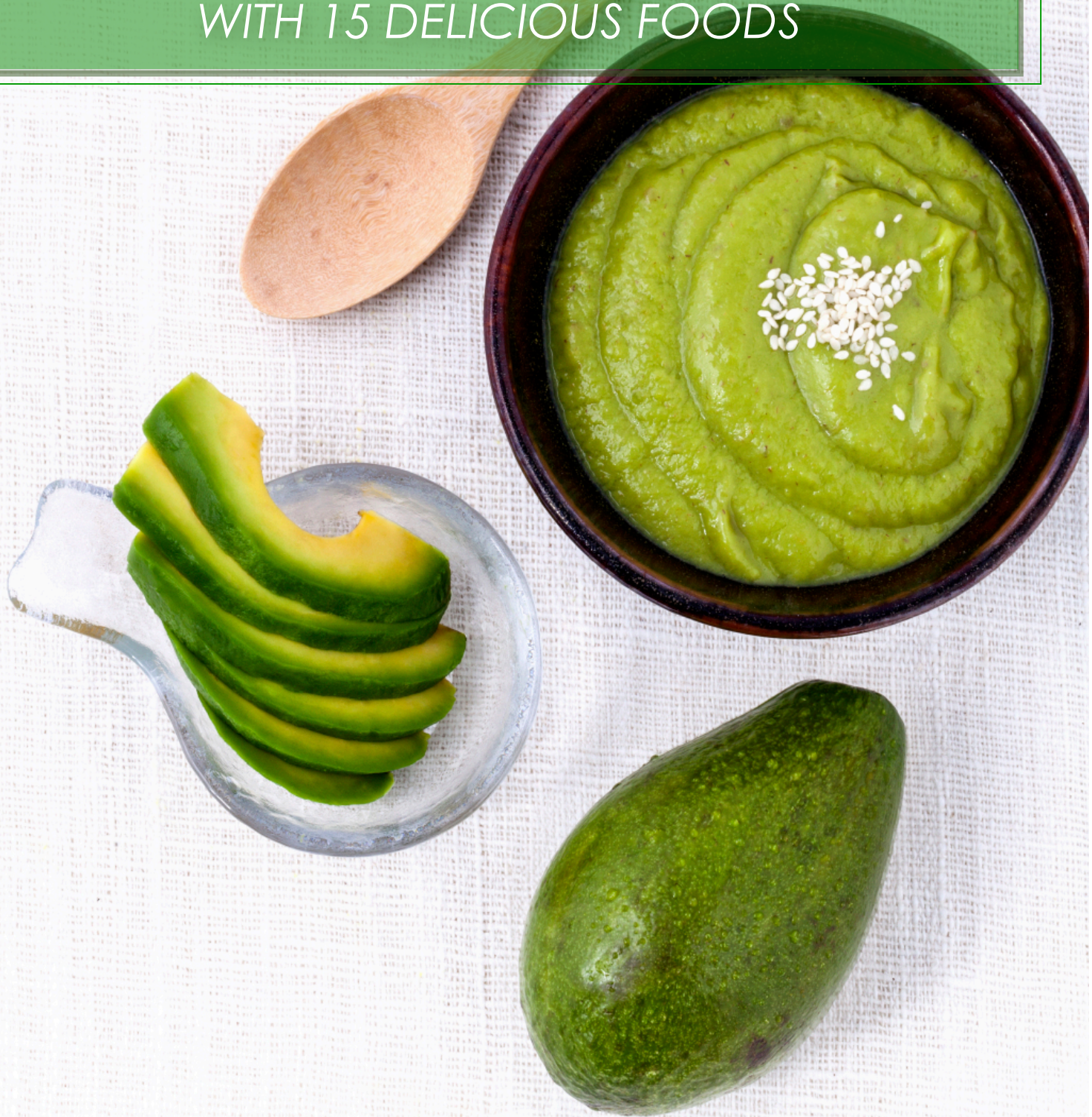


Reclaim Your
HORMONAL HEALTH
WITH 15 DELICIOUS FOODS





Hi,

Welcome to Live Balanced For Life. I am Kim Howie, author and board certified health coach.

I'd like to share my story with you.

I struggled with maintaining a healthy weight my entire adult life. I have tried every diet out there from Nutrisystem to LA Weight Loss to Weight Watchers and Atkins (just to name a few). They all worked, at least while I was "on them". But I felt like I was always "on a diet" (except, of course, when I was "off the diet" and overeating, causing the need for another diet). I was a chronic yo-yo dieter. I ate prepackaged frozen diet meals, drank diet shakes and used artificial " Frankenfoods" such as zero calorie butter spray. For me, diet had always been about weight, not health.

All that changed when I turned 40 and started to experience symptoms of menopause. My period stopped, I had uncontrollable hot flashes, my moods were inconsistent and I gained a lot of weight in a short period of time. I felt as though I was too young to be going through menopause. So I went to see my OBGYN, Dr. Cary Mantell, to ask him to prescribe hormone therapy. Much to my surprise he refused to give me a prescription. Instead, he sat me down and gave me some advice that literally changed my life. He told me that I was experiencing perimenopause and these symptoms could last up to 15 years. However, if I cleaned up my diet by eliminating processed foods and ate only whole, real foods, my symptoms would diminish. I thought he was crazy, but out of respect for him (as he had been my doctor for over 20 years), I said I

would give it a try. After just one week I was amazed at how much better I felt. It was the beginning of my awakening to the connection between food and health.

Within one month my symptoms were GONE! No more hot flashes, my moods were stabilizing, my period normalized and the weight was melting off. I was eating quality, real food in abundance and felt wonderful. No calorie counting, no cravings or feelings of deprivation, just pure energy and bliss! I couldn't believe the difference it made to eat real, healthy food, rather than "diet food". I eat mostly fruits, vegetables, high quality organic protein, whole grains and nuts and seeds. And when I make the decision to eat processed food, I can immediately tell the difference in the way I feel both physically and emotionally.

I knew that I needed to learn more about the connection between food and health, so I enrolled in the Institute for Integrative Nutrition. I have learned over 100 dietary theories and have been trained in coaching and counseling techniques to help others create sustainable healthy diet and lifestyle changes. Upon graduating from IIN, I studied under Dr. Sara Gottfried, Harvard educated OBGYN and author of The Hormone Cure. I have been trained in assessing hormonal imbalance and implementing the Gottfried Protocol to help bring your body back into balance naturally.

Whether you are dealing with fertility issues or suffering from hormonal issues such as thyroid, PCOS or even cysts on your ovaries, or maybe you just do not have the stamina you'd like, these simple tools will help you get back into hormonal balance.

It is important to remember that you are what you eat and what you think. We are going to cover the key foods you should add to your diet, but we are also going to tackle the biggest toxin there is – stress. Stress is the leading cause of hormonal imbalances because your body being in a state of "fight and flight" leads to high cortisol levels, blood sugar imbalances and liver stress – all of which contribute to hormonal imbalances.

As a trained Hormone Cure Coach, I am here to guide you step-by-step back to a state of balance, health and well-being.

Wishing you health, happiness, and a balanced life!
Kim

Let me begin by sharing with you a little about your endocrine system and how important it is to take care of your body as a whole.

Wikipedia defines the endocrine system as “the collection of glands of an organism that secrete hormones directly into the circulatory system to be carried towards a distant target organ. The major endocrine glands include the pineal gland, pituitary gland, pancreas, ovaries, testes, thyroid gland, parathyroid gland, hypothalamus, gastrointestinal tract and adrenal glands. The endocrine system is in contrast to the exocrine system, which secretes its hormones using ducts. Examples of exocrine glands include the sweat glands, salivary glands, mammary glands, and liver. The endocrine system is an information signal system like the nervous system, yet its effects and mechanism are classifiably different.”

As you can see, taking care of your hormones is not just about maintaining energy levels and balancing your weight. The endocrine system also stabilizes blood sugar levels, regulates body temperature, and even affects digestion.

What are your hormones and why is it so important to take care of them – both for men and women? Hormones are your body's chemical messengers, and control:

1. Growth development – memory, bones, hair, nails
2. Metabolism – ability to gain or lose weight
3. Sex drive
4. Fertility – both for men and woman
5. Mood
6. Sleep

Use this guide to take daily action steps towards healthy hormones, improved digestion, glowing skin and weight loss.

Before we jump into eating for hormonal health, I want to talk about stress, as stress leads to imbalances in your hormonal health.

Stress is hard to quantify because it is different for everyone, but it is safe to say that stress affects cortisol levels, estrogen, progesterone and testosterone levels, plus can lead to encoding issues such as Hashimoto's, hyper and hypothyroidism. Prolonged exposure to stress, however, can lead to exhausted adrenals and have a negative impact on your endocrine system. Therefore, it's important to implement some type of stress reduction into your daily life.

During my studies at the Institute for Integrative Nutrition, I was able to study over 100 dietary theories and had the opportunity to work with respected teachers and leaders in the field including Andrew Weil, Mark Hyman, Geneen Roth, and Deepak Chopra. I realized that your ability to combat stress is as important as the food you eat.

Oftentimes we overlook our own stress-inducing thoughts, and lose sight of the fact that although we cannot always control our external circumstances, we can control our response. Therefore, our mindset plays a vital role in our ability to manage stress.

My favorite part of working with my clients is providing guidance on mindset management, and helping them take control of their health. For more information about how to work with me, visit my website: www.livebalancedforlife.com

So let's get started by looking at some signs of hormonal imbalance.

- Cravings for sweet or salty foods
- Waking up tired in the morning after a full night's sleep
- Frequent infections
- Hypoglycemia
- Hard-to-explain weight gain or weight loss
- Decreased sex drive
- Lowered immune system
- Long recovery time from illnesses
- Recurrent yeast infections
- Dry skin
- Hair loss
- Enlarged lymph nodes

If you experience any of those symptoms, you may find it helpful to:

1. Consume plenty of healthy fat – foods rich in omegas
2. Eat good clean sources of protein
3. Drink plenty of water. Hydration is key. You may enjoy coconut water, mineral-rich water, or water with lemon which will enhance detoxification.

These foods are the best foods to renew and recharge. This means fighting off the sugar cravings and that tired feeling in the afternoon.

Here are my top hormonal balancing foods, for both men and women:

1. Avocado
2. Eggs (especially the yolks)
3. Figs and dates
4. Maca
5. Soaked and sprouted nuts and seeds (especially Brazil nuts, which contain selenium, and hemp seeds, which are a good source of essential fatty acids)
6. Coconut milk + coconut oil
7. Olives
8. Raw butter and ghee
9. Cultured foods
10. Green tea or yerba mate
11. Lentils and other beans
12. Miso
13. Sprouts
14. Bone broth
15. Quinoa

Adding healthy spices such as cinnamon, turmeric, ginger, garlic, cayenne and cumin are all great for the liver and hormonal health.

Gut Health

To get your hormones healthy, you need to have a good ratio of good vs. bad bacteria in the gut. I recommend adding in fermented vegetables such as sauerkraut and kimchi or taking a good quality probiotic supplement.

Liver Health

This one is a biggie. I cannot say enough about honoring the liver daily to support your hormones.

Simple solutions to cleanse the liver:

1. Drink lemon water upon rising.
2. Exercise daily to sweat out toxins.

3. Drink dandelion tea to support healthy liver function.
4. Drink one green juice or green smoothie per day to support healthy liver function.
5. Take an Epsom salt bath to support liver detoxification and get vital minerals such as magnesium into your body.

Exercise

Get sweating! Daily exercise is key for our emotional health and also releases toxins that can disrupt the endocrine system. I suggest running for 20 minutes, rebounding , or doing a spinning class.

Sleep

We often forget how important a good night's sleep is for hormonal health. Try to get at least 7 hours of sleep per night. I have found creating a night ritual for good sleep it key. For example, have a cup if chamomile tea, rub lavender essential oil on your body (my favorite brand is doTerra), and give yourself or ask a loved one for a massage.

Supplements

I am not a doctor, but there is a ton of research on the benefits of adding vitamin C, probiotics, magnesium, cod liver oil, vitamin D and vitamin B to your daily diet.

You can find these supplements at your local health food store or you can consume foods rich in these sources as well.

Bone broth soups (see recipes) are amazingly nourishing and provide easy-to-assimilate nutrients.

RECIPES

MINERAL-RICH BONE BROTH (BEEF/CHICKEN & GARLIC)

Recipe by Sally Fallon

4 quarts of filtered water
1.5- 2 pounds of beef knuckle
bones (or any other kinds of
bones/meaty bones/marrow
bones – chicken necks are
inexpensive and work great)

1 whole bulb of fresh garlic,
cloves peeled & smashed
2 tablespoons of raw apple cider
vinegar (organic and unfiltered,
such as Braggs)
1 teaspoon unrefined sea salt

PLACE all ingredients in a 6-quart pot and set the heat to HIGH.

BRING the stock to a boil, and then reduce the heat setting to LOW.

ALLOW the stock to cook for a minimum of 16 hours and up to 24 hours.
The longer it cooks, the better!

TURN OFF the heat and allow the stock to cool.

STRAIN the stock through a fine mesh metal strainer and throw away what
you skim off.

PLACE the cooled stock into glass jars for storage in the fridge (for up to
four days) or freeze for later use.

You can drink this stock before a meal or at any time of the day, or use it
as a base for soups, stews or in any recipe that calls for it. This can be
made in a crockpot as well.

VARIATIONS: Use any other kind of animal bones you like; chicken
especially will take less time due to smaller pieces. Add your favorite
chopped veggies like carrots, celery, kale and onions for more flavor or
variety.

EASY TRADITIONAL MISO SOUP

From "The Body Ecology Diet" by Donna Gates

5-inch strip wakame (sea vegetable)
1 large onion (about 1 cup)
4 cups filtered water

2 tablespoons miso (ideally fermented for 6 months - 2 years)
Garnish - chopped parsley, green onions, ginger or watercress

SOAK the wakame in water for 10 minutes and slice it into 1.5-inch pieces.

THINLY slice onions.

PUT water, onions, and wakame in a saucepan and bring to a boil.

REDUCE the heat to simmer for 10 - 20 minutes, until tender.

REMOVE 1.5 cups of broth from the saucepan, place in a bowl.

ALLOW water in the bowl to cool a bit and add the miso, mixing it into the water (the water should not be boiling, because it can kill the live beneficial microflora and enzymes in miso. In general, the microflora in koji, the starter used to make miso, die at 105° F).

TURN OFF heat; allow the water to cool a bit.

ADD the miso broth to the soup in the saucepan and add chopped parsley, green onions, ginger or watercress for garnish.

As mentioned, I am not a doctor, but I am a real person who knows real results. If you follow the guidelines here, you can say goodbye to low energy, sugar cravings, poor sleep, constipation, hair loss, and lack of energy. You will be able to say hello to a better health, vitality, and a balanced you!

A NOTE ABOUT FOOD ALLERGIES: Undiagnosed food allergies can raise cortisol levels and histamine levels in the body, thereby taxing the endocrine system. Be a detective and make sure you are aware of your allergies and intolerances.

One great tool for detecting food sensitivities is participating in The Pure Energy Program (PEP). Learn more about the PEP by logging onto the PEP Information Page at <http://cleanse.livebalancedforlife.com/11-day-pure-energy-program-peg/>

The Pure Energy Program

Kim Howie, CHC, CRP
Live Balanced For Life



For more information about how to work with me, please visit my website:

<http://livebalancedforlife.com/pages/home>

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