

SOURCES

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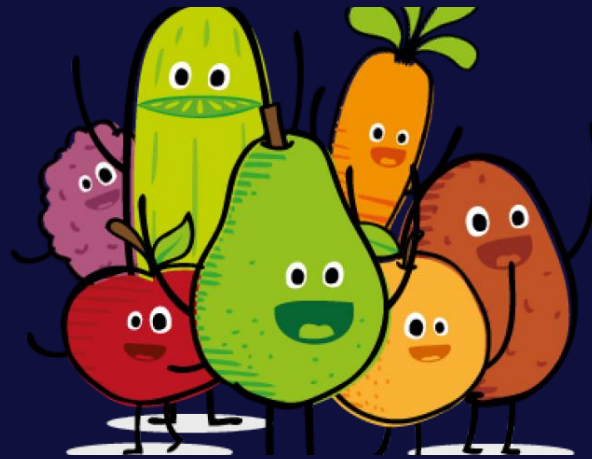
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UNDERSTANDING HORMONAL IMBALANCE



“Communities, and countries, and ultimately the world are only as strong as the health of their women.” -Michelle Obama

WHAT IS HORMONAL IMBALANCE?

Hormones are chemicals produced by glands in the endocrine system and released into the bloodstream. An imbalance occurs when there is too much or too little of a hormone.

Medical Conditions Related to Hormonal Imbalance:

- Polycystic Ovary Syndrome (PCOS)
- Hormone Replacement / Birth Control Medications
- Early Menopause
- Primary Ovarian Insufficiency (POI)
- Ovarian Cancer

SIGNS OF HORMONAL IMBALANCE

- Irregular Menstrual Cycles
- Premenstrual Syndrome
- Heavy Menstrual Periods
- Infertility
- Hot Flashes & Night Sweats
- Weight Gain
- Hair Loss
- Pelvic Pain
- Fatigue
- Cold Hands & Feet
- Nipple Discharge

Some Examples of Hormone Balancing Foods:

Flax Seeds – Rich in anti-inflammatory omega-3 fats and contains phytoestrogens which bind to estrogen receptors to excrete excess estrogen from the body.

Broccoli - Member of the cruciferous family of vegetables; Sulphur found in crucifers help with neutralizing and eliminating carcinogens, isothiocyanates, and indole-3-carbinol which helps prevent estrogen-related cancer.

Lentils – Good source of protein and fiber, which can reduce estrogen levels.

Sweet Potatoes – High in vitamin B6; Vitamin B6 helps with liver detoxification.

Seaweed – Good source of iodine, which produces thyroid hormones.

Avocado – Rich source of healthy fats; balances blood sugar levels and supports our nervous system function. Contains **Vitamin B5**, a stress fighting vitamin