



Your Guide to Great Hormone Health

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HI, I'M ELYSE THE NATUROPATH

A curious, caring, modern
Naturopath passionate about
guiding and empowering my
patients to improve their
hormone health and fertility
naturally.



ABOUT ME •
• ABOUT ME

Welcome

For almost 20 years I struggled with my hormonal health, I got my period much later than most of my friends, and when it did come it was very irregular. I was diagnosed with PCOS after an ultrasound and went on the pill to manage it. I was saddened and disheartened by the way I was treated by Doctors throughout this process, and didn't feel like I was actually working on resolving the drivers behind my PCOS.

I decided to see a Naturopath for the first time in 2015 after coming off the pill and had a fantastic experience - for the first time ever I felt heard, supported and empowered to understand my own body. I also began researching into the most current scientific research on PCOS, and decided to study to become a Naturopath. I have been managing my PCOS naturally without the need for any medication for over 10 years, using some of the diet and lifestyle suggestions mentioned in this ebook.

I truly believe that your body has the capacity to heal itself, and that prevention is always better than a cure - this is very much a lived experience for me.

I hope to encourage you to tune into your body, to recognise when your body is telling you that something isn't right, and take a proactive approach for your long-term health.

Elyse the Naturopath

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Welcome

Welcome to *Your Guide to Great Hormone Health*. The human body produces over 50 hormones, and are produced by various glands and tissues in the endocrine system, including the brain, thyroid, pancreas, adrenal glands, and reproductive organs. Each hormone plays a specific role in maintaining the body's balance, growth, and function, and influence nearly every aspect of our lives, from energy levels to mood and reproductive health.

Maintaining a healthy hormone balance is key to good energy, health menstrual cycles and fertility. Here are six key lifestyle adjustments to help support and optimise your hormonal health.

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01. Start Your Day with a High-Protein Breakfast

Eating 20-30g of protein with breakfast helps keep blood sugar levels stable, reducing spikes in cortisol (your body's main stress hormone). This not only supports your energy levels throughout the day but also reduces the hormonal fluctuations that can lead to irritability, cravings, and fatigue.

Here are some protein-rich breakfast ideas to get you started:

- 3 egg omelette with smoked salmon and avocado on rye bread
- Greek yogurt with muesli, nuts and berries
- Smoothies with protein powder, nut butter, yoghurt, seeds, berries and banana
- Overnight oats with chia seeds, soy milk, almonds and banana

Coffee Timing

It's best to enjoy coffee with or after your breakfast, rather than on an empty stomach. Drinking coffee before a meal can spike cortisol, putting stress on your adrenal glands and disrupting your body's natural hormonal rhythms. Instead, pair your coffee with your meal for a smoother energy boost.



02. Rethink Intermittent Fasting

The Downside of Fasting for Hormones

While intermittent fasting can work well for some, it may disrupt hormone balance for others, especially women. Long fasting periods can increase cortisol and put stress on the adrenal glands. For many, this can lead to irregular menstrual cycles, increased anxiety, stress and blood sugar imbalances.

Safe Tips: If you're interested in intermittent fasting, consider a gentler approach:

- 12-14 Hour Fast: Keep your fasting period to around 12 hours when you're resting (for example, 6-7pm to 7-9am) to avoid over-stressing your body.
- Prioritise Nutrition: When breaking your fast, opt for nutrient-dense meals with protein, fibre, and healthy fats to stabilise blood sugar and support hormonal health.
- Don't drink coffee while fasting: this will further push cortisol and disrupt your reproductive hormone balance.
- If you exercise, make sure you break your fast within 1 hour of finishing otherwise you will further push cortisol and your body will also burn muscle for energy.



03. Prioritise Healthy Balanced Meals

Healthy fats and a balance of macronutrients (proteins, fats, and carbohydrates) are essential for supporting hormonal health, energy levels, and overall well-being. Your hormones are made from fats, and eating the right types helps maintain hormonal production and balance. Balanced macronutrients keep your blood sugar stable, reducing stress on your body and preventing energy crashes.

Healthy Fats to Include:

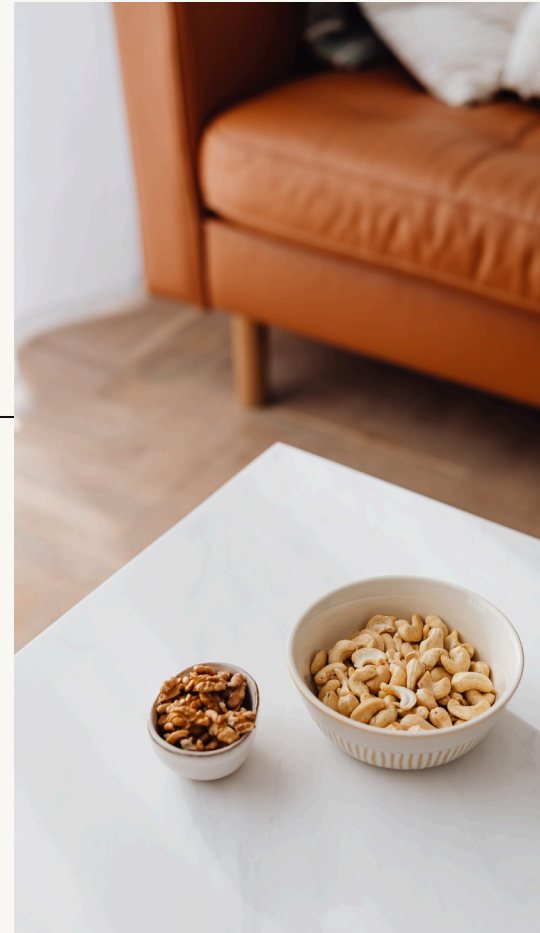
- Avocados: Rich in monounsaturated fats and fiber
- Nuts and seeds: Packed with omega-3s, especially walnuts, chia seeds, and flaxseeds
- Olive oil: A heart-healthy fat with anti-inflammatory properties
- Fatty fish: Salmon, mackerel, and sardines for omega-3s

How to Eat Balanced Meals:

1. Start with a source of protein (e.g., eggs, chicken, tofu).
2. Add a healthy fat (e.g., avocado, olive oil, nuts).
3. Include a fibre-rich carbohydrate (e.g., sweet potatoes, quinoa, or leafy greens).

Sample Balanced Plate Idea:

- Grilled salmon with avocado, quinoa, sautéed spinach and broccolini

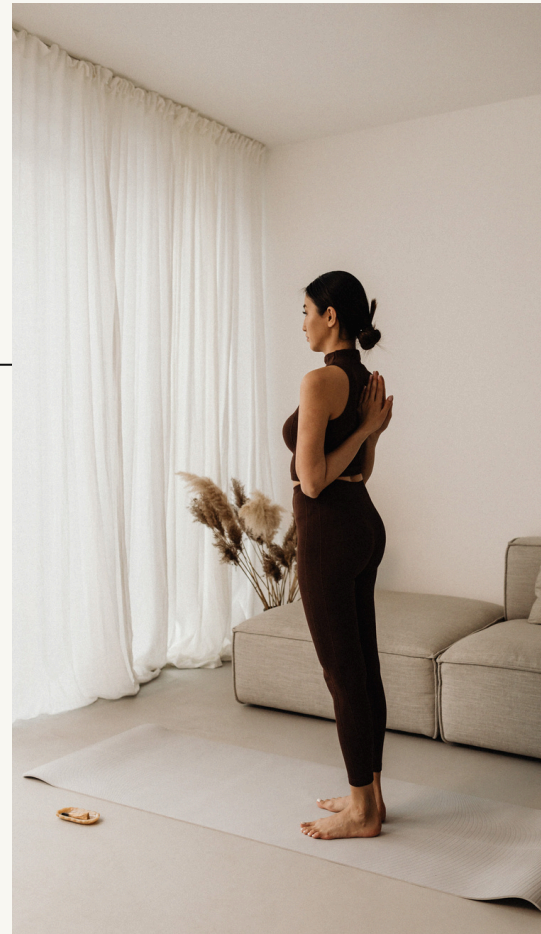


04. Sync Exercise with your Menstrual Cycle

Working out in sync with your menstrual cycle can help you optimise your energy and prevent hormonal delayed ovulation. Different phases of your cycle call for different types of movement:

- Menstrual Phase: Focus on gentle movement like yoga or walking to support energy recovery.
- Follicular Phase: As oestrogen rises, you'll likely feel more energised and this is a great time for high-intensity workouts and strength training.
- Ovulatory Phase: High energy continues here; enjoy intense cardio and strength exercises.
- Luteal Phase: Progesterone rises, so consider more moderate exercise like pilates or hiking to align with your body's natural rhythm.

Remember: getting your period every month is the ultimate report card for how you have lived that month. If your period is late or different, this could be because you have over-exercised. Following this approach can help improve mood, reduce PMS symptoms, and support overall hormonal health.



05. Prioritise a Regular Sleep Routine

Sleep is the cornerstone of hormonal health. During deep sleep, your body regulates and repairs key hormones, including:

- Cortisol: Adequate sleep helps maintain balanced cortisol levels, preventing stress and fatigue.
- Growth Hormone: Essential for tissue repair and metabolism, this hormone is primarily released during deep sleep.
- Melatonin: This sleep hormone not only regulates your sleep-wake cycle but also influences reproductive hormones like oestrogen and progesterone.

Irregular or insufficient sleep can lead to:

- Disrupted menstrual cycles
- Increased hunger and cravings due to hormonal imbalances in leptin and ghrelin
- Elevated cortisol, leading to stress and fatigue

Suggested Sleep Routine:

- Reduce screen time at least an hour before bed and opt for calming activities like reading or meditation.
- Go to bed and wake up at the same time every day to regulate your body's internal clock.
- Keep your bedroom cool, dark, and free of noise. Invest in blackout curtains and a supportive mattress if needed.
- Avoid caffeine after 12pm, as it can disrupt your sleep quality.



06. Avoid Endocrine Disruptors

Hidden Hormone Disruptors

Many common personal care products, cleaning supplies, and fragrances contain endocrine-disrupting chemicals (EDCs) that can interfere with hormones like oestrogen, impacting menstrual cycles, fertility, and overall health. Common EDCs include phthalates (often found in synthetic fragrances) and parabens (preservatives in cosmetics).

What to Look For

Choose products labelled "fragrance-free" or "naturally scented" and avoid these ingredients:

- Phthalates: Found in many synthetic fragrances
- Parabens: Preservatives in skincare products
- Triclosan: An antimicrobial agent in some soaps and cleaners

Tip: search your beauty and skin products on [Skin Deep](#), you should aim to be using products that score below 5.



Conclusion

Implementing these tips will put you on the path toward improved hormonal balance, energy, and well-being. Small changes can make a big difference, and these adjustments provide a solid foundation for natural hormonal health.

Ready to take the next step? Book an initial appointment to discuss how I can support your hormone health through a tailored naturopathic treatment plan and prescription for your unique health.

Use this code for 10% off: **10OFF**

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