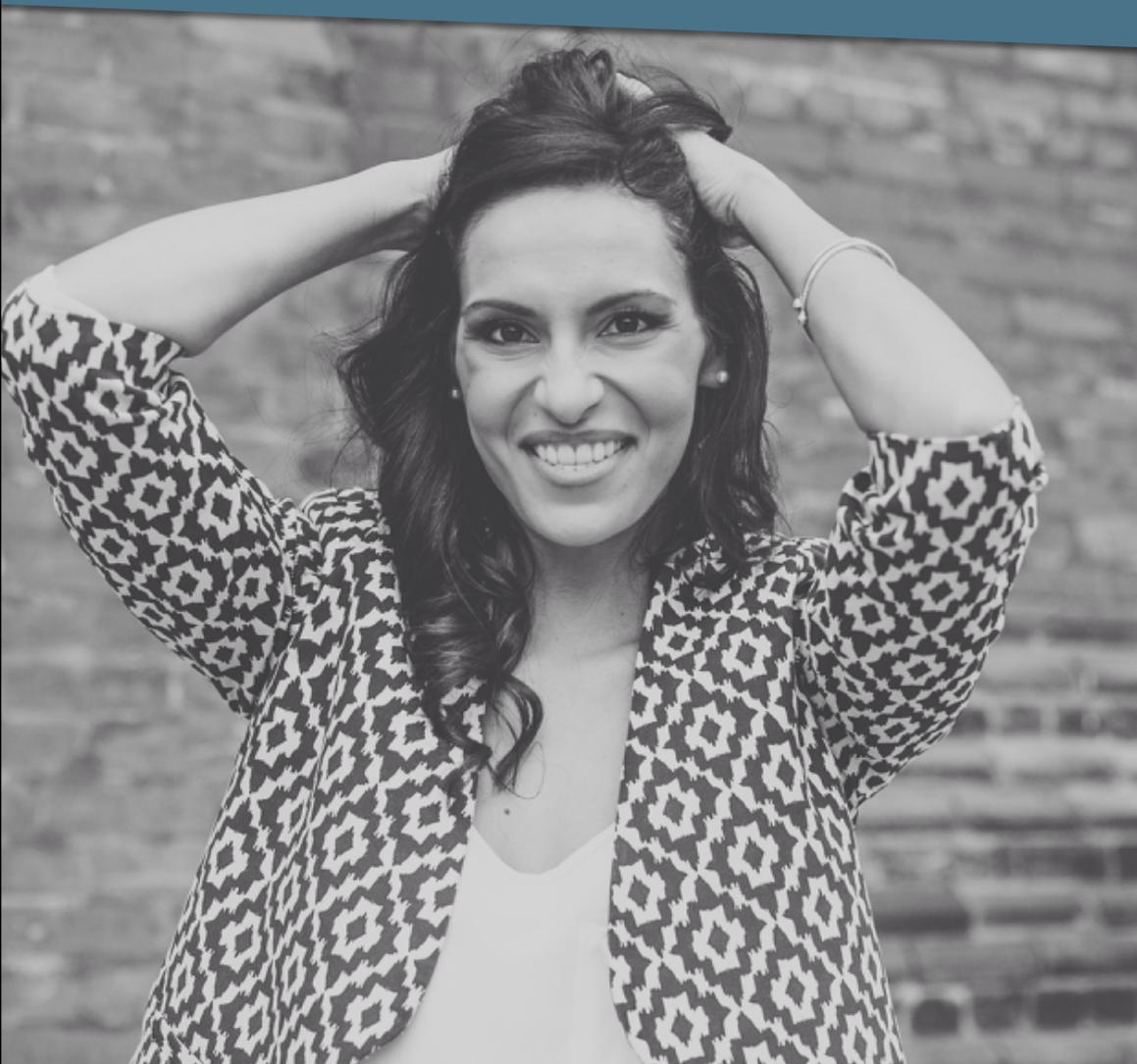




5 Simple Hormone Hacks

Be Balanced...Naturally.



- ✦ Thyroid
- ✦ PMS
- ✦ PCOS
- ✦ Fibroids
- ✦ Endometriosis
- ✦ Menopause
- ✦ and more...

You Have Options.



5 Simple Hormone Hacks

Be Balanced...Naturally.

Hi, I'm Dr. Andi!

As women, we have a LOT to deal with... trust me, I get it.

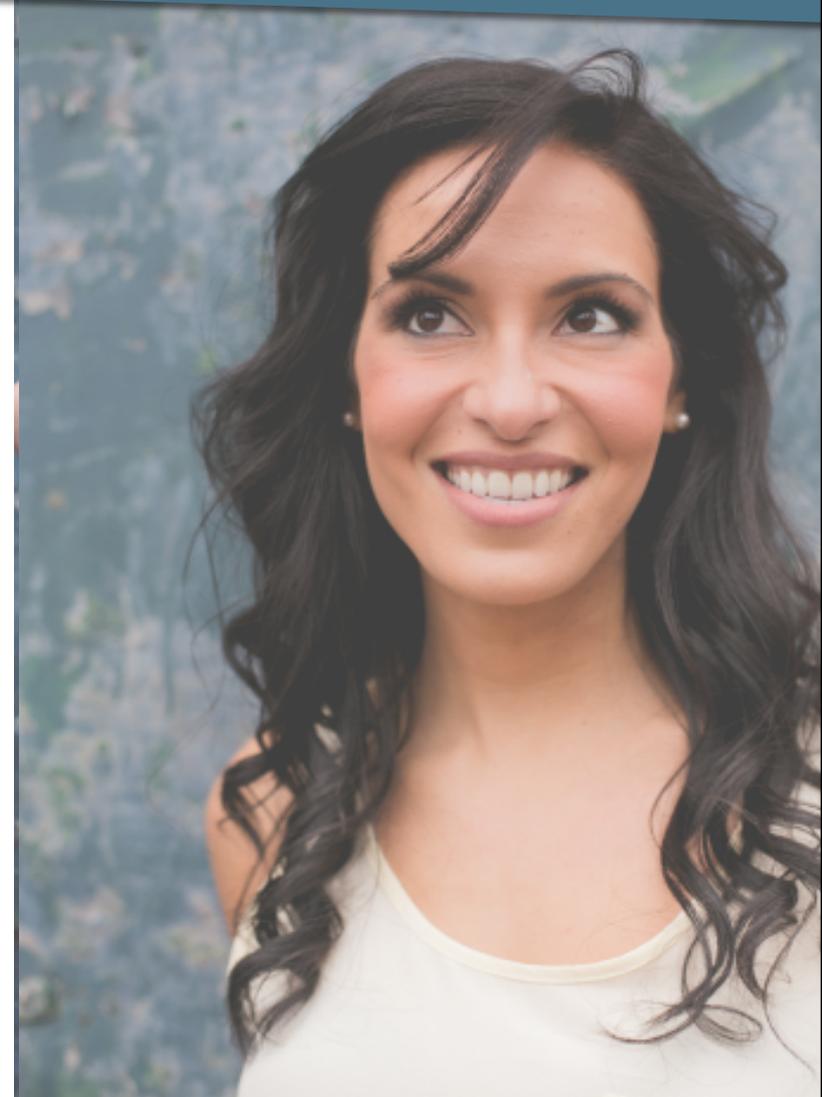
The sad part is, most of us think we don't have much choice when it comes to our hormones and whatever conditions or symptoms we're dealing with. Often, we're told we just have to "live with it." So we do.

Well, I'm here to tell you – that is NOT true. And you DON'T have to "live with it." You have options. And I'm going to help you find them!

So let's start with a few simple tricks, that can have a pretty *BIG* impact.

BUT PLEASE Remember, this isn't medical advice or a diagnosis , so make sure you keep working with your doctor!!

Dr. Andi ♥





5 Simple Hormone Hacks

Be Balanced...Naturally.

It's not easy being a woman.

Although it IS awesome. Our bodies are pretty incredible

At some point, we all seem to have struggled on our journey: irregular cycles, PMS, cramps, bloating, heavy cycles, no cycles, mood swings, hot flashes, night sweats... it often seems like the list is *never-ending*.

We just accept it and move on – not realizing that you may have some *choice*.

What if I told you that this doesn't have to be you.

And that the truth is: *You DO have options!*

When it comes to the majority of female health concerns, there is often one common thread. Something we like to call: **Estrogen Dominance**.

First, let's learn a bit about **estrogen dominance**. THEN we can tackle some easy tricks to help keep those hormones in check.

**If you already know about Estrogen Dominance, feel free to skip to pg. 9!*



5 Simple Hormone Hacks

Be Balanced...Naturally.

What is Estrogen Dominance?

The **female hormones, estrogen & progesterone**, work in close balance with each other.

In the normal menstrual cycle, estrogen rises in the first half of the cycle, peaking at ovulation, and then falls in the second half as progesterone increases. Testosterone levels fluctuate, with a surge around ovulation.

In Estrogen dominance, women have little, normal or excess estrogen, but very little progesterone to balance it off.

Even if you have low estrogen, if your progesterone is low, you can still have symptoms of Estrogen dominance. (confusing, I know!).

Progesterone opposes the action of estrogen, and helps the body to break it down. With an estrogen dominant picture, estrogen levels can stay abnormally high, without enough progesterone to keep it in check.

This can lead to a variety of symptoms and health consequences down the road.



5 Simple Hormone Hacks

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What causes estrogen dominance?

1) Hormone Therapies

This includes birth control pills given to premenopausal women, and hormone replacement therapies, which often include estrogen and may contribute to estrogen dominance.

2) Stress

Prolonged stress, can actually lead to fatigue and reduce progesterone levels. The body "steals" progesterone to manage and create stress hormones.

Less Progesterone = More Estrogen = EDOM

Excess Estrogen also disrupts thyroid function, which comes with a whole new host of issues, especially fatigue.

Did you know that most women in peri-menopause are actually suffering from Estrogen Dominance because of the dramatic drop in progesterone (75%) in relation to estrogen (35%)?



5 Simple Hormone Hacks

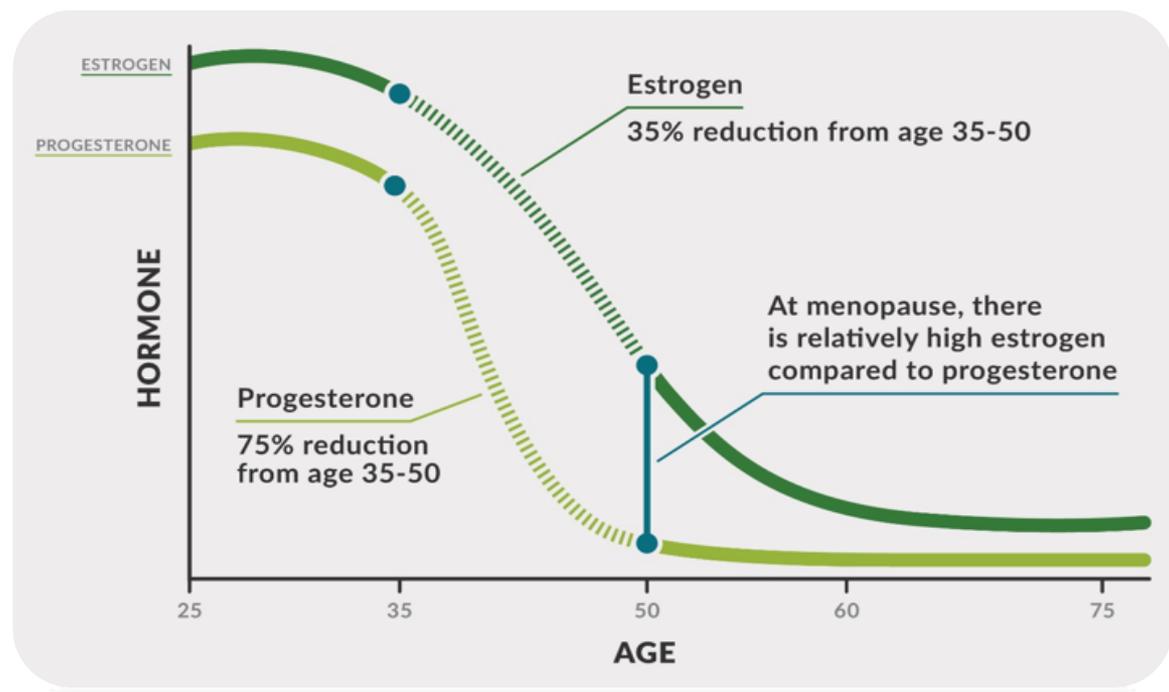
Be Balanced...Naturally.

PCOS – Fibroids – Endometriosis – PMS – Infertility – Menopause

What causes estrogen dominance?

3) Aging

There is a delicate balance between our female hormones, Estrogen & Progesterone, and the speed at which they both decline as we age is quite different. Progesterone declines more rapidly than Estrogen, which can create an imbalance in the ratio between the two hormones, even if estrogen levels are low. **Result? Estrogen Dominance.**





5 Simple Hormone Hacks

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What causes estrogen dominance?

3) Environmental Toxins: Xenoestrogen

We live in a society where we are constantly exposed to synthetic estrogens, called Xenoestrogens, making it nearly impossible to avoid:

Plastics, pesticides, foods (meats), body care products, furniture, cosmetics, detergents, and so many more.

These synthetic estrogens accumulate in the body over time, leading to a variety of symptoms in both women AND men.

This means that most of us are generally in an estrogen dominant state. These xenoestrogens are also thought to be carcinogens, and to disrupt the immune system in addition to creating hormonal imbalance.

Estrogen dominance in men may also be contributing to hair loss, atherosclerosis, prostate problems, lowered libido, impotency and breast development (gynecomastia). Even men need to do Estrogen Detoxes sometimes!

Did you know that xenoestrogens are implicated in the recent rise in early onset of puberty?



5 Simple Hormone Hacks

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Signs of Estrogen Dominance

- Breast tenderness, swollen breasts, Fibrocystic breasts
- Uterine fibroids, endometriosis
- Ovarian Cysts/Polycystic ovaries
- Cervical dysplasia
- Decreased sex drive
- Early onset of menstruation
- Weight gain
- Water retention & bloating
- Fatigue, Fuzzy thinking, Poor Memory;
- Mood swings, Anxiety, depression
- Premenopausal bone loss
- PMS, Irritability
- Slow metabolism
- Food cravings
- Headaches/Migraines related to cycle
- Irregular periods, irregular/heavy bleeding
- Constipation
- Infertility
- Hair Loss



5 Simple Hormone Hacks

Be Balanced...Naturally.

PCOS – Fibroids – Endometriosis – PMS – Infertility – Menopause



Now, it's time for
5 Simple tricks to
Get your hormones on
track...

And keep them there!



5 Simple Hormone Hacks

Be Balanced...Naturally.

Hack #1: Eliminate Toxic Products

Eliminate toxic home, bath & cleaning products

- ✦ **Use natural body care & cleaning products**
 - ✦ These products are often full of potentially harmful *Xenoestrogens*
- ✦ **Eliminate plastics**
 - ♡ These are often high in BPA, another estrogenic chemicals!
 - ♡ Use glass Tupperware & Beverage containers (BPA-free!)

Check out the [EWG Skin Deep Cosmetic Database](#), and find out how safe YOUR products are.



5 Simple Hormone Hacks

Be Balanced...Naturally.

Hack #1: Eliminate Toxic Products

Hack #2:
Manage your
Stress

Stress Management

- The stress hormone, cortisol, plays a large role in disrupting our sex hormones – causing the liver to hold onto estrogen. (= Estrogen Dominance)
- This in turn leads to disruption in thyroid hormones
**More Stress = More Cortisol = More Estrogen =
Disrupted Thyroid Hormones
(not good!!)**
- Start meditating, take a yoga class, journal, Take short breaks/walks during the day to unwind, read a book.. Whatever causes you to relax!

Goal:

- *Decreasing the stress (and cortisol) in your life*



5 Simple Hormone Hacks

Be Balanced...Naturally.

Hack #1:
Eliminate Toxic Products
Hack #2: Manage your
Stress

Hack #3:
Diet

Dietary Changes to Optimize Hormones

- **Eat Clean**
 - ♡ When possible, eat organic and avoid the pesticides and hormones in your food.
 - ♡ Check out the [EWG's Dirty Dozen & Clean 15 for a quick guide](#) on when to eat organic.
- **Increase the healthy Fats in your Diet**
 - We **NEED** fats to **create** hormones!! They also help manage inflammation, metabolism and weight.
 - Load up on avocado, coconut oil, eggs, & Salmon! (as a start). Ditch the sugar!
- **Load Up on GUT healing Foods**
 - An inflamed/leaky gut can disrupt hormones and lead to systemic inflammation.
 - Try: Kefir, Bone Broth, fermented veggies, high fiber veggies.

Get off the low-fat, no-fat bandwagon! Fats are IN.



5 Simple Hormone Hacks

Be Balanced...Naturally.

Hack #1:

Eliminate Toxic Products

Hack #2: Manage your
Stress

Hack #3:

Diet

[Cont'd]

Dietary Changes to Optimize Hormones

✦ Cut the Caffeine & Alcohol

- ♡ Everything in moderation!
- ♡ **Caffeine:** too much can stress the adrenal glands and increase cortisol (try and limit your self to 2 cups max) – then reach for the Green Tea.
- ♡ If you feel worse after drinking coffee – cut it out!
- ♡ **Alcohol:** Alcohol in excess can stress the liver and contribute to estrogen Dominance
- ♡ Try and limit your self to a max of 2 drinks
- ♡ If you suffer from Adrenal fatigue – you should eliminate these entirely!! (I know, I know – Sorry. But it's true). It will just lead to further hormonal imbalance.



5 Simple Hormone Hacks

Be Balanced...Naturally.

Hack #1:

Eliminate Toxic Products

Hack #2:

Manage your Stress

Hack #3:

Diet

Hack #4: Detoxification

Estrogen Detox!!

- If you've had estrogen overload, your body might need a hand in getting rid of it
- **How? Support the organs of detoxification.**
- **Here are a few daily tricks to help:**
- **Exercise:**
 - Give HIIT (High Intensity Interval Training) a try: This type of workout has been shown to positively impact hormones, as well as weight, metabolism, inflammation and immune health (to name a few)
- **Infrared Saunas:**
 - Uses heat & light to detoxify
 - The infrared waves help get you sweating and release stored toxins
 - Other benefits: joint support, pain relief, boosts metabolism, lowers inflammation and can directly alter cells and DNA
- Dry Skin Brushing: Daily Exfoliation to improve circulation & Detoxification
 - [Learn How to Do it Here](#)



5 Simple Hormone Hacks

Be Balanced...Naturally.

Hack #1:

Eliminate Toxic Products

Hack #2: Manage your Stress

Hack #3: Diet

Hack #4: Detoxification

Hack #5: Supplementation

Supplementation is Key

Supplementation helps to amplify the hormonal balance.

Look for supplements that help your body metabolize estrogen and promote progesterone balance.

A few of my personal favourites:

- ✦ DIM
- ✦ I-3-C
- ✦ Calcium-D-Glucarate
- ✦ Evening Primrose Oil
- ✦ Bioidentical Progesterone (Through prescription only)

However, when it comes to supplementation, I highly encourage that you work with your healthcare provider, to make sure you're taking what you really need – and in the right dose!



5 Simple Hormone Hacks

Be Balanced...Naturally.

Summary

Hack #1: Eliminate Toxic Products

Hack #2: Manage your Stress

Hack #3: Diet

Hack #4: Detoxification

Hack #5: Supplementation



5 Simple Hormone Hacks

Be Balanced...Naturally.

PCOS – Fibroids – Endometriosis – PMS – Infertility – Menopause



Congratulations!!

You've mastered 5 essential steps to conquering your hormones!

As I mentioned before, hormones can be tricky!

If you need some extra help, I'm here for you, and we can dig a little deeper.

Not sure if you need more help?

[Book a free 15-min Virtual Consult](#)

We can discuss your current health concerns, and see if you might benefit from the two of us working together.

Looking forward to it,

Dr. Andi ♥



5 Simple Hormone Hacks

Be Balanced...Naturally.

Don't be a Stranger!



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PCOS – Fibroids – Endometriosis – PMS – Infertility – Menopause



5 Simple Hormone Hacks

Be Balanced...Naturally.

The Hummingbird

Legends say that hummingbirds float free of time, carrying our hopes for love, joy and celebration.

Hummingbirds open our eyes to the wonder of the world and inspire us to open our hearts to loved ones and friends.

Like a hummingbird, we aspire to hover and to savor each moment as it passes, embrace all that life has to offer and to celebrate the joy of everyday.

The hummingbird's delicate grace reminds us that life is rich, beauty is everywhere, every personal connection has meaning and that laughter is life's sweetest creation.