

HORMONES - SETTING IN MOTION

Let's get physical

THE NEW HUMAN



HORMONES - LEARN TO LOVE YOURSELF AGAIN

If you're here about to start this journey of hormonal discovery, I am betting it is because there is something off balance within your physical system that is giving you signs that something is not right?

AM I RIGHT?

I think before we start on this journey, I need to explain what it is you are likely to discover throughout this plan as it is multi-layered and quite a chunk of info to digest but as I am sure you can appreciate, we are all different, so we cannot expect there to be a one way path that or quick fix solution that works for us all. A lot of learning how to rebalance comes from your own intuitive insight and understanding of your own body and ultimately that is the key to YOUR own healing but, from a general view point and tried and tested scientific data, we know what our bodies need in order to rebalance hormones and build blood and we know what foods work best for that. But aside from GENERALISING, there are other factors to consider when aiming to implement these beneficial changes and those are:

1. Your blood type (Most people don't know this and it's no big deal if you don't but it can be helpful if you do)
2. Where you are located geographically so you know what bioavailable food sources are available to you locally
3. What your food preferences are, because everyone is different and often, what is best for us isn't always what we like to eat because we are so disconnected from a lot of real, locally grown, seasonal produce

However, the main goal here is to hopefully share some insight with you from a scientific perspective and also hopefully present you with some indicators and triggers that can guide

you to intuitively know which is the best route forward for you and your body according to all of the content below

We will take a look at:

1. SCIENTIFIC DATA AND BACKGROUND INFO YOU NEED TO KNOW IN ORDER TO SUCCEED
2. COMMON HORMONE IMBALANCES AND PROBLEM AREAS
3. LIFESTYLE AND HOW THIS FITS IN TO THE BIGGER PICTURE
4. BLOOD TYPES
5. THE 4 PHASE PLAN BASED ON BLOOD TYPES
6. CORE PRINCIPLES TO IMPLEMENT WITH THE 4 PHASE PLAN FOR SUCCESS

SO LET'S JUMP IN

Where shall we start with tackling the topic of hormones? At the beginning. Scientific data. PLEASE NOTE how important this information is and that skipping over it is like brushing the problem under the carpet. You can follow the phase guides but without knowing why you are, you're doing a half job!

So, here we begin.

HORMONES. WHAT ARE THEY?

Hormones are molecular substances produced by multicellular organisms that allow different parts of the body, including organs, tissue, and the brain, to signal to and communicate with one another. Broadly, via this signalling, hormones help to regulate much of the organism's physiology and behaviour— including, in humans, sleep, digestion, sexual function, stress, and mood. Hormones are generally made up of amino acids, proteins, fatty acids, or can be classified as steroids.

There are dozens of hormones currently known and studied. Those that play a key role in psychological and behavioural functions include:

- Adrenaline: A hormone and neurotransmitter secreted primarily by the adrenal glands (near the kidneys) and

some neurons in the brain, typically during stressful, exciting, or highly emotional situations. Also known as *epinephrine*, adrenaline increases heart rate and blood flow to the brain and muscles, allowing the body to react quickly and, if necessary, engage in fight-or-flight.

- **Cortisol:** A hormone produced by the adrenal gland that regulates key physical functions such as balancing blood sugar and dampening inflammation; it also helps the body to cope with stress. Cortisol is released regularly throughout the day, peaking early in the morning and dipping overnight. When faced with a stressful situation, the body releases heightened amounts of cortisol to prevent inflammation and increase glucose reserves in the blood; over time, consistently high levels of cortisol can lead to negative physical and emotional effects, such as worsened immunity.
- **Dopamine:** A neurotransmitter and hormone released by the brain during rewarding activities such as eating, sex, and exercise. Known as a “feel-good” hormone, dopamine contributes to feelings of pleasure and motivates humans (and other animals) to seek out rewarding activities. It also plays key roles in learning, attention and emotion.
- **Estrogen:** A sex hormone that, while present in both sexes, is largely responsible for female sexual development and functioning. Primarily produced in the ovaries, estrogen helps to regulate menstruation, vaginal functioning, and libido (in both sexes). It’s also vital to brain health, playing a role in emotional regulation, mood disorders, and memory (see part below relating to glutathione) particularly as age increases and, in women, menopause starts.
- **Ghrelin:** A hormone produced primarily by the gastrointestinal tract—most notably in the stomach—that helps to regulate appetite. When ghrelin is released, appetite increases. Once the body signals that it’s full, ghrelin production slows down; this, along with

the increase in the hormone leptin, motivates the person to stop eating. Ghrelin is typically regulated by the body's circadian rhythms, the timing of the last meal, and blood sugar levels; however, it can be disrupted by factors such as stress and poor sleep, which can lead to dysregulated appetite.

- **Growth Hormone:** A hormone that stimulates growth, cell reproduction, and cell repair. Also known as human growth hormone, or HGH, it is produced by the pituitary gland. Though production continues throughout the lifetime, it ramps up during puberty to increase height, boost muscle mass, and promote bone growth and strengthening. HGH also regulates immune functioning, rejuvenates tissues and organs, and is an essential component of collagen production, which boosts skin and hair health.
- **Insulin:** A hormone produced in the pancreas that regulates metabolism and blood sugar. Insulin is released as the body breaks down carbohydrates into glucose, allowing glucose to enter cells where it is used as energy, and carrying excess glucose to the liver. Those who make very little insulin—or who become resistant to its effects, often due to obesity, metabolic syndrome, or genetics, can develop diabetes.
- **Leptin:** A hormone released by adipose tissue (also known as fat) that works in concert with ghrelin to regulate appetite. When ghrelin is released, hunger increases; leptin is released after food is consumed to signal fullness and discourage additional intake. The body becoming increasingly resistant to leptin's effects over time is a risk factor for obesity; a condition known as leptin receptor deficiency can also promote obesity (and psychological distress) by triggering near constant hunger.
- **Melatonin:** A hormone released primarily by the brain's pineal gland that regulates the body's sleep-wake cycle. Melatonin levels rise and fall naturally throughout

the day, peaking in the evening (to promote feelings of sleepiness before bedtime) and dipping to their lowest levels in the morning. While the melatonin cycle is strongly influenced by the 24-hour cycle of day and night (circadian rhythms), it can also be affected by food, physical activity, genetics, and travel and electromagnetic frequencies EMF's (Useful article [here](#) on EMFs and Melatonin production - WORTH A READ!

- **Norepinephrine:** A hormone and neurotransmitter released by the brain and the adrenal glands. Among other functions, norepinephrine is critical for the fight-or-flight response. In the brain, it helps regulate attention, alertness, vigilance, and anxiety in the body, increased levels of norepinephrine speed heart rate, breathing, and blood pressure. Like adrenaline, norepinephrine production increases during stressful or exciting situations.
- **Oxytocin:** A hormone and neurotransmitter produced by the hypothalamus and released by the pituitary gland. Known colloquially as the "love hormone," oxytocin plays a key role in socializing, romantic relationships, and parent-child bonding as it is released during group activities, physical contact, sexual stimulation, childbirth, and breastfeeding. Oxytocin can also, however, trigger aggression toward members of the "out-group."
- **Progesterone:** A sex hormone primarily implicated in the female reproductive cycle. Though it's also necessary for male sexual function (as it aids the production of testosterone), progesterone's main roles are to regulate the menstrual cycle, the development of female sex characteristics, such as breasts, and pregnancy. In women, progesterone is produced in the ovaries and works in concert with estrogen.
- **Testosterone:** A sex hormone that is the main driver of male sexual development and libido; it also plays a smaller role in female sexual functioning. testosterone is often

thought of as a driver of aggression, and though it does play a role in aggression to some degree, it also affects language skills, cognitive functioning, growth, and physical health. Testosterone is produced in the testicles of males and in the ovaries of females.

- **Vasopressin:** A hormone produced by the hypothalamus and released by the pituitary gland that has several physiological functions, including the regulation of blood pressure and circulatory function. Recent research (most notably in animals) suggests that vasopressin may also play a role in autism, as well as work in concert with oxytocin to promote social bonding.

The importance of highlighting this information is because, most people just think of our hormones to be our sex hormones, relating to our sexual health and that is far from the truth. It runs far deeper than that and if you are wanting to understand how to better regulate and support your hormonal health you need to make sure you understand the full picture so you aren't doing yourself an injustice by only completing half jobs or being misinformed.

There is a lot that goes in to making our system a healthy whole, a wonderfully working organism that functions high end to the best of its abilities and there are many things to consider when aiming for this goal point. We consider what we need to put in to make changes but equally a lot of it will be what needs to be removed. What we need to bin, lose, end etc and below we will take a look at a number of the most crucial factors pertaining to our hormone health and functions.

- **Our external environment** – Pollutants, toxins, chemicals, aerosols, environmental damage that enters our systems and causes harm from external sources. This comes from food pesticides, Earth pesticides, Air pollutants, Water contaminants, Household appliances, EMF Radiation, mould

spores, bacteria, fungus, viruses and many other external radicals that often we have no control over

- Our internal environment - What we put in and on our body, dental fillings and caps made from aluminium, beauty products and perfumes that contain parabens and lead etc, foods that contain molds, toxins, transfats, cancer causing palm oils, PUFAS, bad salts, harsh indigestible chemicals, colourings, plastics and so many more laboratory manufactured products that are unnatural damaging causes of most modern day illnesses that start with the imbalance of our gut microbiome and hormones.

HOW COULD WE HAVE CONTROL OVER THESE ISSUES TO REVERSE DAMAGE?

- Invest in air purifiers - There are many different options for these of which I will link below however they are becoming more available and ikea have now come out with their own table top version that's actually pretty cute and from what I hear are great at filtering out dust and particles from the indoor air circulation.
- Invest in reverse osmosis water filters for drinking. These can be super pricey though there are some great cheaper options if you shop around or if it's just for your drinking water you can look to make a budget model yourself until you can afford a decent one. Search around on youtube for some inspo.
- Invest in water filters for taps in kitchen and bathrooms. There are many ways and means to do this as its an up-and-coming thing these days but generally speaking, you won't be disappointed by investing in this as it is such a worthwhile spend. If you're like me and LOVE a salt bath, then spending 40 minutes twice a week in bath water you're going to want it to be as pure as can be or else it's all soaking in through your skin. The aim is to rid the body of toxins not collect them. If you can't afford this please make sure that you opt for showers and that you use a good essential oil serum on your skin after washing.

- Invest in modern thermal solutions for your home to avoid damp and fungal growth – Proper insulation and cosmetic maintenance on your home is as important as it is on your body.
- Reduce toxic exposure in your home – Do not purchase hormone disruptors such as laundry detergents, air fresheners, room sprays, fragranced candles, polishes and other cleaning products laden with chemicals and instead replace them with natural alternatives and DIY products to clean surfaces with ie distilled vinegar, sodium hydroxide (is as effective as bleach and completely safe) lemon juice etc (there are plenty of DIY recipes online if you look around), norwex silver ions cloths, beeswax jar lids and cling wraps, beeswax candles, essential oil diffusers and consider some house plants to absorb and purify air quality
- Stop using energy efficient light bulbs. They cause so much illness through junk light damage and prevent you from sleeping properly, hence the huge focus below on MELATONIN.
- Throw out all pans and utensils that are coated in perfluorinated compounds, which is basically anything with a non-stick coating. They are dreadful for your hormone health and are known to cause damage. Replace them with Cast Iron or Ceramic pans. It might cost a bit but they last forever and they also increase your iron intake through cooking as it leaches in to your food and promotes further benefits.
- Throw out plastic storage containers and opt for glass containers for food prep and storage.
- Throw out any beauty product that contains aluminium such as deodorants, products that contain sulphates, sodium chloride and silicones such as shampoos, preservatives that contain formaldehyde, Ethanol Alcohol such as hairsprays and other aggressors. Be mindful of product choices and wherever possible opt for organic, natural and safe solutions such as castile soap bases,

natural carrier oil bases, essential oils, clays and earth masks and often things as simple as bicarb and arrow root can make great if not better than store bought dry shampoos. Add in some peppermint oil and rosemary and you're doing your hair the best favour!

- Grow your own vegetables - (Or at least make sure you know who does grow your veg) Make use of outdoor and indoor space to grow your own fruit and veg without any pesticides. Start a garden veg box or a window ledge herb box and if you want to really go to town you can invest in a tower garden and have a vertical growing wall in your home for every green plant you can imagine! There are no excuses.
- Shut off WiFi when you go to sleep so your home is free from EMF radiation and invest in EMF blockers to use throughout the house and on the back of your phones and devices

OUR PHYSICAL BODY

HOW CAN WE TAKE CONTROL OVER OUR PHYSICAL HEALTH TO HELP OUR HORMONES?

- See above - Start by cleaning out your home and environment of any free radical and harmful toxins that you can either replace or remove. Be very conscious about this and make the cut throat changes because **EVERYTHING STARTS AT A CELLULAR LEVEL** and in terms of this project your home is that cellular level. From there, everything else can fall in to place.

So you have your home in order (And I'm not suggesting you spend thousands on reverse osmosis water kits and re-plumb your homes water systems but start small) Now the next part comes down to you. You need to look at your lifestyle now in terms of:

WHAT YOU EAT AND WHEN YOUR DAILY EXERCISE

HYDRATION
MEDITATION AND MINDFULNESS PRACTICE
HOW YOU LIMIT AND REDUCE STRESS THROUGHOUT
YOUR DAY
WHAT YOU DO TO IMPROVE YOUR 'YOU TIME'
HOW YOU UNWIND
HOW'S YOUR SEX LIFE
HOW'S YOUR SLEEP
HOW'S YOUR MINDSET?
FROM HEAD TO TOE AND ALL THE BITS INBETWEEN,
HOW ARE YOU?

HOW CAN YOU MAKE LIFESTYLE CHANGES THAT CAN
HELP YOUR HORMONES?

- Consider a proper food plan that works for you based on your physiology, biology and what you know you like so you know you can be consistent
- Plan around your monthly cycle according to the times of your cycle so you are spicing up your movement focus, ie: When you're menstruating, do some yin yoga or slow long walks or when you're in ovulation, get some Zumba on the go and have a dance party. Don't overuse your energy during the wrong time of the month or you can end up wasting reserves you could use later on - Don't freak out about data tracking and getting obsessive over calculating calendar movements etc. Eventually, once you start to create new patterns, the old will fall away and the new will come to the table and your body will naturally start to tell you what it wants and needs and when - Intuition is your guide. You just have to learn to trust yourself enough to understand it
- And in terms of each phase and what do to when, avoid things like cold water bathing or cold showers, cold drinks with ice and put on slippers and socks during your winter phase to protect your kidneys and keep your blood flow strong. You can throw yourself in the cold waters during

follicular and ovulation when your body is more adept to these energies. Timing is crucial

- **DRY SKIN BRUSHING**- helps to flush your lymphatic system of waste toxins and get your blood circulating. Practicing this often is an excellent way of protecting your lymph and supporting your adrenals (see below for info on this) so before you shower, it is a great practice to look at including often. Brush towards the heart always and once you have showered refresh your skin with a blend of oils that will help nourish your skin and lock in the moisture. Great for supporting many organs and glands! Check out this post for more info: [DRY SKIN BRUSHING BENEFITS](#)

- **SLEEP** - Make sure you switch off your WiFi before bed and that you go to sleep at a good hour. Try to leave tech outside of the bedroom and do this a good hour or so before you go to sleep. Go old school and light a candle, read a book, do some meditation, make some love...Anything that can help you unwind and relax that is non tech based is a winner!

Make sure your room is dark, cool and free from clutter and aim to get a good 8 hours of quality sleep every night

- **CUT OUT ALCOHOL** - Oh this is one to eye roll. I haven't drunk alcohol for 5 years and I used to LOVE a regular drink but honestly, out of all the changes I have made, this is by far the best in so many ways. It is deeply effective and I can no longer tolerate any alcohol any longer. Once you rid your body of this poison, it is a **GAME CHANGER!** If you cannot quit, at least aim to cut down but in all honesty, it is one of **THE MOST** dangerous implications for hormone imbalance in women. I cannot stress this enough!

- **LOOK AT BIRTH CONTROL** - Are you on a hormone based contraceptive pill? Do you have an implant? What are you using that could be harming your body in ways you hadn't considered? I will leave links at the bottom of this document for you to go visit that will provide all the information necessary to highlight from a medical perspective the implications caused by hormonal contraceptives. Perhaps look for natural alternatives, although I know this can be

tricky. Some options to consider could be: www.smartwomenschoice.com or you could look at temperature testing, the pulling out method or a good old fashioned diaphragm. It is said, if you are careful with monitoring your cycle, you can control conception well based on the cyclical science without any need for medical intervention but that is each person's individual preference as clearly it comes with risk.

- **LOOK AT YOUR MEDICATION** - I hate to say this as it creates tension but most pharmaceutical medication causes havoc on your hormonal system. It is often the case that one prescription will lead to the need for something else and before you know it you have this spiral effect of meds aimed to help but often making matters worse. Sorry to say but the best way to sort this is to look at alternatives wherever possible and to try to create better balance through lifestyle and diet to prevent the need for medication especially long term use.
- **MEDITATE TO MEDICATE AND TAP IN** - Go deep in your breathwork and stretch protocols to really enhance the connection between you and your body and mind - the SOMA experience comes from here and is where you can find your true self, your TRUE NORTH and where all the worries and woes of the outside world disappear. Tapping connects you deep to your tissues and cells and helps to send signals to your brain from the parts of your body you are saying hello to. You're not just a body, you're a BODY and it's a far greater thing than you know! Don't take it for granted.

The 3 most IMPORTANT things to consider when aiming to rebalance hormones are:

1. BLOOD SUGAR BALANCE
2. NUTRIENT DENSE FOOD CONSUMPTION
3. PROPER NUTRIENT ABSORPTION

BLOOD SUGAR BALANCE is crucial for your over all health not just your hormone balance. Making sure you have a consistent balance comes from consistent lifestyle maintenance and there is only one way of making sure this is successful, and that is by careful and considerate management of what you are consuming, how you are moving your body and the rest you are providing to reset.

We tend to think that there are over complexities within diets, such as carbs are bad - **NO THEY ARE NOT!** This is one of the biggest misconceptions and one of the reasons why our blood sugar balance is thrown off. Don't be thrown off with this opinion, it is far from a healthy one. Carbohydrated push blood sugar up and protein pulls blood sugar down. This synergy works together to maintain a blood sugar balance while fats help slow the entrance of protein and carbohydrate in to the blood stream. This is why the balance of carbs, proteins and healthy fat consumption should be combined within each meal to provide long lasting and stable energy in form of glucose to the cells. Without that balance, you are force engineering a trick your body needs to adjust steer in to and start using body tissue to replace the glucose, which causes damage and stress throughout the system and leads to thyroid issues, gut issues that then lead to poor absorbtion of further nutrient which can then lead to major deficiencies, low blood count and eventually illnesses such as diabetes and heart disease.

Cells need a constant supply of glucose and your blood sugar regulation should be your **TOP 1ST PRIORITY** when looking at not only your hormones but your overall health. A stable blood sugar will enable our fuel source. Carbohydrates are where our main glucose source come from. Without it the body will convert its own tissues to glucose (Gluconeogenesis) if stored sugar is not available. We are taught that sugar is bad but not all sugar is created equal. Dates, fruit and raw honey for example are a fantastic bioavailable source of sugar from carbs. If you can combine carb with protein and fat in every meal to create a balance your hormones will thank you. So just an example as a snack while you're between meals:

A couple of dates with raw butter and sea salt

Stewed fruit with raw cream and a topping of seeds

Hot Cocoa with nut milk and homemade marshmallows

Shrimps with garlic butter and sea salt

Simple sugars such as fruit, raw honey and dark chocolate are truly beneficial for your metabolism and thyroid health so making sure throughout each phase of your cycle that you stabilise with good quality nutrients that compliment balance is an essential if not the most crucial piece of the puzzle.

CORTISOL:

Cortisol is a steroid hormone, in the glucocorticoid class of hormones and is produced in your adrenal glands. The adrenals produce hormones that regulate the immune system, metabolism, stress response and your gastrointestinal function. They produce adrenaline, aldosterone and cortisol, cortisol often referred to as the stress hormone because of its connection to the stress response, however, cortisol is much more than just a hormone released during stress. It has many receptors and can help control blood sugar levels, regulate metabolism, help reduce inflammation, and assist with memory formulation. It has a controlling effect on salt and water balance and helps control blood pressure. In women, cortisol also supports the developing foetus during pregnancy. All of these functions make cortisol a crucial hormone to protect overall health and well-being. Making sure that you balance your cortisol levels is also important as having too low or too high cortisol is the same as a blood sugar imbalance and can lead to complications.

So simple sugars in bioavailable food sources are an excellent combination that help regulate cortisol thus maintaining a regulated thyroid function, metabolism and good digestion. Issues surrounding cortisol will lead to poor sluggish digestion, metabolism and poor absorption of nutrients in the gut due to

these off-balances. Simple sugars will help to balance a stress response.

Not only through food but through mindful lifestyle practice, getting enough quality sleep is highly important for your adrenals and in order to support them, gentle exercise such as yoga, walking and breathwork is a great way to help keep the balance outside of the food network

Another thing to consider is that Calcium is also highly crucial when looking at thyroid health. Calcium is essential for reducing parathyroid stress and inflammation and helps the functioning of the thyroid gland thus supporting the adrenals and all other subfactors of the endocrine system. Please do note that a well rounded non restrictive WHOLEFOODS diet is the most sensible approach to managing and maintaining your hormone health as it depends on many other functions to operate as a well clogged wheel and without a consistent, balanced plan, it isn't just your hormones that will suffer but it will have a knock on effect throughout the system as a whole

It is very important to be aware of the role of Glutathione and other amino acids also when looking at the essential nutrients that support hormone function and it isn't a mainstream consideration and has not been well heard of however, glutathione is an essential antioxidant composed of various amino acid that helps prevent damage to immune response and cellular DNA damage.

It is ESSENTIAL for detoxification through the blood and is the powerhouse antioxidant that helps our bodies fight infection. There is no better time than NOW to start looking at how to strengthen our immune system and this is one of the key components to look in to. It will help reduce free radical stress and cellular damage, helps to regulate blood sugar and aid insulin resistance especially in older people, and reduces the risk of cognitive impairment as it helps preserve memory and reverse the signs of ageing through cognitive and muscular decline. This is super important when considering our hormone function as everything starts at a cellular level and in the brain

and is then transmitted to the rest of our body through our systems wiring network AKA our nerve pathways and blood stream.

GULTATHIONE It's composed largely of three amino acids: glutamine, glycine, and cysteine. It's composed largely of three amino acids: glutamine, glycine, and cysteine.

How to generate more glutathione

- General foods such as peppers, bananas, broccoli, apples and onions are great all-rounders.
- To increase your levels, you want to be consuming food rich in selenium and alpha-lipoic acid – both of which help the body to produce glutathione.
- Tuna, beef and dairy are high in selenium, while vegan diets can be high in alpha-lipoic acid found in spinach, tomatoes and peas.
- It is available in high end NAC supplements and A-Cysteine powders however absorption is limited unless you have impeccable gut health so it is advisable to obtain as much as you can through bioavailable means.
- A NOTE ON DAIRY AND I WILL SAY THIS OFTEN, I AM NOT A DAIRY FAN AS IN, THE CONVENTIONAL KIND I BELIEVE WREAKS HAVOCK ON YOUR SYSTEM SO RAW DAIRY IS EWLL WORTH INVESTING IN. DAIRY CAN BE GREAT, IF DONE PROPERLY AND AT THE RIGHT TIME OF YOUR CYCLE OR SEASONS. AUTUMN IS A DAIRY NO ZONE – LISTE TO THE PODCAST [THE PO AND LETTING GO](#) TO FIND OUT MORE...

Increasing your intake of vitamin C, whey protein, turmeric, milk thistle and foods rich in selenium will further help to boost glutathione production.

THE CRUCIAL NUTRIENTS REQUIRED DURING MENSES ARE:

IRON

B VITAMINS

VITAMIN C

ZINC

OMEGA FATTY ACIDS

GLUTATHIONE

COPPER

SELENIUM

Wild caught shrimp are an excellent source of Vit B12, Copper, Zinc and Selenium.

Copper plays a crucial role during menstruation as it helps create red blood cells, produces a collagen protein, absorbs iron in to your body and turns sugar in to energy. It also helps keep nerve cells healthy and promotes a healthy immune system so making sure you get enough copper during this time is super important.

WHAT FOODS CONTAIN COPPER?

- Wild caught shrimp
- Oysters
- Mussels
- Clams
- Organ meats
- Brazil nuts
- Macadamia nuts
- Lentils

- Molasses
- Black Pepper

SIGNS THAT YOU DO NOT HAVE ENOUGH COPPER IN YOUR BODY CAN LEAD TO ISSUES SIMILAR TO THOSE OF IRON DEFICIENCY AND PRESENT THEMSELVES IN SYMPTOMS OF THYROID DISORDERS, ANAEMIA, PALE SKIN, BRITTLE BONES, LOW BLOOD COUNT, IREEGULAR HEARTBEATS AND LOW BODY TEMPERATURE

If you would like to consider a cyclical movement workshop to also help you as you work out what's best for you throughout each stage of your cycle, we work with a fantastic somatic movement specialist called Jasmine that offers a month long workshop and teaches you how to tap into your body and move according to your body's energy / fuel stats and in alignment to what we now know our bodies need during each particular stage, how to make sure we can incorporate that via our bodies input and output of energy as we move through the seasons and shifts

You can find the details of her workshops [HERE](#)

We hope you have enjoyed this little exploration on the world of hormones and how they make up a healthy version of us or otherwise. With so much stress and overload in the world right now, our focus here at SOMALIFE is to make sure that however we can, we aim to bring as much insight, information and help your way so that you can live the best, healthiest and most harmonious life **ON YOUR OWN TERMS**, so while it takes a little educating and self-discovery to get started, once you've started, **THE WORLD IS YOURS!**

From us with love



SOMA HEALTH

LINKS FOR FURTHER READING:

HOW NON STICK COATING ON PANS CAN DAMAGE OUR HORMONES - <https://theecologist.org/2010/aug/23/non-stick-pans-can-affect-our-hormones-new-research-suggests>

HOW ENERGY EFFICIENT LIGHT BULBS CAN MAKE YOU ILL - <https://www.facts-are-facts.com/article/energy-saving-light-bulbs-can-make-you-ill>

AIR PURIFIERS, IKEAS TABLE TOP VERSION - <https://www.ikea.com/us/en/p/starkvind-table-with-air-purifier-stained-oak-veneer-white-80461974/>

SLEEP AND MELATONIN - <https://somalife.link/2024/02/21/melatonin-the-dark-hormone/>