



free from illness. Our hormones have a strong influence on our immune systems. The hormone responsible for helping our immunity is estrogen. It acts like a steroid and can enter into the cells.

- 2 When we suffer from digestive issues, they can be hormonal. When we have digestive issues, we tend to put this down to food and in some cases, it is but in others it is the food we are eating. When we have upset stomachs, our bodies are not getting the nutrients that we need and this in turn upsets our hormones. Bad digestive health causes issues with our hormones so if you get your digestive health in order then you are well on the way to good hormone health.
- 3 One of the big things that messes up hormones is red meat. Red meat can be packed with steroids that are given to animal while alive and this goes into the meat that we eat. This causes imbalances with estrogen levels in our body. Go for white meat and go for organic or grass fed beef.
- 4 Caffeine can be a big issue when it comes to hormones are you a coffee kind of person. Drinking too much coffee can spike your cortisol levels. This is the stress hormone; this can leave feeling stressed and unable to sleep at night. If you have more than 3 cups of coffee a day, try cutting down, if you have several cups cut down slowly so you don't get headaches.
- 5 Acne, mood swings and stomach cramps are not normal, and you should not have to just live with them. The reason you may be suffering is that there is an imbalance between the estrogen and progesterone causing these symptoms. If you can get them re balanced, you will feel much better.
- 6 Sugar is not great for us, there have been many studies done showing how sugar is bad for the body. It is addictive just like some drugs are. When we have too much sugar our brains signal certain hormones to be triggered. When this starts to happen, our hormones get all messed up. So, try cutting down on sugar if you have a high sugar diet. You will certainly help your overall health. Sugar gets put into a lot of low-fat products so do look at labels.
- 7 Alcohol can cause your estrogen levels to go out of balance. So, if you go out with friends for a drink then have a non-alcoholic drink in between to give your hormones a rest and help them to re balance.
- 8 Our hormones are linked to our brain function. So, when our hormones go out of balance say at the menopause this can effect our memory, which is why some women say they get brain fog or forget things. Make sure you eat good fats such as avocado and get enough sleep.
- 9 Our hormones control a lot of things such as weight gain and loss, headaches, mood swings etc. Our hormones are so interrelated to us we do not realise. There are times when we try to put our symptoms to an illness or condition when it is our hormones that are out of balance.

- 10 Lastly our diet is important for our hormones, we need fats to keep them stable and water to keep hydrated. What we eat can affect our fertility and menopause. Listen to your body to see what it is telling you it needs. If you cut down on alcohol, sugar and caffeine that is a good start. Make sure you get enough sleep at night don't burn the candle at both ends and get some exercise and fresh air each day.

If any of these points ring a bell with you and you feel that you may need more help I offer a holistic and tailored approach to your symptoms and it is individualized to you. I am happy to have a 15 minute no obligation chat on the phone if you would like. I can be contacted at coral@homeopathessex.co.uk or on 07711296145.