Regain Your Vitality – Tips to Naturally Balance Hormones

Categories : Health/Fitness

Your body calls upon a myriad of hormones to regulate everything from your natural stress responses to your heart rate. While there are effective mechanisms within your brain responsible for regulating the release of vital bodily hormones, it's not uncommon for these mechanisms to become inefficient. Whether through dietary strains or health complications, hormone imbalances are the leading cause for many acute and chronic conditions.

Balance Estrogen with Carrots

While women contain much higher concentrations of the hormone estrogen, this essential hormone is found in both men and women. As we age, the delicate balance of estrogen can become disturbed, which may lead to imbalances in a wide array of other hormones. For women, especially, an estrogen imbalance can result in severe premenstrual symptoms, such as debilitating migraines. In order to regain estrogen balance – and ultimately balance in many other hormones – eat one raw carrot each day. Only consume “adult” organic carrots – no baby carrots or cooked carrots.
Eliminate Inflammation Derived Hormonal Imbalances with Less Omega-6

Throughout the past several decades, there's been a resounding chant among natural health proponents – eliminate animal fats from your diet and replace with vegetable fats. While this concept is based in scientific fact, the unfortunate truth is the majority of vegetable fats are rich in omega-6 fatty acids, which directly influences the rate of inflammation throughout your body. As your tissues enter a state of chronic inflammation caused by excess omega-6 fatty acids, natural hormone productions are influenced and altered. This alternation tends to yield significant imbalances within your hormones. As a rule of thumb, strive to consume more omega-3 fatty acids throughout your daily diet and actively work to minimize the consumption of omega-6 fatty acids.

Consume Liver to Naturally Balance Hormones

Liver from poultry or red meat sources is one of the most nutrient dense foods within the planet. In fact, animal livers feature some of the highest concentrations of Vitamin A out of any food source. If you're unaware, Vitamin A is imperative for whole body hormonal balance as it directly influences the health and function of your thyroid as well as your own liver function. In an ideal world, you would consume up to four servings of pastured liver per week; however, many do not find the flavour of this organ pleasing. If this is the case, consume desiccated liver capsules from grass-fed animals each day. After several weeks, you'll begin to notice a physical and emotional shift into greater hormonal balance.

Regain Hormonal Balance With Relora

Whether you have a stressful job or engage in regular physical activity, your body's natural stress response can be the number one factor in your overall hormonal imbalances. Although there are many ways to eliminate the destructive power of stress hormones, such as cortisol, one of the most effective remedies comes in an herbal pill form. Relora, which is derived from two plants, Magnolia officinalis and Phellodendron amurense, is clinically proven to not only reduce your emotional anxiety and stress, but also balancing a wide array of hormones throughout the body. By reducing the impact of cortisol, your entire body functions properly and balances all hormones naturally.

(Image from: Alon)