

# Hormonal Harmony

The quick and painless guide to balancing your hormones naturally



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## Contents

[9 reasons to balance your hormones naturally](#)

[Understanding your hormones: Oestrogen, progesterone & testosterone](#)

[Tracking your cycle: which hormones when?](#)

[Stress first: why you need to reduce your cortisol levels](#)

[Oestrogen management](#)

[Progesterone management](#)

[Testosterone management](#)

## Introduction

We all know that hormones are crucial for our health and wellbeing. And when they go out of balance, we know what that feels like – from irregular periods and weight gain to feelings of anxiety and depression. But we don't always know what to do about it.

More women are turning to natural and holistic methods for balancing their hormones. The more we learn about the harmful and polluting chemicals in our food, products, and environment, the more we seek alternative ways to bring back balance.

In this quick and painless guide, we explore effective strategies you can use to balance your hormones naturally. Print out this guide so you can come back to relevant sections, make notes, and save it for the future. Ready to take your hormones into your own hands?



# 9 reasons to balance your hormones naturally

There are plenty of good reasons to take back control of your hormones naturally. You might know some of these instinctively already, but there might be some suggestions here that are new to you. Either way, knowing them may encourage you to take action...

## 1) You'll feel better

Unbalanced hormones cause a range of physical and emotional symptoms, such as fatigue, mood swings, and headaches. With your hormones under control, you'll have more energy, focus, and feel happier.

## 2) You'll get better sleep

If your hormones are out-of-kilter, you might find it harder to fall and stay asleep. But back in balance, you'll sleep more soundly, and best of all, wake up feeling refreshed and ready to take on the day.

## 3) You'll improve your sex drive

Hormones affect your libido. An imbalance makes it difficult to feel interested in sex. The good news is, regaining balanced hormones not only increase sex drive, but leads to improved satisfaction.



"Hormone interactions have been compared to a ballet, a symphony—even barbershop harmonies. A stumble, a missed note, a voice off-key—all can trigger an unpleasant realization that something is not quite right. And so it is with hormonal balance."

*Nisha Jackson, The Hormone Survival Guide*

#### 4) You'll improve your focus

Hormones affect cognitive function. An imbalance can make it difficult to concentrate. Balancing your hormones can help find your focus to improve your productivity and performance in work, life, and more.

#### 5) You'll get better skin

How we look on the outside can have a huge effect on our self-esteem. If you have hormonal skin (acne, dry skin, sebum over-production), you may want to control your hormones to improve skin health and appearance.

#### 6) You'll manage your weight

If you have trouble maintaining a healthy weight, your hormones may be to blame. It's not always as simple as diet and exercise. We need to look at how exercise and food can change our hormones too.

#### 7) You'll regulate your menstrual cycle

Irregular periods stem from unbalanced hormones, which can also lead to other problems such as heavy bleeding and infertility. Getting your hormones under control can help regulate your periods.

#### 8) You'll mitigate pain, PMS, PCOS, and more

Hormonal imbalances can contribute to a range of menstrual complications, which can cause various levels of discomfort and pain. Regulating your hormones can help alleviate some of these symptoms.

#### 9) You can come off oral contraception

Whether you're trying to get pregnant, or just don't want to take the pill anymore, you may want to be more aware of the way your hormones change when you stop taking contraception, and how to manage the journey.



# Understanding your hormones

The three main hormones that rule the female body are oestrogen, progesterone, and testosterone. To get them in check, it's important you understand each hormone's role, and what it looks like when they're out of balance.

Use the table on this page and the next to get to grips with your hormones, and understand whether you're deficient or producing excessive amounts of any of them.

	Oestrogen	Progesterone	Testosterone
Role	<p>Important in the development of female sexual and reproductive health. Contributes to brain, bone, and heart health.</p> <p>Oestrogen production peaks during ovulation, and dips during menstruation.</p>	<p>Produced during ovulation to prepare the uterus for conception. Its vital role is in balancing levels of oestrogen.</p> <p>Progesterone levels peak during ovulation and gradually taper until the end of the next period.</p>	<p>While most commonly associated with men, testosterone is also an important hormone for women, and must be maintained carefully.</p> <p>Made in the ovaries and adrenal glands, it provides women with energy, vitality, sex drive, and endurance.</p>

Deficient

Excessive

	Oestrogen	Progesterone	Testosterone
Deficient	<ul style="list-style-type: none"><li>• Insomnia</li><li>• Trouble focusing</li><li>• Dry skin</li><li>• Fatigue</li><li>• Headache</li><li>• Migraines</li><li>• Vaginal dryness</li><li>• Low sex drive</li></ul>	<ul style="list-style-type: none"><li>• Insomnia</li><li>• PMS</li><li>• Irregular periods</li><li>• Heavy periods</li><li>• Weight gain</li><li>• Irritability</li><li>• Hair loss</li><li>• Tender breasts</li><li>• Dry skin</li></ul>	<ul style="list-style-type: none"><li>• Weakness</li><li>• Low muscle mass</li><li>• Body hair loss</li><li>• Fatigue</li><li>• Dizziness</li><li>• Anxiety</li><li>• Low sex drive</li><li>• Body dysmorphia</li><li>• Indecisiveness</li></ul>
Excessive	<ul style="list-style-type: none"><li>• Acne</li><li>• Water retention</li><li>• Bloating</li><li>• Weight gain</li><li>• Irritability</li><li>• Depression</li><li>• Unstable insulin</li><li>• Headaches</li><li>• Tender breasts</li><li>• Uterine fibroids</li><li>• Joint pain</li></ul>	<ul style="list-style-type: none"><li>• Irregular periods</li><li>• Light periods</li><li>• Fatigue</li><li>• Weight gain</li><li>• Headaches</li><li>• Dizziness</li></ul>	<ul style="list-style-type: none"><li>• Loss of head hair</li><li>• More body hair</li><li>• Aggressiveness</li><li>• Oily skin</li><li>• Body acne</li><li>• Restlessness</li></ul>

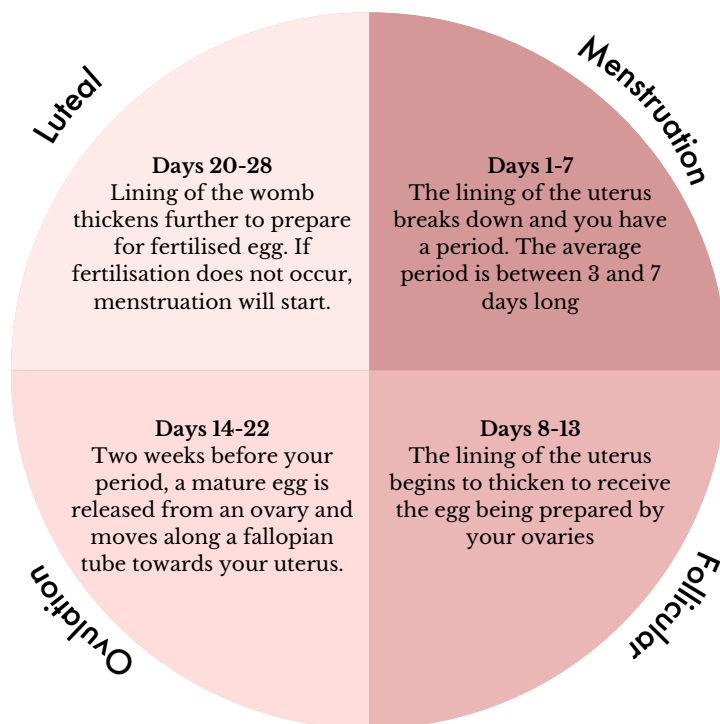
Hint: Why not circle or highlight all those that apply to you?

# Tracking your cycle: which hormones when?

Knowing which hormone is dominant during which phase of your cycle won't give you much value unless you track it.

The chart below helps you understand the different phases of your cycle. You can also download a period tracker from [baijilife.co.uk](http://baijilife.co.uk) to help you keep on top of your monthly hormonal changes.

## Menstrual cycle



Please note that these day ranges differ from person to person. If you have a longer or shorter period, or irregular periods, these phases of the cycle may have to be recalculated according to your own body's rhythm.

## Period Tracker

**Tracker**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
01												
02												
03												
04												
05												
06												
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**Flow**

Light  
Medium  
Heavy  
Ovulation

**Notes**

**Cycle Length**

Jan	Feb	Mar
Apr	May	Jun
Jul	Aug	Sep
Oct	Nov	Dec

[Download an A4 copy of this period tracker by following the link.](#)





# Stress first: Why you need to reduce your cortisol levels

"Stress is a major medical and anti-aging issue. Do not shrug it off. Find something that works for you." *Uzzi Reiss, Natural Hormone balance for women*

Cortisol is a hormone produced by the adrenal glands in response to stress. This stress response can interfere with the normal functioning of the endocrine system, which is responsible for producing and regulating hormones.

Chronic stress can cause cortisol levels to remain elevated for extended periods, which can lead to hormonal imbalances. High levels of cortisol can cause a decrease in oestrogen and progesterone, which can lead to irregular menstrual cycles, difficulty conceiving, and other reproductive issues.

Studies show that just a couple of weeks of prolonged stress can cause women to experience mental, emotional, and physical effects, which can include menstrual irregularities, weight fluctuation, irritability, acne, and sleeplessness.

There are some simple steps you can take to reduce stress in your daily life. Eating breakfast and waking up at the same time every day have been proven to be remarkably effective. Spending time with loved ones, drinking chamomile tea, taking up regular non-intensive exercise like walking in nature, and fostering your physical-mental connection through yoga and meditation can also help.

If you find you suffer excessively from stress, it may be worth looking at other factors – such as your career or long term relationship – to see where targeted changes can be made to improve your overall well-being.



# Oestrogen management

This table gives you some guidance for how to balance your oestrogen based on whether you produce too much or too little. On the next page, we offer some effective techniques for managing your oestrogen levels that you can incorporate into your daily routine quickly and easily.

## Deficient

## Excess

### Lifestyle

- Moderate your exercise – don't overdo it!
- Reduce exposure to smoke – if you're a smoker, it's time to quit!
- Low doses of chasteberry supplements

- Practice yoga and breathing exercises to reduce stress
- Sweat-inducing exercises, saunas and warm baths to remove toxins
- Use glass containers instead of plastic for food and drinks
- Use natural household cleaners and laundry products

### Foods

- Peppermint tea
- Soy-based foods
- Maca root
- Nuts and legumes such as almonds
- Flaxseed
- Dried fruits
- Berries
- Houmous

- Reduce sugar intake
- Lower caffeine & alcohol intake
- Green tea
- Vitamin B-6 (e.g. Raspberry leaf tea)
- Fibre-rich foods
- Ginger
- Dong quai (Chinese angelica)

Low oestrogen can be caused by excessive exercise, under-eating or being underweight, pituitary gland issues, or other hormonal or autoimmune conditions such as ovarian cysts.

Foods rich in soy like edamame, tofu, and tempeh are easy ways to introduce more oestrogen rich foods into your diet. The peppermint plant has been said to help with problems such as hormonal acne and weight gain. PCOS can often be attributed to high levels of androgens – and it is believed that peppermint tea can take those hormones down a notch or two.

Oestrogen dominance is often caused by poor diets high in sugars and saturated fats, as well as consuming too much caffeine and alcohol. It can also be caused by something called 'xenohormones', hormones from outside the body such as environmental or chemical compounds, and oral contraceptives.

You don't have to ditch caffeine entirely though. You can still have green tea, which helps to support the liver and actively works to balance oestrogen levels. Another tea that works to increase levels of vitamin B-6 is raspberry leaf tea.



Baiji's Raspberry Leaf Tea is high in vitamin B-6, and contains peppermint to help balance oestrogen levels.



Baiji's Green Tea is infused with ginger to help with hormone imbalance, as well as support healthy weight management.

# Progesterone management

This table gives you some guidance on how to balance your progesterone based on whether you produce too much or too little. On the next page, we present some tips and techniques for managing your progesterone levels naturally.

## Deficient

## Excess

Lifestyle

- Increase blood flow by moving around more
- focus on stress management (yoga, meditation, hiking, etc)
- Supplements: magnesium, zinc, vitamins C and B-6

- Try not to over-exercise – everything in moderation!
- Focus on stress management (yoga, meditation, hiking, etc)
- Supplements: vitamin D

Foods

- Green tea
- Raspberry leaf tea
- Seed cycling: Flax, pumpkin, and chia
- Fibrous foods
- Spinach and broccoli
- Lower caffeine intake

- Reduce sugar intake
- Lower caffeine intake

Progesterone is vital for regulating your menstrual cycle, body weight and temperature, and protecting against illnesses such as fibroids and breast cancer. It also plays a role in preventing hair loss, bone loss, helping to burn fat, and even acts as a natural anti-depressant.

Our sedentary lifestyles and high saturated fat diets can lead to a decrease in progesterone. It's important to exercise at least 4 times a week to keep your body engaged and blood flowing.

Again, while you should reduce caffeine for a healthy diet, this does not mean forgoing any kind of energy boost! Although green tea contains caffeine, it acts as a great way to support weight loss and stimulate healthier blood sugar levels.

When it comes to boosting progesterone and avoiding an abundance of oestrogen, daily supplements are a great and affordable addition to your lifestyle. They can come in pill form, soluble drink additives, and of course naturally occur in food and drinks like teas.



Baiji's Raspberry Leaf Tea is high in vitamin B-6, and vitamin C to help support healthy progesterone levels.



Baiji's Green Tea can help with rebalancing your hormones, your weight, and your blood sugar levels.



# Testosterone management

This table gives you some guidance on how to balance your testosterone based on whether you produce too much or too little. On the next page, we go deeper into the most effective techniques for dealing with testosterone levels naturally.

## Deficient

## Excess

### Lifestyle

- Get plenty of sleep
- Weight training
- Avoid plastics
- Supplements: zinc, vitamin D, ginger, and ashwagandha

- Maintain a healthy weight
- Supplements: vitamin B, zinc, magnesium

### Foods

- Swap out seed oils for olive oil
- Lower alcohol intake
- Fatty fish
- Dark chocolate
- Eggs
- Ginger

- Flaxseed
- Liquorice root tea
- Dandelion root tea
- Lower sugar intake
- Omega-3/Fish oil
- Spices: cinnamon and tumeric

Testosterone is well known as a male hormone, but it's a vital hormone for women too! Women only need small amounts, but they shouldn't be forgotten about on your hormone-balancing journey.

Like all hormones, stress is a big factor in managing testosterone levels, but the main thing that high testosterone levels have been linked to is fertility issues such as PCOS (polycystic ovary syndrome).

If your testosterone levels are too high, a low-carbohydrate diet can help you reduce your insulin and therefore reduce testosterone levels naturally. Foods such as flaxseed, dairy and soy products, and liquorice root can help naturally decrease testosterone, and may help elevate oestrogen.

If you're low in testosterone, you may want to interrogate the products in your life that could be introducing 'xenohormones' into your bloodstream. Supplements such as ginger and ashwagandha are another way to increase testosterone levels, and both are popular tea ingredients – so it's very easy to incorporate them into your daily routine.



Baiji's Green Tea contains ginger, which can help regulate healthy testosterone levels.



Baiji's Chamomile Tea contains liquorice root, which can help regulate insulin levels and reduce testosterone.

About



The purpose of Baiji is to bring balance back to your life with high-quality lifestyle products. We seek to empower you to find natural ways to improve all areas of your life and enhance your well-being. We're a community seeking wellness and fulfillment.



[Subscribe to our mailing list](#) where we discuss trends and research in health, fitness, and nutrition, as well as practical tips for making them part of your daily routine. Discover new ways to manage stress, improve your mental health, and find the motivation you need to achieve your goals. Make informed decisions about your menstrual cycle, understand your symptoms and learn about the latest products. If a happier, healthier, and more balanced lifestyle is your goal, we're here to support you.

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