

Hormones

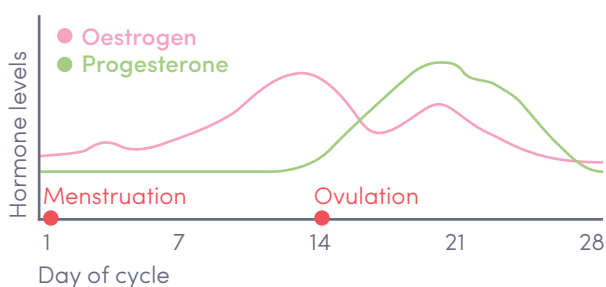
While we might think sex hormones are only related to reproduction, the reality is that for women, these important chemical messengers influence everything from metabolism to moods to libido. In short, our sex hormones, and their balance with one another, are a pretty big deal when it comes to how we feel day-to-day. When the levels of our hormones are not sitting where they should be for the month or in relationship to each other, we can feel out of whack and find it hard to explain why or how. This is what we call a hormone imbalance, and it's more common than you might think in this day and age.

Signs & symptoms of hormonal imbalances:

- Heavy, painful, missing or irregular periods
- Weight gain
- PMS issues (pain, headaches, cramps, bloating, sore breasts)
- Mood changes
- Skin concerns
- Low energy & libido
- Trouble getting or staying pregnant

Just because these hormonal signs are common, doesn't mean they have to be part of your 'norm.' Similar to a fever or a sore knee, these signs of hormone imbalance really are just messages from different areas of your body letting you know that it needs attention, and a little TLC to nurture it back to balance.

Optimal hormone levels throughout your cycle



The key sex hormones you need to know about are:

- **Oestrogen:** The main female sex hormone that's mainly produced by the ovaries and supports energy, motivation, sleep, libido, skin health, bone health and gives women muscles, metabolic health and feminine appeal.
- **Progesterone:** This feel good, calming sex hormone balances oestrogen out, helps to calm your mind and is essential for pregnancy. This hormone is produced after ovulation and we make less of it during times of stress. A lack of ovulation is the primary reason women have challenges with hormonal symptoms - ovulation is considered a hallmark of menstruation.
- **Testosterone:** An androgen, known as the main 'male' sex hormone, testosterone is actually essential for women too. Testosterone is essential for bone and breast health, mental drive, libido, fertility and vaginal lubrication.

Factors at play that impact our hormones:

- Undereating and overeating
- Not eating right for you or eating the wrong balance of carbs, fats & proteins for your metabolic wellbeing
- Nutrient deficiencies
- Over or under exercising
- Hormonal contraception or HRT
- Stress levels
- Lack of sleep or poor sleep quality
- Thyroid issues
- Illness
- Alcohol, caffeine, vaping and smoking
- External xenoestrogens/toxins

Hormones

Which product to recommend for hormonal concerns?



Eve Period Pal

A mix of nutrients and herbs that support healthy ovulation and progesterone production so that periods are more balanced and hassle-free.

We'd recommend this for: Those 18+ who are not on hormonal contraception, and are struggling with PMS, or painful, irregular/missing periods.



Eve Take Me With The Pill

A multivitamin specifically formulated to support optimal health while on hormonal contraception. Designed to fill nutrient gaps that are created by taking the oral contraceptive.

We'd recommend this for: Anyone currently on hormonal contraception, or those who have just come off it (first 6 months). Hormonal contraception works by turning our natural hormone production off, which is why products like Period Pal that aim to support our natural hormone levels are not recommended for those on hormonal contraception. Take Me With The Pill works by providing adequate nutrition to make sure our body is getting all it needs to feel its best.



Eve All Systems Glow

A 3-in-1 wellness hack containing zinc, magnesium and iodine. This powerful trio of minerals performs over 500 key processes within our bodies to support hormones, hormonal skin, and mood swings.

We'd recommend this for: Those under 18 who

are struggling with their cycles, but not old enough to take Period Pal (which is for ages 18+), as well as anyone who wants to nourish their bodies for optimal wellness. Also a great recommendation for those with Endometriosis and PCOS, as these ingredients are all super safe.



Eve Blood Sugar Babe

A tasteless, flavourless super-powder containing 4g of Myo-Inositol to support healthy blood sugar levels and metabolic health. Balanced blood sugars are essential for those with hormonal acne, PCOS, fertility struggles, weight, energy & mood challenges, and so much more.

We'd recommend this for: Those with PCOS, those actively trying to conceive, during pregnancy, and during menopause to support healthy blood sugar levels for hormonal balance. Blood Sugar Babe can also be combined with the entire Eve range and is a great add-on, as healthy blood sugars are one of the foundations of health.

Lifestyle tips to support balanced hormone levels:

- Get enough sleep – aim for 7-9 hours per night.
- Fuel your body with eating regularly, eating enough and eating the right kinds of food to nourish your hormones and balance blood sugars.
- Build a mindfulness practice to in your daily routine to support you stress levels (whatever this looks like for you – nature walks, yoga, legs up the wall, deep belly breathing, journaling or meditation etc)
- Aim for 150 minutes a week of exercise including 2 resistance based sessions, 2 cardio and some stretching.

Gut Health

eve

Training Module

Women's health doesn't stop at hormones. The gender discrepancy, with digestive problems affecting more women than men, is well known. If we look at IBS as an example, there is a female predominance in the prevalence of IBS, with women experiencing IBS at two to six times the rate that men do, and often experience more trigger foods and worse symptoms than men with IBS. Further, IBS affects women in their 20s more than any other group. These stats just highlight that women's health needs to be looked at holistically - with so much of our health impacted by our gut microbiome, looking after our digestive system can be incredibly supportive for whole body health.

Signs & symptoms that our gut needs some TLC:

- Constant bloating and/or nausea
- IBS, Constipation or ongoing diarrhoea
- Skin issues
- Nervous tummies
- Vaginal itches, frequent yeast infections
down there

Which product to recommend for gut concerns?



Eve Bloat Buddy

A fully plant-based digestive aid that supports our gut health by promoting regular movements and optimal breakdown of the food we eat to help ward off microbial fermentation, flatulence, bloating and uncomfy bubbly tummies.

We'd recommend this for: Those where bloating, heartburn, sore stomachs, flatulence, strange bowel movements and cramps have become the norm.



Eve V Good Probiotics

A premium probiotic with scientifically studied strains for a calm, clear and balanced vaginal microbiome.

We'd recommend this for: Those who experience recurrent thrush and BV infections, as well as anyone who experiences frequent itches and niggles 'down there'. Also great during pregnancy to keep the vaginal microbiome in top shape, and build a defence line against nasty infections that can drive pregnancy complications.



Eve Gut Drink Probiotics

A delicious tasting combination of probiotics & glycine designed to support both the mind and gut, leaving you feeling cool, clear and under control.

We'd recommend this for: This one's for the IBS gals. The 2 billion CFU of Bacillus Coagulans Probiotics has been heavily researched for IBS and the glycine is super soothing and healing for the gut. More generally, Gut Drink Probiotics is also great for SIBO, constipation and those with nervous tummies who find their stress and anxiety impacts their gut.

Top tips for a healthy gut:

- Drink plenty of water to help keep things moving
- Focus on whole foods and fibre
- Reduce stress to allow your body to 'rest & digest'
- Get enough sleep
- Avoid foods that trigger you
- Move daily
- Make time to go to the bathroom and sit on your "throne" properly in a squat position.

Mental Health

There is also a gender discrepancy in mental health between men and women. Depression, anxiety and eating disorders are more common in women. There are also mental health issues that only women experience due to our fluctuating hormones, such as postnatal depression, PMDD and the mood changes that come during menopause. With the increasing use of anti-depressant and anti-anxiety medications in New Zealand, and the pressures women face in our modern lives due to hustle culture, social media and unrealistic beauty standards, it's clear that more of us are experiencing mental health challenges than ever.

Which product to recommend for mental health?



Eve Happy Hours

A powerful combo of saffron and vitamin D to support mental wellbeing, mood stability, hormonal moods and libido,

designed to be safe to take alongside mood supporting medications.

We'd recommend this for: Those that want to supplement their mental health medications (since so many other mood products are contraindicated with these meds), and anyone looking for mood and/or libido support. Since Happy Hours is for ages 12+ this can be a quick win for teens who are anxious or moody, plus the capsules are very small so easy to swallow!



Eve Chill Pills

100% naturally sourced kava from Vanuatu standardised for the active ingredient in kava called kavalactones.

Studies have shown that after taking Kava, participants noted increased

coping abilities and lowered levels of stress including physical symptoms like chest tightness and muscle tension.

We'd recommend this for: Those who are feeling anxious and stressed and want instant support to 'take the edge off', and those who find they can't turn their mind off at night to fall into a restful sleep.

Lifestyle tips to support mental wellbeing:

- Focus on optimising nutrition to make sure our bodies and brains are getting everything they need to function optimally.
- Finding an exercise routine that makes you happy
- Build a regular sleep routine that provides you with restorative sleep.
- Talk it out. As the old saying goes, a problem shared is a problem halved.
- Deep breathing to foster our parasympathetic nervous system and get out of our 'fight and flight' response.
- Use dance, creative activities, exercise, music and singing to move your body out of the stress response. Creativity and play are great remedies for stress.

You might have noticed that the tips we've suggested throughout this module are similar. Some things don't need to be complicated. By focusing on eating well, exercising regularly, sleeping enough and adding in stress reduction activities into our lives, there are a whole range of benefits to our bodies, hormones, mood and gut.

This training module is for educational purposes only. It is not designed to diagnose, treat or cure. We are all unique. For your individual health concerns, it is important to discuss these with a relevant health professional.