



# Losing Your Glow?

Hormonal imbalance could be to blame. Nutritionist **Susie Debye** offers some expert advice on how to stay on track of your hormone health in your 20s and beyond.

**W**hen a woman reaches her 20s, her independence and freedom greatly increases. However, being a young adult comes with a new level of responsibility since you fully become in charge of your own health, wealth and wellbeing. Here's how to stay on track...

## MONTHLY CYCLE

By now it's likely that you've become accustomed to the monthly signs that your period is on its way. You may have also noticed that during this time your food choices are poor, your alcohol intake may increase, your exercise levels may reduce, and late nights become more frequent? Watch out for these warning signs in the 7-10 days before your period. Your diet

and lifestyle have a huge impact on your hormone balance.

## BODY CHANGES

Unless you have an active job then you may be doing less exercise than when you were at school and gaining some weight, especially if you are drinking more alcohol, eating more carbohydrates and saturated fats and fuelling your high-speed 20s lifestyle with sugary snacks. Rather than embarking on the latest quirky diet trend, adopt a 'healthy for life' policy of regular exercise, limited alcohol and a healthy balanced diet.

## ENERGY UPS AND DOWNS

Working 9-5 leaves less free time to balance exercising, socialising and adequate down time. Learning what your limits are helps you avoid that feeling of burn out. Give yourself one weekend a month free to recharge your energy levels,

work out a sensible exercise routine after work – one that helps you feel energised and positive rather than exhausted or feeling guilty, and learn to turn down social invitations when you're in need of an early night. The key to sustainable energy is learning to get the right work-life balance for you and to underpin your energy reserves with a balanced diet that contains the right types of high fibre carbohydrates along with sufficient B Vitamins (B1, B2, B3, B6) and good mood foods such as turkey and cottage cheese, which are rich in tryptophan. A good quality supplement such as Cleanmarine For Women that contains Omega 3, B Vitamins and more can also help.

## BLOATING AND PAIN

It's not unusual for some women to suffer from water retention before their period, making bloating, breast pain and puffiness a recurring issue. Following a low salt diet helps reduce sodium – the mineral that encourages the body to hold on to water. Natural diuretics such as fennel, celery, dandelion and asparagus also help the body let go of excess fluid. Ironically, drinking more water can also help with bloating; good hydration keeps everything moving along.

*For more advice and tips from Susie pick up your free copy of **The Essential Guide To Female Hormones**, available in health stores and pharmacies or visit [cleanmarine.ie](http://cleanmarine.ie) for more.*



Susie is a Nutritional Therapist helping women of all ages with her personalised diet, supplement and lifestyle plans. Susie supports clients all over the world with Skype appointments, [www.lifehealthandwellbeing.co.uk](http://www.lifehealthandwellbeing.co.uk).

