

Female Hormone Imbalance: What To Do



For a balanced life, women need well-balanced health. But did you know that fluctuations in female hormones can take a toll on the body?

This rings especially true for women during menopause, as estrogen and progesterone levels begin to plummet. Designed with your symptoms in mind, our [Total Balance Women's Premium](#) can help you overcome some of these struggles.

Hormones are crucial in regulating vital aspects of your life. They can impact everything from your sleep, metabolism, and mood down to your body weight.

Hormonal imbalances often start in your 40s, as your body naturally produces less of them. Sometimes even slight changes in hormone concentrations are enough to cause a range of symptoms, such as changes in weight, fatigue, and hair loss¹. They can also trigger mood swings, cause dry skin, and increase your heartbeat².

Supporting hormones can help you steer clear of any imbalances and avoid unwanted symptoms. Try to get regular exercise, use stress-reduction techniques and get consistent, high-quality sleep.

Make sure you eat a balanced diet, including enough protein with meals. Most importantly, make sure you consume enough nutrients that can tip your hormone balance in your favor. Eat foods or take supplements rich in omega-3 fatty acids, magnesium, and vitamins D and B.

Our [Total Balance Women's Premium](#) was specifically designed to tackle unpleasant hormonal symptoms. Its key ingredients Chasteberry and Dong Quai extract help to mitigate hot flashes, PMS support can address irritability, and Damiana to support libido.

Your Health is in Your Hands - Take Nutrients that Work

It's true - after age 40, many everyday vitamins simply don't meet all the needs of women. Total Balance Women's Premium can answer the call to boost energy levels, and immunity, and provide menopause support.

[LEARN MORE](#)

Total Balance Women's Premium

The complete nutrient solution to help improve the appearance of hair, skin & nails while supporting foundational health, hormone balance & immune function.

[SHOP NOW](#)



Hormone Support for Her

Help balance female hormones naturally to support menstrual symptoms, menopause, libido, mood, skin outbreaks and overall wellbeing.

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Missed our last Newsletter?

Our research scientist, Dr. Amanda Wiggins, reveals the most conclusive studies in identifying a way to slow brain aging and protect the brain from age-related decline.

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Source:

1. American Academy of Family Physicians
2. Cleveland Clinic

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