5 Steps to Natural Hormone Balance

Hormones are magical little chemicals that control everything in our body.

When balanced, our hormones form an intricate web that plays like a harmonious symphony. When out of balance, they can wreak havoc on everything including our energy, mood, sleep, weight, and more.

Our hormones can be affected by many factors such as stress, age, diet, lack of exercise or sleep, toxins, medications, birth control, and genetics - and it can be overwhelming to figure out how to get it all balanced!

Having worked with hundreds of women over the past ten years in private practice, I’ve identified 5 simples steps to heal your body and treat hormone imbalance at it’s source.

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Step 1: Eat High-Quality, Nutrient-Dense, Whole Foods

The food you eat provides the building blocks for your hormones so if you are eating junk, then your hormones are going to be junk too. With so many diets out there, it can be hard to know which one is right for you.

Let me make it easy for you. The best diet for your hormones is one that focuses on high-quality, nutrient dense, whole foods.

This means that (as much as possible) your meals should focus on real foods that do not come in a package or contain added sugar, coloring, preservatives, or other chemicals.

And quality matters. Your food becomes your body and your hormones. You want to choose food that comes from a good source and was grown or raised with minimal chemicals, pesticides, herbicides, antibiotics, and growth hormones.

As much as possible, your meals should focus on:

- A wide variety of colorful, organic vegetables and fruit
- Organic, grass-fed, or pasture raised meat, eggs, and fish
- Whole grains and legumes
- Healthy fats such as avocados, nuts, seeds, full fat yogurt, and olive oil

And you should try to reduce or eliminate:

- Added sugars and artificial sweeteners
- Alcohol and caffeine
- Refined, simple, or processed carbohydrates
- Trans fats, hydrogenated oils, and fried foods

Many women will also find it useful to reduce or eliminate gluten and dairy for optimal hormone balance.

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Step 2: Go To Sleep When You’re Tired

Sleep is the time when your body rests and restores itself from all the stressors of modern life. When you don’t get enough sleep, your body and hormones suffer. Between computers, cell phones, and Netflix, most of us are staying up way too late and depriving our body and hormones of much needed sleep.

When it comes to sleep, the best advice I can give you is to go to sleep when you’re tired. When you stay up beyond this point, your body will experience a “second wind” which makes it much more difficult to fall asleep.

I recommend taking 30-60 minutes before bed to turn off all electronic devices and prepare your body for sleep with a calming routine. This may include a warm bath, deep breathing, journaling, meditation, reading, music, or anything else that makes you feel relaxed. It is also helpful to create a completely dark room for sleep so your body can produce the melatonin it needs to fall asleep easily.
Step 3: Move Your Body In Ways You Enjoy

Everybody knows that exercise is good for your body, mind, emotions, and hormones. The trick is getting yourself to exercise on a regular basis.

For starters, I recommend using the word “movement” instead of “exercise”. Exercise sounds like a chore. Movement sounds like something that our body naturally wants to do.

When it comes to movement, you need to think outside the box (or gym) and find ways to move your body that are natural, fun, and easy for you to do.

Start with asking yourself, how does my body want to move right now? What feels good, light, expansive, and easy for me to access? Is yoga calling out to me, a spin class, or a long walk or run outside?

Choose an activity that feels like a ‘yes’ for your body, then start slow.

You don’t need to go to the gym 5x a week to notice a positive effect on your body and hormones. You can start with one class, a short walk around the block, or get a FitBit and start counting your steps.

Just start moving a little more than you do right. The more you move, the more your body will want to move.

It’s physics!

“An object at rest stays at rest and an object in motion stays in motion”.

So start moving and let your body take care of the rest.

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Step 4: Take Time To Quiet Your Mind

Stress is one of the biggest factors that messes with our hormones. Stress can come in many forms - work, money, family, relationships, trauma - and sometimes it seems like there’s no end in sight. While we can’t always change the stress in our lives, we can help our body and mind respond to stress more effectively.

The best and most effective tool that I have found for managing stress is making time and space to quiet your mind. This can come in many forms - meditation, deep breathing, stretching, walking, running, taking a bath, painting, writing - whatever works to clear your head is perfect!

The key is to make this a regular, *intentional* practice.

It is not meant to be a distraction but an opportunity for you to create space and take a deeper look at what’s going on inside. Over time, this will help you to process and release your emotions more effectively and reduce the effect of stress on your health and hormones.

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Step 5: Feed Your Natural Gifts & Passions

What are the things that you love to do and would do without getting paid or praised? What are the things that light you up and that you are drawn to over and over again? What are your natural gifts or the things that you excel at without even trying?

These are the things that feed your soul. When you spend more time doing the things that feed your soul, you will experience less stress and feel more joy, ease, and fulfillment in your life.

There is no better medicine for your hormones than joy!

I encourage you to feed your natural gifts and passions as much and as often as possible. Whether you’re feeling called to do something you’ve always loved or have an urge to try something new, I challenge you to heed the call.

This is your soul speaking and she wants you to be happy, healthy, & balanced.

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Final Thoughts

Our body is always seeking a state of balance.

When we honor our body and give it what it needs to thrive, it will no longer be an obstacle to our health and happiness. Instead, it will become a support that lifts and allows us to expand into our full potential.

This is what I want for every one of you.

This is why I do what I do.

The “5 Steps” are a good starting place if you are seeking more health, happiness, and balance in your body and in your life. If you incorporate these steps in a real way, you will begin to feel better.

Some of you, however, may still need more support.

If you are looking to go deeper and find out exactly what is happening with your body and your hormones, then I encourage you to schedule a free 20-min phone consultation with me.

We’ll talk about your hormones and a whole lot more. If we’re a good fit, we can make a plan to move forward together.

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In Gratitude,

Dr. Kelly

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