HORMONAL HEALTH
EAT YOUR WAY TO HORMONAL HEALTH

with Elaine Gibson
www.RenewedLivingInc.com
Hello,

Welcome to Renewed Living where extraordinary health is made easy. My name is Elaine Gibson and I am an extraordinary health personal coach and disease prevention expert.

Let me share something with you. I was not always moving and shaking the way I am now. You may not believe it, but in 2008 I found myself in a recurrence of Stage IV Non-Hodgkin’s Lymphoma. Today I have beaten this without traditional protocols and remain cancer free, filled with energy and gratitude.

I felt exhausted and could not figure out why. I began to suspect that my hormones were out of whack.

Finally, the ‘aha’ moment came for me. It was time to apply all of my knowledge from my search to understand the foundation of health. I realized that the underlying issue was the health of my immune system. It became apparent that I needed to cleanse in order to get my hormones working again. The liver has over 500 jobs, and keeping the hormones happy is one of them.

The time had come to change some things in my own life to get my mojo back. The good news for you is that you don’t have to go through everything I went through to get the answers, because I am about to share my secrets with you. You are about to find out how to have rocket-fuel energy all day every day.

You may be dealing with fertility issues. You may be suffering with some hormonal issues such as thyroid, PCOS or even cysts on your ovaries. You may be a guy who is looking to boost your testosterone levels. Or maybe you just do not have the stamina you’d like.

Regardless of what is happening – I am going to share some simple tools and tricks with you to get back into hormonal balance – for both men and women.
It is important to remember that you are what you eat and what you think. We are going to cover the key foods you should add into your diet, but we are also going to tackle the biggest toxin there is – stress. Stress is the leading cause of hormonal imbalances because your body being in a state of “fight and flight” leads to high cortisol levels, blood sugar imbalances and liver stress – all of which contribute to hormonal imbalances.

As an extraordinary health coach and disease prevention expert, I am here to guide you step-by-step back to a state of balance, health and well-being.

In health and gratitude,

Elaine Gibson
Before we jump into this hot topic, let me share with you a little about your endocrine system and how important it is to take care of your body as a whole.

Wikipedia defines the endocrine system as “the collection of glands of an organism that secrete hormones directly into the circulatory system to be carried towards a distant target organ. The major endocrine glands include the pineal gland, pituitary gland, pancreas, ovaries, testes, thyroid gland, parathyroid gland, hypothalamus, gastrointestinal tract and adrenal glands. The endocrine system is in contrast to the exocrine system, which secretes its hormones using ducts. Examples of exocrine glands include the sweat glands, salivary glands, mammary glands, and liver. The endocrine system is an information signal system like the nervous system, yet its effects and mechanism are classifiably different.”

As you can see, taking care of your hormones is not just about maintaining energy levels and balancing your weight. The endocrine system also stabilizes blood sugar levels, regulates body temperature, and even affects digestion.

What are your hormones and why is it so important to take care of them – both for men and women? Hormones are your body’s chemical messengers, and control:

1. Growth development – memory, bones, hair, nails
2. Metabolism – ability to gain or lose weight
3. Sex drive
4. Fertility – both for men and woman
5. Mood
6. Sleep

Use this guide to take daily action steps towards healthy hormones, rockin’ digestion, glowing skin and weight loss.

Before we jump into eating for hormonal health, I want to talk about stress. Stress will lead to imbalances in your hormonal health.
Stress is hard to quantify because it is different for everyone, but it is safe to say that stress affects cortisol levels, estrogen, progesterone and testosterone levels, plus can lead to encoding issues such as hashimotos, hyper and hypo thyroidism.

It can be described as an on-going state of internal imbalance when “either the stimulating or tranquilizing chemical forces in the body dominates the other without relief.”

This is neither good nor bad, but simply a physiological response. Prolonged exposure to stress, however, can lead to exhausted adrenals and have a negative impact on your endocrine system.

**SOME SIGNS OF HORMONAL IMBALANCE:**

- Waking up tired in the morning after a full night’s sleep
- Frequent infections
- Hypoglycemia
- Hard-to-explain weight gain or weight loss
- Decreased sex drive
- Cravings for sweet or salty foods
- Lowered immune system
- Long recovery time from illnesses
- Recurrent yeast infections
- Dry skin
- Hair loss
- Enlarged lymph nodes
TO MAINTAIN HEALTHY HORMONES:
1. Pump up that fat – consume foods rich in omegas
2. Eat good clean sources of protein
3. Hydration is key. Drinking alkaline anti-oxidant water, coconut water, mineral-rich water, or water with a dash of sea salt and lemon will enhance hydration

These foods are the best foods to renew and recharge. This means fighting off the sugar cravings and that tired feeling in the afternoon. Here are my top hormonal balancing foods, for both men and women:
1. Avocado
2. Eggs (especially the yolks)
3. Figs and dates
4. Maca
5. Soaked and sprouted nuts and seeds (especially Brazil nuts, which contain selenium, and hemp seeds, which are a good source of essential fatty acids)
6. Coconut milk + coconut oil
7. Olives
8. Raw butter and ghee
9. Cultured foods
10. Green tea or yerba mate
11. Lentils and other beans
12. Miso
13. Sprouts
14. Bone broth
15. Quinoa

Adding healthy spices such as cinnamon, turmeric, ginger, garlic, cayenne and cumin are all great for liver and hormonal health.

**GUT HEALTH**

In order to get your hormones healthy, you need to have a good ratio of good vs. bad bacteria in the gut. I recommend adding a high-quality probiotic, with at least 5 billion CFU, to your daily regime.

**LIVER HEALTH**

This one is a biggie. I cannot say enough about honoring the liver daily to support your hormones. So many people are looking at bio-identical hormones these days, but I will be honest with you. If the liver is not happy and healthy and free of toxins, then you will not be able to tolerate and assimilate those bio-identicals and some can be toxic for the body.

**SIMPLE SOLUTIONS TO CLEANSE THE LIVER:**

1. Drink lemon water upon rising.
2. Exercise daily to sweat out toxins.
3. Drink dandelion tea to support healthy liver function.
4. Drink one green juice or green smoothie per day to support healthy liver function.
5. Take an Epsom salt bath to support liver detoxification and get vital minerals such as magnesium into your body.
EXERCISE
Get sweating! Daily exercise is key for our emotional health and also releases toxins that can disrupt the endocrine system. I suggest running for 20 minutes, rebounding (my favorite way to exercise), or doing a spinning class.

SLEEP
We often forget how important a good night’s sleep is for hormonal health. Try to get at least 7 hours of sleep per night. I have found creating a night ritual for good sleep it key. For example, have a cup if chamomile tea, rub magnesium oil on your body (my favorite brand is Ancient Minerals), and give yourself or ask a loved for a massage.

SUPPLEMENTS
I am not a doctor, but there is a ton of research on the benefits of adding vitamin C, probiotics, magnesium, cod liver oil, vitamin D and vitamin B to your daily diet.

You can find these supplements at your local health food store or you can consume foods rich in these sources as well.

Bone broth soups (see recipes) are amazingly nourishing and provide easy-to-assimilate nutrients.

A NOTE ABOUT FOOD ALLERGIES: Undiagnosed food allergies can raise cortisol levels and histamine levels in the body, thereby taxing the endocrine system. Be a detective and make sure you are aware of your allergies and intolerances.
RECIPE

MINERAL-RICH BONE BROTH
(BEEF/CHICKEN & GARLIC)
Recipe by Sally Fallon

4 quarts of filtered water
1.5-2 pounds of beef knuckle bones (or any other kinds of bones/meaty bones/marrow bones – chicken necks are inexpensive and work great)
1 whole bulb of fresh garlic, cloves peeled & smashed
2 tablespoons of raw apple cider vinegar (organic and unfiltered, such as Braggs)
1 teaspoon unrefined sea salt

PLACE all ingredients in a 6-quart pot and set the heat to HIGH.

BRING the stock to a boil, and then reduce the heat setting to LOW.

ALLOW the stock to cook for a minimum of 16 hours and up to 24 hours. The longer it cooks the better!

TURN OFF the heat and allow the stock to cool.

STRAIN the stock through a fine mesh metal strainer and throw away what you skim off.

PLACE the cooled stock into glass jars for storage in the fridge (for up to four days) or freeze for later use.

You can drink this stock before a meal or at any time of the day, or use it as a base for soups, stews or in any recipe that calls for it. This can be made in a crockpot as well.

VARIATIONS: Use any other kind of animal bones you like; chicken especially will take less time due to smaller pieces. Add your favorite chopped veggies like carrots, celery, kale and onions for more flavor or variety.
EASY TRADITIONAL MISO SOUP
From “The Body Ecology Diet” by Donna Gates

5-inch strip wakame (sea vegetable) 2 tablespoons miso (ideally fermented for 6 months - 2 years)
1 large onion (about 1 cup) Garnish - chopped parsley, green onions, ginger or watercress
4 cups filtered water

SOAK the wakame in water for 10 minutes and slice it into 1.5 inch pieces.

THINLY slice onions.

PUT water, onions and wakame in a saucepan and bring to a boil.

REDUCE the heat to simmer for 10 - 20 minutes, until tender.

REMOVE 1.5 cups of broth from the saucepan, place in a bowl.

ALLOW water in the bowl to cool a bit and add the miso, mixing it into the water (the water should not be boiling, because it can kill the live beneficial micro flora and enzymes in miso. In general, the micro flora in koji, the starter used to make miso, die at 105° F).

TURN OFF heat; allow the water to cool a bit.

ADD the miso broth to the soup in the saucepan and add chopped parsley, green onions, ginger or watercress for garnish.
Cited as One of the Top 10 Most Inspirational Natural Cancer Survivors by Extreme Health Radio and featured in The Quest for the Cure documentary series. I am living proof that choices matter.

I work with busy people who truly desire health and peak performance yet are way too busy to figure it out. The men and women I mentor adore shedding pounds, having more energy and renewing their health. Today I am green juice lovin" grandmother!

**TAKE THE NEXT STEP**

I know how crazy life can get and how easy it is to run out of gas at 3 pm. I have been there. For me, in addition to the extra pounds, the overwhelm was the most frustrating. Once I began making healthy choices, I lost 28 pounds, dropped 4 sizes without even trying and increased my energy. If you are ready to let go of the frustration and overwhelm, let's talk. I offer a 15 minute Complimentary Find Your Focus Call.

To book your session, simply visit [www.renewedlivinginc.com](http://www.renewedlivinginc.com) and book your FIND YOUR FOCUS SESSION.

*My goal is to help you Feel Fabulous Now!*