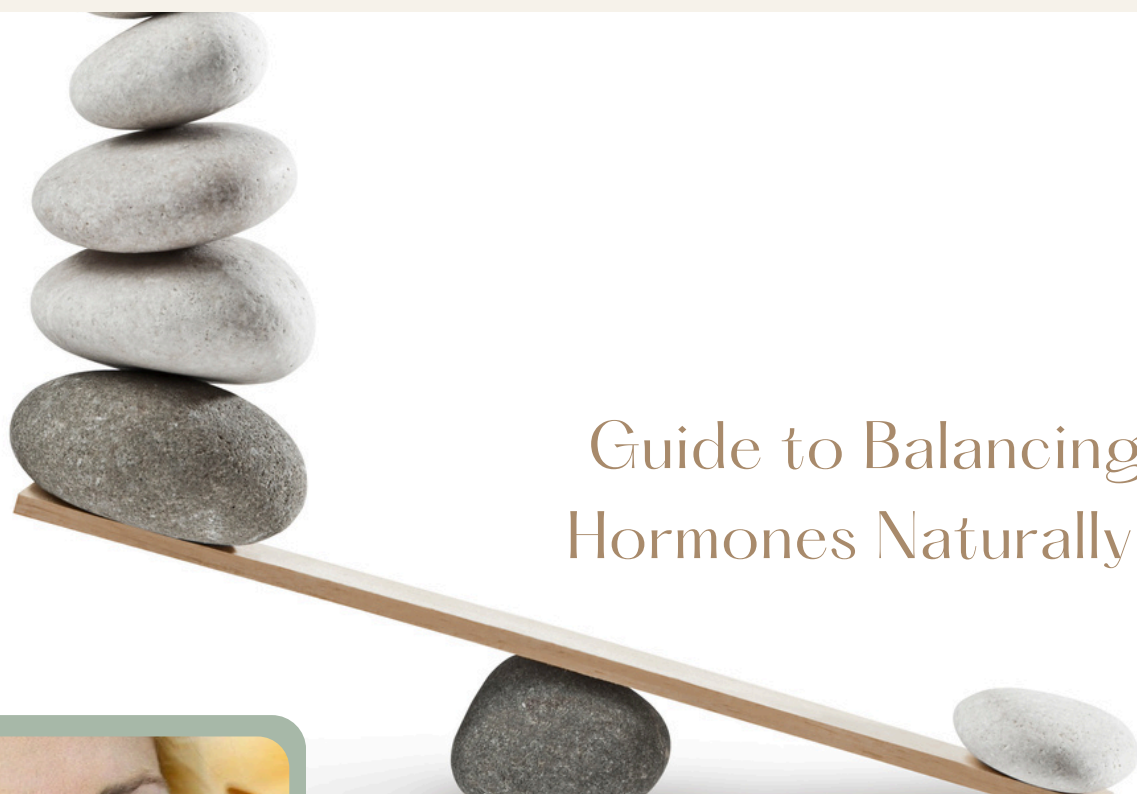
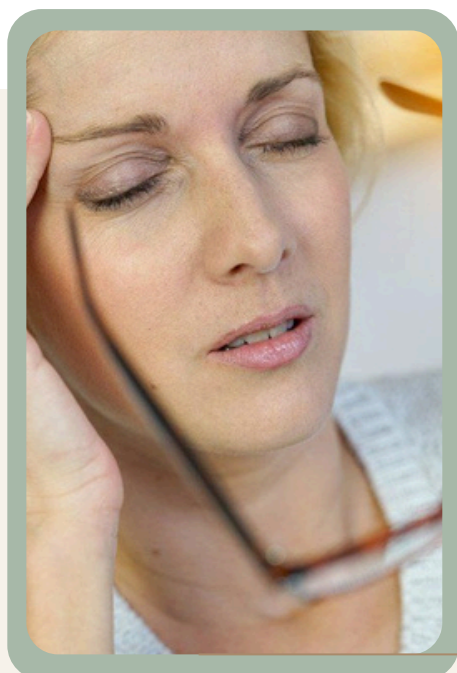


# Hormone harmony

CALM YOUR NERVES, BEAT  
BELLY BULGE AND GLOW  
THROUGH MIDLIFE



Guide to Balancing  
Hormones Naturally



Find Harmony Within  
Discover nature's calming cures  
Balance your inner sea once more

BY IRMELIND VAN ZYL

# Welcome dear friend,

I'm so glad you've downloaded this free Guide to Balancing Hormones Naturally. If you're feeling adrift in your transitions through menopause, wondering how to gain control over symptoms like hot flashes, appetite changes and moodiness, you've come to the right place. Within these pages, you'll find 7 simple yet powerful days' worth of remedies using essential oils, dietary wisdom and lifestyle strategies.



Hey everyone, I'm so excited to share this free guide with you all.

As many of you know, going through menopause hasn't been easy for me either. A few years ago I started to experience awful hot flashes, joint and muscle pain, poor sleep and struggled with my mood and energy levels constantly changing.

Nothing in the store seemed to really help. I felt like I'd lost control over my own body and my confidence was taking a hit. That's when I started researching natural alternatives and studying aromatherapy more deeply. Essential oils like lavender, frankincense and peppermint became my saviors.

Using targeted blends throughout the day along with diet adjustments really made a difference for my symptoms. Within a few months, the hot flashes faded away, my sleeping returned to normal and my aches and pains started melting away.

I felt like myself again - only BETTER. And that's when I knew I had to help share these solutions with others going through similar challenges. So I've compiled my favorite remedies, lifestyle tips and routines into this quick Guide.

By following it, I know you'll start to feel harmonized from the inside out too. But don't just take my word for it - thousands of women have already experienced relief following my natural programs. I want that same success for you too.

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# WHY ESSENTIAL OILS



1. **Adaptogenic Support** - Many potent essential oils like clary sage, geranium and frankincense have natural adaptogenic properties that help the body better cope with and recover from stress. This is crucial for hormonal harmony.
2. **Hormone-Balancing Properties** - Certain aromatic compounds in essential oils like phyto-estrogens can directly support hormonal pathways and provide relief for issues like PMS, menopause and PCOS.  
Clary sage is high in the phytoestrogen sclareol. This allows clary sage to help support estrogen levels, which can provide relief for symptoms tied to estrogen dominance or deficiency, like menstrual cramps, hot flashes, and mood swings. Other essential oils with notable phytoestrogen content include:
  - Fennel - Contains anethole, which has a chemical structure similar to estrogen
  - Thyme - Contains carvacrol, which can bind to estrogen receptors
3. **Holistic Harmony** - Beyond just the chemical constituents, the sensory experience of inhaling or applying nourishing essential oils can have a profound psycho-emotional effect. This whole-person approach fosters greater overall wellbeing.



## Getting Cosy for Better Sleep:

Take a warm bath infused with 3–5 drops calming blend before bed.  
Switch to calming herbal tea instead of caffeine after 3pm.  
Limit blue light exposure and noise 2 hours before bedtime.

Add natural lavender or chamomile sachets under your pillow or sheets.  
Practice deep breathing and light stretching as you unwind each evening.

By calming your body and mind each night, you'll support better sleep quality which is essential to keeping hormones balanced. I hope tomorrow you rise feeling restored!

Let me know if any tips need further explanation. Sweet dreams!

# Supportive Supplements and Solutions



*No hormonal balance plan would be complete without mentioning a few key supplemental allies. Here are a few recommendations that could help enhance the effects of your essential oil therapies:*

1. Black Cohosh - A time-tested women's herb, black cohosh has been shown to help relieve hot flashes and other menopausal symptoms by interacting with estrogen receptors in the body. Look for a high-quality supplement.
2. Gummy Reset - Adrenal support is crucial for mood and weight issues associated with hormonal imbalance. This fun gummy supplement helps reset stress response through targeted adaptogens like ashwagandha, rhodiola and more.
3. DIM - Diindolylmethane supports the breakdown of excess estrogen, which is important during menopause to balance levels. Look for a vegan, non-GMO supplement.
4. Magnesium Oil - Applying a magnesium-rich oil topically can help restore levels of this essential mineral that regulates over 300 bodily processes, including hormone production. Magnesium deficiency is incredibly common, so supplementing trans-dermally can have a significant impact.
5. Lifewave Patches - These all-natural patches boost cellular communication for increased oxygenation, detoxification and energy at the mitochondrial level. Great for fatigue, brain fog and reducing daily oxidative stress.

*To order or for more info on these contact me on WA 062 891 7334*



Relaxing Blend for Hot Flashes and Anxiety:

5 drops lavender essential oil

3 drops bergamot essential oil

2 drops clary sage essential oil

1 drop roman chamomile essential oil

Place the oils in a 5ml roller bottle and apply to wrists, neck and temples as needed. The floral scents of lavender and clary sage work quickly to soothe nerves while bergamot's citrus tang lifts your spirits.



## important tip

Give these tips a try over the next few days. Notice how stabilized blood sugar and reduced stress leave you feeling calmer and in greater control.

Continue caring for yourself as you have been, but now with a renewed understanding of triggers that can undermine your wellness. Let me know if you need any clarification on these strategies.

Wishing you balance!

## Taming Triggers

By now you've started to calm the storms within using yesterday's essential oil blend and improved sleep habits. Today, let's dive into the triggers that can imbalance our hormones if left unattended. Identifying and addressing these factors is essential for sustained well-being during menopause transition.

### Diet Strategies to Stabilize Blood Sugar:

- Eat balanced meals with lean protein, healthy fats and fiber-rich carbs every 4-5 hours to steady insulin signaling.
- reduce processed foods and sugars which cause blood sugar spikes and slumps.
- Stay hydrated throughout the day to support hormone transport.

### Lifestyle Hacks for Stress Management:

- Practice deep breathing for 5 minutes, twice daily to lower cortisol.
  - Prioritize fun and relaxing self-care on your calendar each week.
  - Say "no" without guilt and set boundaries where needed.
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# Adding Essential oils to water for controlling cravings and stabilizing blood sugar:

- Grapefruit essential oil is high in the compound limonene, which has been shown to help reduce insulin resistance and curb food cravings. The invigorating aroma of grapefruit oil can also provide an uplifting mood boost to help overcome emotional eating triggers.
- Lime essential oil contains powerful antioxidants that support healthy glucose metabolism. It also has a calming, grounding effect that can ease anxiety - a common driver of sugar and carb cravings. Diffusing lime oil or applying it topically over the abdomen can help rebalance hormones involved in appetite regulation.

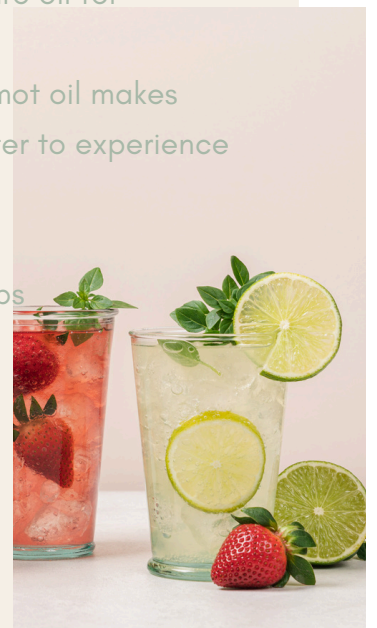
For an extra cravings-crushing combo, try adding a few drops of grapefruit and lime essential oils to your grapefruit or lime-infused water. The synergistic phytochemicals will work together to stabilize blood sugar levels, curb hunger, and promote hormonal harmony.

- Peppermint essential oil has long been used to soothe digestion and is shown to help the body utilize glucose. Only 1-2 drops in water will give a refreshing minty twist.
- Lemon essential oil: Similar to lime, lemon essential oil prompts digestive secretions and hydrates the body. Look for a high-quality, 100% pure oil for maximum benefits.
- Bergamot essential oil with its ability to gently uplift mood, bergamot oil makes cravings more cognitive versus reactive. Start with 1-1 drops in water to experience its sunny essence.
- Ginger essential oil: Research indicates ginger supports healthy inflammation response after meals, smoothing out spikes and drops in blood sugar levels. Use sparingly, as it has a lively kick.
- Cinnamon essential oil: Cinnamon bark oil mimics the effects of actual cinnamon consumption in regulating insulin sensitivity.

One drop warms your water nicely without spicing it up too much.

This simple yet effective hydration hack is a great way to nurture your body's natural rhythms. Sipping on this refreshing citrus-oil elixir throughout the day will keep you feeling energized, focused and in control of your cravings.

Give it a try and let me know how it works for you!



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Embrace the change, for within every transition lies  
the power to redefine your journey and discover  
your true strength

## Aromatherapy for Mood Enhancement:

Reach for these uplifting essential oil blends whenever you need a natural mood lift:

*Happy Blend:*

- 2 drops grapefruit
- 2 drops bergamot
- 1 drop rose otto

Rub onto wrists, neck and temples to banish the blues within minutes.

*Calm & Bright Blend:*

- 3 drops geranium
- 2 drops lemon balm
- 1 drop ylang ylang

Add to bath water to unwind your body while enlightening your spirit.

Movement Routines to Boost Happiness Hormones:

- Morning Sun Salutations: 15-min yoga flow to set your day's endorphins flowing
- Lunchtime Walks: 30 mins moving your body in joyful ways like dancing to music
- After-dinner Stretches: Release tension and inspire happy dreams with gentle yoga poses

Consistent movement nourishes your body with feel-good hormones like serotonin and endorphins. It's also a simple way to practice mindfulness and focus on self-care daily. How will movement and aromatherapy enhance your mood today?



## Day 3 – The Power of Food

Today we will delve into the transformative power of nutrition in supporting hormonal balance and overall health. By now you understand how lifestyle factors influence hormones. In this chapter we'll explore nutrition's impact. The foods you consume play a key role in hormone regulation.

Certain nutrients support hormone production, while others disrupt balance. We'll look at how diet impacts levels, and strategies for hormonal equilibrium.

Managing macronutrients is key. Instead of depriving yourself, aim for balanced protein, fat and carb intake at meals.

Glycemic load matters too. Choosing low GI foods like certain veggies stabilizes blood sugar and minimizes hormone-disrupting spikes.

Phytoestrogens are plant compounds mimicking estrogen's effects. Top sources like flax and soy offer natural support.

Gut health directly impacts hormones as well. Eating fermented foods daily along with high-fiber fruits and veggies nurtures a balanced microbiome.

Now for a taste of what's possible – try my Smoothie Bowl recipe using berries, coconut, hemp hearts. For dinner, Roast Salmon with Asparagus will satisfy you fully.

Continue your journey towards balance. Enjoy these sample foods and know more supportive strategies are just around the corner. Stay tuned!



food

See our collection of nutritious recipes incorporating hormone-supportive ingredients to help you practically change your eating habits. By transforming your diet and nourishing from within, you can optimize hormone health and experience a renewed sense of vitality.



Enjoy experimenting with essential oils to absorb maximum benefits from nutrients. Be sure to only use high quality, pure oils and consult your healthcare provider if pregnant or with medical issues. Let me know if you have any other questions! Proper food and oil choices go hand in hand for complete wellness support.

## Aromatherapy for better digestion:

### *Digestion Blend*

- 2 drops peppermint essential oil
- 2 drops ginger essential oil
- 1 drop fennel essential oil

Add to a carrier oil like coconut oil and massage over your stomach after meals to support food breakdown and nutrient absorption. This helps hormones process the foods you consume.

### *Immune Boosting Mist*

- 5 drops lemon essential oil
- 3 drops oregano essential oil
- 2 drops frankincense essential oil
- Water in a spray bottle

Spritz into the air or onto wrists and neck throughout the day. The aromas of these oils assist your body in fighting infection so your hormones stay balanced when under stress.



Hydration – Drinking enough clean, pure water is crucial for hormone transport and helps flush excess estrogen from the body.

# Eating for Hormone Health

*Let's first explore this relationship.*

Certain nutrients are essential building blocks for hormone production, while others can disrupt the delicate equilibrium in our bodies. For example, foods high in refined carbs and sugars can cause blood sugar spikes, taxing our pancreas' insulin output.

Over time, this imbalance can take its toll.

With this understanding, we can make strategic dietary choices to maintain hormone health. I will introduce several key strategies:

- **Balancing Macros:** Aim for lean proteins, healthy fats and fiber-rich carbs at each meal to support steady energy, insulin regulation and nutrient absorption.
- **Managing Glycemic Load:** Choosing low GI whole foods stabilizes blood sugar and minimizes hormonal disruptions.
- **Phytoestrogens:** Plant compounds like flaxseed, soy and legumes provide natural estrogen support during transitions like perimenopause.
- **Gut Health:** Fiber, prebiotic and probiotic-rich foods nourish a diverse microbiome for robust hormone production and signaling.

Now let's explore recipes that incorporate these principles:

Green Goddess Smoothie (fiber, antioxidants)

Salmon with Asparagus (lean protein, minerals)

Flaxseed Crackers (healthy fats, gut support)

Over time, I hope you experience first-hand how delicious, intentional eating can optimize hormonal health from the inside out. Implement these suggestions gradually and listen to your body's needs.



## Green Goddess Smoothie (Fiber, Antioxidants)

- 1 banana
- 1 cup spinach
- 1/2 avocado
- 1 tbsp almond butter
- 1 cup almond milk

Blend until smooth and creamy. Delivers vitamin K, potassium and healthy fats to balance blood sugar.



## Salmon with Asparagus (Lean Protein, Minerals)

- 6 oz salmon fillet
- 1 bunch asparagus, trimmed
- Lemon wedges

Season salmon and asparagus with salt and pepper. Roast at 400°F for 12-15 minutes until fish flakes. Salmon provides omega-3s for bright skin and mood while asparagus lends vitamin E to soothe hormone disruptions.

## Flaxseed Crackers (Healthy Fats, Gut Support)

- 1 cup flaxseed
- 1/2 cup water
- Pinch salt

Mix and spread onto baking sheet. Bake at 300°F for 1 hour, break into squares. Flax nurtures microbiome with lignans to calm Cortisol and support natural estrogen metabolism.





*To conclude , we will explore one final important factor for hormonal health - reducing your overall toxic exposure. So many household and beauty products contain hormone-disrupting chemicals that can challenge our endocrine systems over time. By making some prudent changes, we can lighten this load.*

1. Environmental Toxins and Hormonal Health:
  - Many common pollutants mimic estrogen in the body or interfere with other hormones. This can contribute to imbalances, especially during vulnerable life stages. I will discuss the types of toxins to watch out for.
2. Detoxifying Your Home:
  - Replace air fresheners, dryer sheets and other scented products with essential oil blends to purify indoor air naturally. Consider less-toxic cleaners as well.
3. Switching Personal Care Products:
  - Commonly used lotions, potions and cosmetics contain a cornucopia of questionable chemicals. Natural alternatives made with pure plant extracts are a better choice.
4. Essential Oils for Detox & Hormone Support:
  - Certain oils like frankincense and grapefruit assist the liver's detoxification pathways. Others like clary sage and geranium aid hormone regulation when applied topically or inhaled.

### Homemade Skin Care Recipes:

Try my revitalizing facial toner or soothing body butter made with healing oils especially for hormonal skin concerns.

Reducing toxic exposures is a modifiable factor within your control for balancing hormones long term. Implement some easy switches and see how you feel.

Here are some additional natural solutions you can explore for hormone support:

- Herbal supplements - Adaptogens like ashwagandha and maca can help the body cope with stress, while herbs like chasteberry, red clover and saw palmetto support specific hormonal pathways.
  - Lifestyle habits - Gentle exercise daily, quality sleep, relaxation techniques and social connection all aid hormonal health by countering stress' damaging effects on our endocrine system.
  - Therapeutic massage - Swedish, deep tissue or hot stone massage encourages lymph drainage and calms the stress response. Aromatherapy massage with balancing essential oils adds another anxiolytic layer.
  - Mindset shifts - Reframing thoughts from sabotaging to self-supportive can empower positive changes on a cellular level over time. Gratitude, affirmations and journaling boost feelings of well-being.
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# Taking Your Hormone Health to the Next Level

By implementing strategies from this guide, you've begun empowering positive shifts within your body and lifestyle. But there's always more room to learn and experience greater heights of wellness.

Are you ready to Thrive? I've created a customized 14-Day Hormone Challenge taking these methods to the next level. Over two weeks, you'll:

- Enjoy meal plans tailored to your needs including recipes you can easily make.
- Follow specific exercises and mindfulness routines to manage daily stress.
- Implement selected supplements and herbal teas to further nourish hormones.
- Use targeted essential oils and skincare to absorb extra benefits.

One essential oil I recommend incorporating is clary sage. This floral, herbaceous oil is prized for its ability to support hormone regulation, especially for women. Clary sage contains natural phytoestrogens that can help balance estrogen levels, providing relief for challenges like PMS, menopause symptoms and polycystic ovarian syndrome.

When diffused or applied topically, clary sage has a soothing, uplifting aroma that can alleviate mood swings, stress and anxiety - all of which impact our hormonal homeostasis. It also contains linalool, a compound shown to increase GABA production for better sleep. This makes clary sage a wonderful natural solution for promoting hormonal harmony as part of a comprehensive wellness routine.

In my full 14-Day Thrive Challenge, you'll learn how to use clary sage and other therapeutic oils to complement the dietary, lifestyle and supplement strategies for comprehensive hormone support. I can't wait to guide you through this transformative experience.

What are you waiting for? Take your next step towards balance. I'm here to support you on your customized hormone health journey. Let's get thriving!

Simply visit <https://bit.ly/14DAYTHRIVE> to get started improving your energy, mood, sleep and so much more!

