

Five Key Steps

TO REBALANCING YOUR
SEX HORMONES



for women who want to live a symptom-free
life without popping the pill

Hi, I'm Eva



My Hormones . My Story

In fact, I never thought I have a story. Or at least not a story powerful enough to be shared let alone inspire others. But it turned out I do. Little did I know about the power of nutritious foods and unique properties of herbs when I first started experiencing symptoms which were less than appreciated when you are a teenager.

Severe period pain, acne, unpredictable mood swings, and serious lack of self-love and confidence as a result. Now, you might think well most teenagers are dealing with spots, intense mood swings and a bunch of insecurities. And you'd be totally right. Except, I didn't "grow out" of my symptoms, frustration and damaged self-esteem even in my 20's.

At the age of 24 I was finally prescribed "the magic pill". Probably the most common solution majority of mainstream practitioners can offer.

Admittedly, I did notice some improvements before new symptoms started to creep in two three years down the line. I was heavier, my digestion was very sluggish and I felt bloated all the time, I developed cellulite, my breasts become sensitive, my libido non-existent, and I literally cried over the smallest and most irrelevant things.

The perfect storm for a breakup to say at least.

And while my bathroom shelves were filled with skin products promising miracles and costing fortune, I very rarely left the house without a good layer of make up. And that was on a good day. On a bad day I found an excuse to avoid social events full stop. Acne was undoubtedly my biggest insecurity and hurdle that kept challenging me emotionally for years.

All in all, I was a self-conscious wreck and totally out of control over my own body. On the other hand I never stopped trying, learning and researching.

I believed there must be a solution.



I've spent an enormous amount of time, money and effort investing into a high standard education in functional nutrition & lifestyle management which completely shifted my perspective of health care.

The more I learned the more I realised we as human beings become so profoundly disconnected from our own bodies, emotions and intuition. Our modern medicine is far too often about "putting a plaster" over pain, discomfort and low self-esteem without addressing underlying causes which provides us with a temporary solution.

And what's more, we can't separate our physical body from our daily thoughts, beliefs and worries. Our mind and body go hand in hand and it's only when working on both the magic happens.

As the number of my female clients has gradually grown I've started noticing the same pattern over and over again in which over 90% of these women kept highlighting symptoms that were too familiar. Stubborn weight, painful periods, adult acne, low sex drive, irritability, and fibroids as well as unsuccessful conception. To me this was eye opening.

What I found alarming too was the fact most of my female clients accepted or perceived their symptoms as "normal". And while I totally respect women for being able to embrace their imperfections, my heart breaks a little every time I meet yet another woman who's given up on a clear radiant skin or symptom-free cycle.

*It is what it is
but don't settle for less*





My own journey has been long and filled with trials and errors, highs and lows, occasional resistance and aha moments. But I can serve and understand my clients better because of it. Zero regrets.

Many of the women who work with me get in touch because they feel exhausted from running on that hamster wheel. They are struggling to feel happy because their hormones keep letting them down and constantly feeding their insecurities and lack of self-love.

And while there are no shortcuts my job is to empower you to become who you want to be so you can live the life that makes you truly happy.

*Chasing dreams is a wonderful thing
but my job is to get you there*



Are you craving change?

Your story might be different to mine.

Your background, life events and experiences have shaped you into a very unique soul and human being. I totally respect that. In fact I love supporting clients on one-to-one basis for this exact reason. I still learn from and get inspired by every single girl and woman I work with.

But as you've got this far, I am going to presume deep down you have a strong desire for change in your life & wellbeing. You are most likely feeling tired of being repeatedly defeated by your own body. I am also going to presume that one or more of the following points apply to you:

- You don't "feel like yourself" anymore and want your sex appeal, sassiness and spark back
- You have been struggling with symptoms of hormonal havoc incl. period pain, heavy flow, acne, cellulite, anxiety & mood swings
- You are currently on the pill and/or thinking about quitting
- You came off the pill in the last few months and are experiencing "post birth control syndrome" (No, it's not in your head as your doctor might say! It's a real thing)
- You want to prepare your body for a healthy conception & pregnancy



Five Key Steps

TO REBALANCING YOUR SEX HORMONES

If you said "yes" to any of the points above welcome to my tribe of girls and women who have been let down by their own hormones at some stage of their lives. You're certainly not alone.

But I want you to know it no longer has to be your monthly reality. Yes, the symptoms are real and they suck; however there's a solution and I'm very excited to share it with you.





1. NOURISH

your Sex Appeal

What does food have to do with your sex hormones? Simple answer is EVERYTHING! Food is the only source providing vital building blocks for every structure in your body including your sex hormones.

Sex hormones are essentially made from fat (cholesterol to be more specific) so I encourage you to include plenty of healthy fats in your diet. Don't be that girl in the coffee shop asking for a "skinny latte". I want you to understand that **fat doesn't make you fat** . You need fat for healthy hormone levels, fertility, and glowing skin.

However, not all fats are equal so choose wisely. Go for anti-inflammatory sources such as **nuts & seeds (raw, unsalted), oily fish, avocados, coconut milk, coconut oil, grass-fed butter or ghee, and eggs** if tolerated. You'll naturally boost the production of sex hormones when nourishing your body with fats.

Your body also needs a bunch of helpers and superheroes which are essential for building new hormones. These helpers, known as vitamins & minerals, are mainly found in vegetables so aim for variety and colours. These can be raw, steamed, grilled or fermented.

I challenge you to consume **4 - 6 cups of veggies per day** particularly if you're on the pill because it robs you of key nutrients (e.g. B vitamins).

Smoothies, soups and salads really help to increase the daily intake of variety of vegetables.



Green leafy veggies: arugula (rocket), mustard greens, collard greens, spinach, Swiss chard, romaine, kale, iceberg, watercress, dandelion greens

Sulfur-rich veggies: cabbage, broccoli, broccoli sprouts, cauliflower, Bok choy, horseradish, radish, chive, onion, garlic, Brussels sprouts, kohlrabi

Bright colours veggies: peppers, beetroot, sweet potato, purple potato, carrot, tomato, pumpkin, butternut squash, eggplant, rhubarb

Fermented veggies: sauerkraut, kimchi, kvaas, pickles

Cut down on sugar. You're sweet enough!

Sugar and artificial sweeteners are causing a major havoc in your hormonal system since simple & processed carbohydrates trigger the release of insulin ("fat storing hormone"). Elevated level of insulin means increased production of estrogen as well as testosterone (high levels found in women with PCOS).

Plus, increased consumption of sugar contributes to the development of new wrinkles and speeding the ageing process. Honestly! You better stay away.



Similar effect is found in foods high in processed & damaged fats such as trans fats (think fried foods), and hydrogenated fats (think vegetable spreads, margarines). These types of fat feed any inflammation and have a damaging effect on your body (skin, heart & waist line).



2. DETOX your personal space

DETOX! I almost didn't use this word to be honest because I feel it's been so "overused" in recent years. I wouldn't be surprised if you became immune to it. But the truth is your body's natural detoxification processes play a significant role in keeping your sex hormones out of trouble. Your liver is responsible for deactivation and safe elimination of "old & used up" sex hormones. If your liver is sluggish and tired your hormonal system is likely to shift as a result.

So show your liver some love and feed it with plenty of **sulfur-rich veggies** (onion, garlic, cabbage, chives, leek, shallots), **cruciferous veg** (cauliflower, Brussels sprouts, kale) as well as **turmeric, ginger, dandelion & milk thistle tea, celery, cilantro (coriander), lemon juice,** and **apple cider vinegar. Broccoli sprouts**, high in the compound sulforaphane, are No.1 superfoods known to support the liver pathways and detoxify estrogens.

Nourish your liver ON. DAILY. BASIS!

You also need to include high quality protein as the main source of amino acids which help the liver to do its job. Aim for high quality & unprocessed & organic variety of **meat, fish, eggs, quinoa, lentils, chickpeas, nuts, seeds, and cottage cheese.**

B vitamins, B6 and B12 in particular, are essential players in sufficient liver detox. Found in **organ meats** (always organic!), **grass-fed meat, wild caught fish, free range eggs, pastured chicken and turkey, kefir** (fermented milk), **leafy green vegetables, nuts & seeds, beans, legumes and peas.**

For extra boost I even recommend a methylated form of B vits supplements (e.g. B-Right by Jarrow).

Epsom salt (magnesium sulfate) is also great for your liver (plus super relaxing) so run a bath, soak in and let go of your thoughts & busy brain a couple of times per week. One of my favourite stress relieving strategy while boosting the liver and balancing my sex hormones. Win win!



Xenoestrogen Unplugged

Xenoestrogens are man-made compounds every woman should be aware of and ideally eliminate any exposure to them. Particularly if dealing with estrogen dominance since these compounds often have chemical structures similar to your natural estrogen and indeed act like estrogen.

Xenoestrogens are commonly found in conventionally raised meat and dairy products. In fact dairy products are one of the biggest triggers of hormonal imbalances because of all naturally occurring hormones in milk as well as other hormones and antibiotics added to it.



Other sources of xenoestrogen include personal care products such as shampoos, shower gels, perfumes, lotions, make up, nail polish as well as plastic containers, cling film, and household cleaning products. **Go for organic** sources as much as possible and always check the labels for any of the following ingredients: phthalates, BPA, triclosan and fragrance. There's a great website www.ewg.org you can check out and evaluate your skincare & personal care products & household cleaners.



GUT FEELING!

The quirky impulse. That little voice in the back of your head. A funny tingle.

Intuition. Do you tend to listen or ignore?

In case you can't put a finger on it and rely mostly on logic and facts I challenge you to start paying attention to your gut. Particularly if you've been struggling with symptoms of hormonal imbalances.

Hear me out, please!

There is a clear evidence our gut bacteria plays far bigger role in our health than we could ever possibly imagine. And one of the many tasks these bugs are responsible for is closely linked to your sex hormone balance.

Estrogen in particular.

Have you heard of Estrobolome?

What the heck is Estrobolome?

Some of the gut bacteria is extremely beneficial while others can be seen as opportunistic. We need both but in the right ratio.

The opportunistic guys are known to produce a certain enzyme (beta-glucuronidase) which is responsible for re-activating and re-absorbing used estrogen that is waiting in the gut ready to be eliminated. So when these less friendly bugs take over and start to colonise, they are also pushing the estrogen level higher up.

And hello estrogen dominance!

You might ask what allows these bacteria to multiply? There are a number of known factors including poor diet high in sugar and processed carbohydrates as well as trans fats (think deep fried food), GMO foods, exposure to chronic stress and increased pressure, regular use of anti-biotics and birth control pills.



Gut loving foods

On the other hand, many natural foods can help increase good bacteria in the gut and therefore contribute to hormonal balance as well as efficient digestion, and regular elimination.



Focus on:

Probiotic foods - naturally fermented sauerkraut, pickled vegetables (e.g. pickles, kvaas = beetroot), kimchi (Korean version of fermented veggies), miso, tempeh, fermented tofu, milk kefir, coconut milk kefir, coconut yogurt, unpasteurised apple cider vinegar, kombucha

Prebiotic foods - fibre rich foods which feed the good guys in the gut and allow them to colonise. Main sources are avocados, asparagus, artichokes, green-ish bananas, berries, beans, broccoli, oats, cabbage, celery, coconut, garlic, onion, leeks, sprouted seeds, nuts, kale, figs, cucumber, dandelion greens (great in salads or smoothies).

And high quality dark chocolate (good news!)

Herbs & Spices & Teas - turmeric, ginger, oregano, basil, mint, thyme, rosemary, cinnamon, cumin, chamomile tea, green tea and organic coffee if well tolerated



TAKE TIME OFF

*from
your life*

4.

And when I say "time off" I don't necessarily refer to two week vacations once or twice a year. That's a very nice bonus of course but honestly? It's not enough.

I encourage you to take some time off EVERY. SINGLE. DAY.

Yes, I understand there're deadlines, meetings, kids to look after, family commitments, socials, exams to prepare for and goals to work on. And you are expected to tick all the boxes, right? I get it!

But to fully show up as a mum, wife, girlfriend, business partner or friend requires some looking after yourself.

Let's put aside the fact that running on cortisol (stress hormone) is impacting your mood, quality of sleep, creativity, memory, skin, energy and weight. What else is going on here? You can take a guess :)

Yes, your sex hormones suffer too!

And here's why...

Stress & Sex Hormones

Your sex hormones and cortisol are essentially from the same mother molecule called cholesterol (eat healthy fats) which is converted into the hormone pregnenolone (think of it as a building material).

In times of increased stress your body keeps pumping cortisol into the system but when it runs out of the building material for cortisol it simply "steals" it from your sex hormones. Therefore decreasing the levels of progesterone in particular and further contributing to **estrogen dominance**.

Low progesterone level is strongly associated with fertility issues, irregular periods, decreased libido as well as anxiety. So at this point stress is most likely to impact not only your emotional wellbeing but also your relationship.



Take time off every day (10-20 mins) to prevent the ball from rolling. Find activities that help you to forget to check your phone & emails. And it doesn't have to be fancy. Outdoor walks, colouring books, knitting, gardening, breathing exercise, Sudoku, Epsom salt baths, get creative.

Whatever rocks your boat!

Boost your stress resilience

In addition to your daily "me time" it's also helpful to limit or stay away from any stimulants incl. caffeine, alcohol and refined sugar. No need to be perfect, start with small tweaks, see what works and build up on it. I know it's not an easy process but trust me it does make a difference.

You might also benefit from taking **adaptogenic herbs*** (healing plants that help you to adapt to stress, and restore & protect your body). These are the most popular adaptogens: **Panax Ginseng, Holy Basil** (Tulsi), **Ashwagandha, Astragalus root, Licorice root, Rhodiola, and Maca.**

Further to this, **create a bedtime routine** to enhance your beauty sleep & body recovery. Allow at least 30 mins wind down before you go to bed and avoid any screen exposure.

PS: Leave your phone outside the bedroom!



** Some of the herbs works better than others depending on individuals so you might want to explore which one suits you & your body. If you're taking any medication discuss this option with your health professional first in order to avoid any interaction.*

5.

Change your **INNER VOICE**



Those nagging thoughts. They seem to surface out of nowhere when we least need them. Very convenient. NOT!

While it's totally natural to experience a certain level of self-doubt when facing new challenges, having negative thoughts constantly hijacking your brain can seriously interfere with your self-esteem, creativity, performance, attitude and behaviour.

When the sex hormones are out of balance and you're dealing with annoying acne, bloating and anxiety your inner self-critic is on duty literally 24/7. I get you! Of course those symptoms don't define who you are but it can be hard to fully appreciate & love yourself because of these "flaws".

But guess what?!

You're also the one who can silence your "I am not good enough" thoughts and make them powerless.

Here's a short exercise for you...

For the rest of the day, I want you to pay attention to your inner voice, observe it, make notes, notice any pattern, and answer the following

questions

1. What's my negative inner voice telling me?
2. What negative or disempowering story have I been constantly telling to myself?
3. What is it based on?
4. Is it really true? What evidence do I have?
5. What do I choose as my new empowering story instead?



Once you identify your critical voice I want you to respond to it. I want you to talk to yourself like you would to your 7 year old self! What words would you use? I have no doubts you'd be kind, gentle, encouraging, protective and most importantly loving. Become your own biggest fan & cheerleader.

The last question is particularly important because what you dwell on most of the time, you become. You either feed your negative mind or positive mind. It's your choice only. Your circumstances don't define you.

Need more help?

JOIN THE PRETTY BALANCED CREW



OR

BOOK A CALL & FIND OUT IF YOU
WANT TO WORK WITH ME 1 TO 1



WWW.NUEVANUTRITION.CO.UK



Pretty Balanced
CREW

FOR WOMEN WHO WANT TO LIVE A SYMPTOM-FREE LIFE
BUT THEIR HORMONES KEEP LETTING THEM DOWN