



# HARMONIZE *your* HORMONES

Getting your hormones to work for you,  
not against you

BY SUSAN PULLEY



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## The Problem

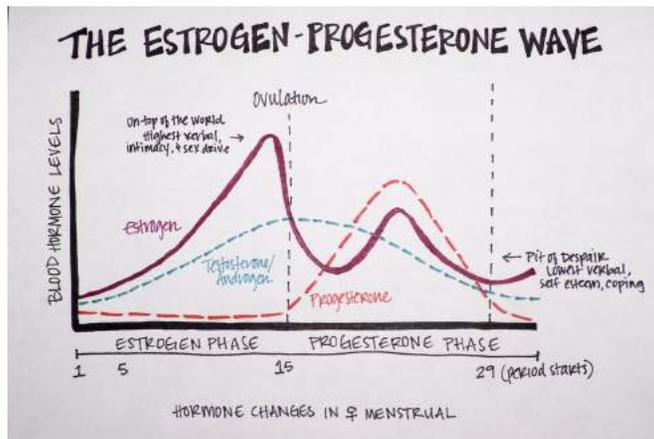
Women's health can and should be without symptoms. Unfortunately the lifestyle imbalances that plague society affect our reproductive systems in a big way, and that makes it quite difficult to change our habits without consistent support.

The result? Very few women experience painless, regular menstruations and the smooth, symptom-free transitions into menopause that our bodies were built for, and that knocks us off our thrive.

But I've had the privilege of seeing countless women change their hormone story who seek out natural remedies to get more energy, reduce pain & hot flashes and improve their fertility. Here's how.

First, let's learn to recognize the symptoms of hormones that are out of balance. Hormones are the fire within the watery bag that is our body. Women's health relies on the perfect balance of these inherently opposite forces.

PMS & Menopause imbalances reflect your fire-water balance and nearly always have a combination of heat in the liver and other pitta organs plus tension or exhaustion in the nervous system. Signs of imbalance in those organs: stagnant fluid, stagnant digestion, stagnant emotions, and can also include blood sugar issues.



I love this and wanted to include it for you but unfortunately have been unable to find the author to give credit.



As you can see, above, there's a beautifully orchestrated flow of in a woman's cycle. The most important thing is recognising when the cycle is out of balance, and taking action to correct it. Here are some ways women's hormones get off track:

Symptoms of Estrogen Dominance (Low progesterone)	Symptoms of Low Estrogen	Symptoms of Low Testosterone in women
<ul style="list-style-type: none"> <li>• Progesterone and estrogen exist in ratio.</li> <li>• Progesterone declines in relation to estrogen naturally around 35. If this is exaggerated by imbalances, the following can crop up:               <ul style="list-style-type: none"> <li>○ Weight gain</li> <li>○ Trouble sleeping</li> <li>○ Swollen/tender breasts</li> <li>○ Cramps and others PMS symptoms get worse</li> <li>○ Low or less stable mood</li> <li>○ Clouded concentration</li> <li>○ Irritability</li> <li>○ Water retention</li> <li>○ Can promote cysts and growths</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Can be present at any time but are exaggerated during the transition from menstruating to menopause.               <ul style="list-style-type: none"> <li>○ Night Sweats</li> <li>○ Headaches</li> <li>○ Low energy</li> <li>○ Moody or depressed</li> <li>○ Hot flashes</li> <li>○ Dizziness</li> <li>○ Vaginal dryness &amp; increased susceptibility to infection</li> <li>○ Recurring UTI's</li> <li>○ Urinary incontinence</li> <li>○ Less ambition</li> <li>○ Moody or depressed</li> <li>○ Foggy mind</li> <li>○ Insomnia</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Decreased testosterone can cause significant symptoms in women well before menopause.               <ul style="list-style-type: none"> <li>○ Less libido (interest in sex)</li> <li>○ Less sexual sensitivity</li> <li>○ Feeling down or depressed</li> <li>○ Low energy</li> <li>○ Less ambition</li> </ul> </li> </ul>

\*Just because you have one symptom, doesn't mean you exactly fit the whole category. It's critical to get evaluated by an experienced medical professional.\*



## The Strategy

### **Balance comes from Rhythms.**

What comes up must come down. To signal that it's time to stop producing one hormone, your body uses a second hormone. And round and round the cycle we go. Except that sometimes the wheel gets interrupted and broken by our disconnect with natural rhythms. And the only way to repair is by coming back to those: Sleep at the right time, eat at the right time, wake at the right time, move at the right time. It's the only language the body responds to.

### **Avoid disruptors.**

Do you know the thing that affect hormones the worst? Stress is the #1 hormone disruptor. Think of stress as your body's intervention letter to your mind, pleading you to get aligned with your true needs: physical, emotional & spiritual.

Stress is basically the feeling that what you are doing in this moment isn't lined up with your full potential, and your inability to reconcile that. That's good a good thing and it means it's time to take action to make a change!

### **Increase your capacity for digesting excess hormones.**

Why your body can't get rid of the excess hormones that give you unwanted symptoms like pain, mood swings, and hot flashes? The answer is in the digestive system. Your body has limited ways it can detox unwanted substances: urine, feces, sweat, breath, and for women, menstruation. The liver especially plays a heavy-duty role in breaking down excess hormones. If you're not getting hungry for each meal, you're going against this. (If you're super hungry in between meals, that's another related issue!) We focus on clearing the pipes, and enhancing those natural elimination channels.

### **Align with your Body language**

Activate the power within you. You have it within you to get the hormones in line and working for you instead of against you. The body shows you signs, and you can learn to recognize them and know what to do. When you're tired, rest. When you're hungry, eat. When you're full, don't eat. When you're restless, move. It takes some practice, and you might need some support along the way, but you'll never go back.



## Strictly No...

- ❁ No coffee - Coffee has a natural affinity to go to the reproductive system- and carry with it any pesticides (read: estrogen precursors) with it, and strongly exhausts the adrenals, aggravating the whole hormone picture.
- ❁ No other stimulants: black & green tea, chocolate, mate, added sugar.
- ❁ No alcohol - it is toxic and strains an already strained liver that is attempting to break down excess hormones.
- ❁ No hot spicy food- typically we don't want to add any heat to the system. Spices= good (coriander, cardemom, fennel, saffron, mint). Hot spices = bad (chili, substantial amounts of Mediterranean herbs (thyme, rosemary, oregano, etc).
- ❁ No sauna - ditto on the heat.
- ❁ No fried foods if you have a damp-hot set of symptoms.
- ❁ No dry foods if you have a dry-hot set of symptoms.

"Dry-heat symptoms come usually when the woman is Vata or dry-type Pitta, and usually the woman struggles with historical exhaustion and overwork, and she can suffer from dry mucus membranes (mouth, gut, vagina) and extra thirst."

"Damp-heat symptoms are present often when a woman is wet-type Pitta or Kapha, and there is a history of stagnation that may include heavy bleeding, cysts or other growth in the reproductive system."

## Hormone Herb Kitchen

For the Exhausted Dry Type

1 teaspoon Aloe vera 3x day before meals boosts the liver's ability to clean up & eliminate.

**Another essential tip:**

Take 1 teaspoon Ghee (or better shatavari ghee) early morning on an empty stomach, wait for hunger for your next meal. Swish your mouth with a bit of cardamom tea. Do this daily.



**Warm milk cooked with cardamom & saffron**

-  Soak several saffron threads in 100ml water plus 100ml milk for about 10-30 minutes.
-  Add 1/2 teaspoon of cardamom powder and cook down to 100ml liquid.
-  You can substitute milks if cow or even goat's milk is indigestible to you at this time.



## Hormone Herb Kitchen

For the Damp Stagnant Type

### **Pomogranate**

The juice and fruit of pomegranate have a slightly astringing effect & enhance absorption and digest ama, thereby improving digestion & clearing stagnation. Eat a half a pomegranate per day.



### **Sage tea**

Steep 20g dry Salvia in 200ml cold water overnight. Alternatively, steep fresh or dried in hot water 10-15 minutes.





## Harmonize Your Hormones Checklist

- ✿ Sleep earlier, and get enough sleep.
- ✿ Practice Alternate Nostril Breathing 2x 5min each day.
- ✿ Cut out coffee.
- ✿ Eat mostly plants.
- ✿ Start or increase regular, moderate movement. Interrupt long periods of sitting. Exercise while breathing in & out of your nose. Walk or move rhythmically, until your mind stops thinking, then you can turn around and walk home.
- ✿ Relax. Not just a little. A lot. And then some more. Relax for as long as it takes, and do it again tomorrow.
- ✿ Interrupt your stress cycle, however addictive it is for some of us - and we know who we are ;) If you have constant high stress, reexamine the contract you've made that keeps stress closeby, and lay out micro-steps that will help you shift it.
- ✿ Remove plastics from your kitchen. Use metal or wooden utensils, and alternative water bottles that won't leach synthetic hormone precursors.
- ✿ Use a water filter. Many cities now test high levels of birth control in the tap water. Evidence is still coming in, but it's safe to say, we're drinking what's peed out and the discovery is new enough that these disruptors are not being filtered.
- ✿ Do Ayurvedic oil massage first thing in the morning on an empty stomach before bathing. I can recommend a medicinal one that is the right fit for a client's constitution & complaints. Meanwhile, start with warmed coconut oil for signs of heat.
- ✿ Don't overeat. If you let your body digest something besides too much food, it will have a fighting chance to digest the excess hormones.
- ✿ Support the liver to remove high hormone levels & excess heat.
- ✿ Meanwhile the gut is where the precursor to women's reproductive tissue is made. The digestion has to become ideal. Get your gut healthy with an Ayurvedic consultation program.
- ✿ Create & pre-stock your home pharmacy with herb formulas that act like antibiotics to avoid taking pharmaceutical antibiotics. If you have taken a round of antibiotics, take probiotics for 3 months minimally. The female system is totally thrown out of balance by taking antibiotics.



## About Birth Control

**“Think of it like this:  
the body thinks it  
is pregnant for as  
long as you take  
synthetic hormone birth  
control.”**

So it's tricked, and does what it does during pregnancy- to hold on and build up.

In my clinical experience, 90% of women have taken the pill or alternative for at least 10-20 years.

### **What you can do?**

-  Stop taking birth control because of your skin, pain or excess. Get help you troubleshooting these with bitter herbs guided by myself or a local practitioner. It can be important to begin the support process minimally 3 months before stopping synthetic hormones. Women with strong symptoms prior to going on the pill may need 6 months for a smooth transition
-  If you're using synthetic hormones for contraception, and you're ready to explore non-hormone options of birth control, do it. Especially if you had strong symptoms before you started the pill or other hormone birth control, seek help for a successful transition. Caution: in my experience women Pitta constitutions or particularly high heat in the reproductive system struggle with copper spirals. Identifying your fertile window is a much better method.
-  One resource that changed my life is natural fertility identification techniques.
-  If you're ready, let's talk. I'll help you navigate great resources.



## Hormone Herbal Garden



If you know your way around the herbal garden, these can be useful.  
Generally select amongst the herbs with an affinity to the women's reproductive system and rasa dhatu.

- ✿ Bitter herbs for clearing heat
- ✿ Adaptogens to bring balance to extremes
- ✿ Tonics for exhaustion and for toning the muscles when cramping caused by uterine flaccidity
- ✿ Antispasmodics to ease cramping
- ✿ Nervines for clarity & uplifting the mind
- ✿ Digestives that are neutral in the spectrum of heating-to-cooling energetics
- ✿ Blood builders if there is deficiency
- ✿ Blood movers if there is stagnation
- ✿ Muscillagenous herbs in fatty substrate for dry heat
- ✿ Nutritives if there is deficiency



## Menopause

I call menopause the great revealer. Whatever latent imbalances we have “gotten away with”, repressed with the pill or otherwise managed to ignore in our 20’s and 30’s will be revealed during menopause, and provide us the opportunity to reassess & realign with our greater vibrancy & renewed purpose.

### Hot Flashes Quick Guide

There are different types of hot flashes, likely to line up with how your cycle behaved historically & your constitution & decades of imbalance. There can be a history of dry heat or damp heat in your cycle. It’s a massive oversimplification, but it gives us a good starting point!

### Hot Flash Recipes

Uplifting Lemon Balm Tea or Tincture (Citroen melissa) is a great starting point for hot flashes. And Aloe vera can be your best friend!



Elixir for Dry-heat type of hot flashes  
250ml pure pomogranate juice  
1teaspoon organic sugar  
a couple splashes of lime juice  
Drink 2 cups daily



Sage Infusion for Damp-heat type of hot flashes



# Ready to Get More Energy & Fix Your Hormones?



Schedule a free Health Strategy call and get ready to recharge your energy today at: [www.atma-ayurveda.com](http://www.atma-ayurveda.com)