

Natural hormone balancing

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PMS can begin with the onset of menstruation, but usually begins in adulthood. For some, it gets worse as they age, leading into peri-menopause and menopause. It is caused by an imbalance between the two main hormones oestrogen and progesterone, and can be brought on by stress, poor diet, inadequate sleep, sedentary lifestyle, the contraceptive pill and hormone replacement therapy (HRT).

Oestrogen promotes egg growth, thickening of the uterus and growth in the fatty tissue of the breasts, buttocks, hips and abdomen.

Progesterone thickens the uterus wall to ensure embryo implantation and maintain a healthy pregnancy and helps modulate the stress hormone cortisol.

Tips to help balance your hormonal cycle:

Reduce stress and get adequate sleep with meditation, walking, breathing exercises and Epsom salts baths .

Eliminate/reduce dairy as it contains oestrogen, further upsetting the balance.

Increase phytoestrogens in flaxseed and pulses to modulate oestrogen dominance or deficiency.

Increase cruciferous vegetables such as broccoli, cabbage, sprouts and kale as they aid liver detox of hormones.

Avoid hormone disruptors such as plastics, fluoride, heavy metals, household chemicals and pesticides as they increase oestrogen dominance.

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