

HEALTHY  
HAPPY  
HORMONES



HEALTH AND  
WELLNESS

CREATED BY

*Women's Integrative Health*



# *Welcome!*

I hope you find this e-book informative and of value. It's filled with information on hormones; what are imbalances, what are symptoms of imbalance, how to balance and solutions to help you start to feel better!

Let's connect for more ways to get your hormones balanced!

*Lisa Cartier*



HEALTH AND  
WELLNESS

[www.womensintegrativehealthny.com](http://www.womensintegrativehealthny.com)

# DID YOU KNOW?

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Hormones are chemical messengers that impact how you feel, think, function and look.

Your endocrine glands secrete hormones into your bloodstream to circulate throughout your body, influencing and coordinating every activity between your cells, especially your brain cells.

Hormones are responsible for countless functions in your body - from hair growth and skin quality to metabolizing food, maintaining body temperature, causing your heart to beat, preparing your body for reproduction, replenishing energy, maintaining weight and of course, our mood.

Read on for more!





# HORMONES

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Hormonal health depends upon the healthy function of your endocrine organs. Essential oils can help balance the healthy function of your endocrine glands, boost healthy cell communication, and enhance the detoxification of old hormones to restore healthy hormone production and output.

Hormones have a significant influence over how your body stores fat and when and how your body decides to burn fat for fuel.

Next we start a deep dive into hormones - balancing them, what are signs of imbalances, and more!

Did you know that humans possess 50 hormones? 50! From adrenal health and blood sugar to fertility and thyroid function, hormones are the root of, well, everything!

Hormones control or regulate many biological processes and are often produced in very low amounts within the body. Hormones regulate our blood sugar. Thanks, Insulin! Growth and energy production (Growth Hormone and Thyroid Hormone) Differentiation, growth, and reproduction hormones (Testosterone and Estrogen).

The Endocrine System is made up of all the hormones in the body. This system supports brain and nervous system development, reproduction, metabolism, and blood sugar.

We will be breaking down what hormones do for our bodies (male and female) through our life cycle, how to keep them balanced and supported, and living a non-toxic lifestyle to keep the hormone disruptors at bay.



- ✦ Understand Hormone Disrupters & Where to Find Them
- ✦ Common Symptoms of Hormone Imbalance
- ✦ How to Balance Your Hormones Naturally
- ✦ Oils for Testosterone Support
- ✦ Understanding Your Cycle and Hormones

# 4 Pillars of Metabolic Health

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Healthy Eating

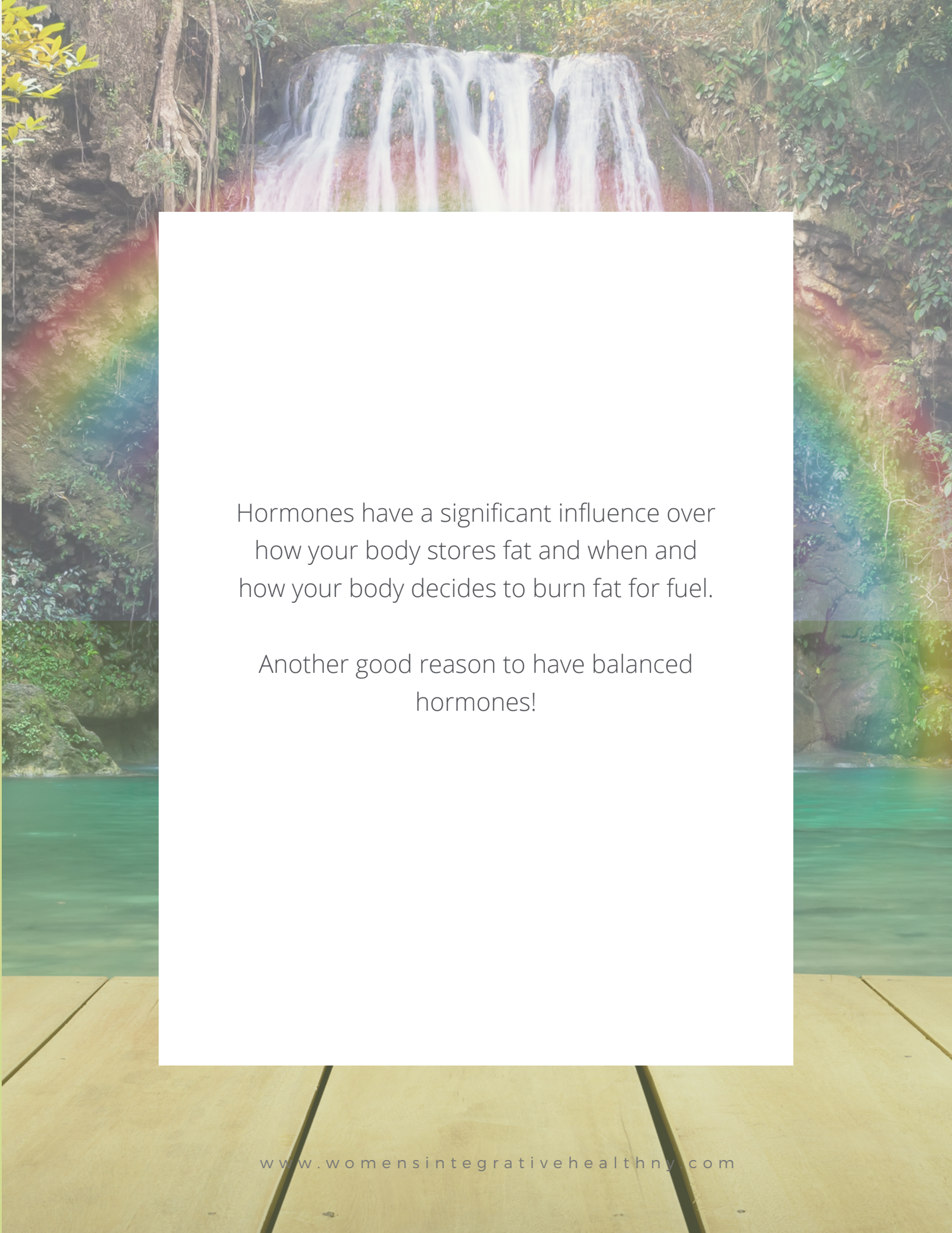
Stress Management

Daily Movement

Smart Supplementation

You take control of your life when you balance all four pillars of your metabolic health.

Not sure how to manage all four? Comment or message me for ways to get started.



Hormones have a significant influence over  
how your body stores fat and when and  
how your body decides to burn fat for fuel.

Another good reason to have balanced  
hormones!

Hormone disruptors: the hidden toxins that wreak havoc on your health. Over the last two decades, there has been a growing awareness of the adverse effects of exposure to chemicals that surround you every day from your cleaners, laundry soaps, plastic dishware, and essentially everything you find in your bathroom (perfume, body wash, shampoos & conditioners, and lotions to name a few). Unfortunately, we are bombarded with free radicals.

Over time, these can cause:

- Developmental malformations
- Reproductive interference
- Increased risk of cancers and other diseases
- Poor immune and nervous system function
- Weight gain

The good news, is we can start cleaning up our homes and our health TODAY. Download the EWG App and start scanning the products you regularly use in your home and start ditching & switching!



## HORMONE DISRUPTORS

### Where are they hiding?

- Cleaning Products
- Laundry Products
- Plastic Food Wraps
- Plastic Water Bottles
- Non-stick Cookware
- Canned Foods
- Dental Sealants
- Flame Retardants
- Home Furnishings
- Cosmetics
- Perfumes + Fragrances
- Sun Lotions
- Plastic Toys
- Birth Control Pills + Devices
- Tap Water
- Processed Foods
- Pesticides + Herbicides
- Personal-care Products



# VITAMIN D

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Vitamin D - nicknamed the SUPER HORMONE!

Did you know Vitamin D is a hormone? It deserves special mention for its many uses in the body.

Vitamin D keeps our thyroid healthy putting out cellular energy, helps make our mood happy and both cardiac and immune systems are supported by it.

# IMBALANCED HORMONES

## THE ISSUES

Weight Gain  
Irregular Periods  
Difficulty Sleeping  
Low Libido  
Acne  
Hair Loss  
Headaches  
Constant Fatigue  
Digestive Issues  
Mood Swings  
Stress

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## LET'S GET BALANCED



Replace toxic fragrances in your home with diffusers

Eat clean, whole foods to regulate your blood sugar & stay hydrated



Support your natural circadian rhythm with regular Vitamin D

Avoid hormone-disrupting products. Try doTERRA's natural products instead!



Does this sound like you or someone you know?

- Weight Gain
- Irregular Periods
- Low Libido
- Acne
- Hair Loss
- Digestive Issues
- Mood Swings

Hormones are the root of everything. While we love to overcomplicate what we need to do with our bodies to get healthy, we can overlook the basics.

We try to sprint, when we're actually in a marathon and wonder why we feel so gassed before we get to the finish line. Are you ready to get back to the basics when it comes to your thyroid health?

Here's what I'm talking about:

- Throwing the candles and scented air fresheners in the garbage and switching to diffusers
- Eating enough clean, whole foods to regulate your blood sugar, and not using coffee to replace meals and water
- Supporting your natural circadian rhythm (think natural vitamin D on your belly in the morning!)
- Avoiding hormone-disrupting lotions, shampoos, conditioners, and deodorants because they "smell good"

What small change are you committed to starting?

# ENDOCRINE SYSTEM

## why it's important

### THE HYPOTHALAMUS

This is the gland that drives the whole endocrine system by linking our endocrine system with our nervous system

### THE ADRENALS

This gland is made up of two glands: the cortex and medulla. Together they produce hormones in response to stress (cortisol) and regulate blood pressure, glucose metabolism, and the body's salt and water balance

### THE THYROID

This gland is crucial to healthy development and regulates your metabolism

### THE PANCREAS

The pancreas is responsible for producing glucagon and insulin. These hormones help regulate sugar (glucose) in the blood

### THE GONADS

Ovaries and Testes both produce steroids that affect growth and development and also regulate reproductive cycles and behaviors



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Did you know that there are 10 (11 when pregnant) glands that make up the Endocrine System?

Our endocrine system and hormones support our bodies from conception through old age.

From conception, the placenta acts as an endocrine organ and produces several important hormones through pregnancy.

Here are some more big hitters:

- ✓ The Hypothalamus: This is the gland that drives the whole endocrine system by linking our endocrine system with our nervous system.
- ✓ The Thyroid: This gland is crucial to healthy development and regulates your metabolism.
- ✓ The Adrenals: This gland is actually made up of two glands: the cortex and medulla. These glands produce hormones in response to stress (cortisol) and regulate blood pressure, glucose metabolism, and the body's salt and water balance.
- ✓ The Pancreas - The pancreas is responsible for producing glucagon and insulin. These hormones help regulate sugar (glucose) in the blood.
- ✓ The Gonads: Ovaries and Testes both produce steroids that affect growth and development and also regulate reproductive cycles and behaviors.

What do you do daily to balance your hormones?



# THYROID

*The Metabolism Driver*

Overactive Thyroid



Underactive Thyroid

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## 5 Ways to Support a Healthy Thyroid



On a scale of 1-10, how healthy is your thyroid?

In a nutshell, the Thyroid is our metabolism driver.

When your Thyroid hormones are unbalanced, this can lead to:

- Underactive thyroid
- Overactive thyroid

A healthy thyroid is supported by:

- Clean whole foods
- Getting your H2O
- Quality sleep each night
- Movement
- Ditching hormone disruptors (stop spraying perfume on your throat)

Each of these little steps creates consistent payoffs for a healthier thyroid and a healthier you.

On a scale of 1-10, how healthy is your thyroid?

My oils are always in reach. This blend for Thyroid Support sits on my nightstand so I can roll it on, morning and night.

20 drops Frankincense

15 drops Myrrh

10 drops Lemongrass

15 drops Clove

In a 10 mL roller ball, add oils and top with carrier oil of choice.

Do you need thyroid support?

HEALTHY & HAPPY HORMONES

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# THYROID

## Support Roller Blend

- Add the listed drops of essential oil to a 10mL rollerball.
- Fill to the top with fractionated coconut oil.
- Roll over the thyroid morning and night.



20



15



10



15

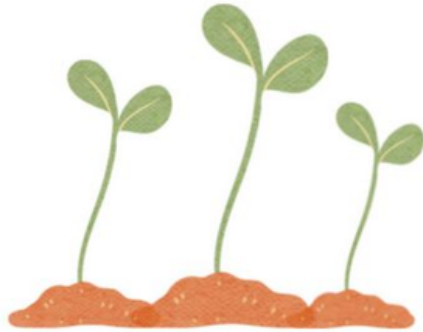


Will you be giving this blend a try?

# the secret ingredient

# GROWTH HORMONE

HGH is a peptide hormone that stimulates cell growth, cell reproduction, and cell regeneration. It is hard at work while you sleep.



## HOW TO PROMOTE HGH:

- Eat healthy protein with every meal
- Exercise & strength training
- Hit the sauna
- Reduce alcohol intake

## HGH SUPPORTS:

- Metabolic hormones
- Balancing body fat
- Lean muscle mass
- Tendon & bone support
- Brain function

The REAL secret to cell turnover is somatotropin, also known as human growth hormone (hGH or HGH). HGH is a peptide hormone that stimulates cell growth, cell reproduction, and cell regeneration (it works while you are ), so if you need an excuse to get your “beauty sleep”, this is it!

Growth Hormone is produced by the Pituitary gland and is one of the metabolic hormones aiding in weight, health, and fitness by balancing body fat, lean muscle mass, tendon and bone support, and brain function.

What can we do to support fading HGH as we age?

- Eat healthy protein with every meal—think grass fed meats, pastured eggs and chicken, low mercury fish like sardines and salmon
- Hit the sauna
- Exercise—strength training specifically—the more strenuous the better
- Reduce your alcohol intake
- 

Are you noticing a pattern for supporting your hormones naturally?

*In addition to making healthy new hormones, you need to eliminate old hormones. Your hormone levels and function can be thrown off if used hormones don't leave your body but instead recirculate into your blood. Other substances in your blood, like minerals or endocrine-disrupting toxins, can also throw off your hormonal balance. Supporting your detoxification channels like your liver, gall bladder, kidneys and gut can help eliminate excess hormones and balance hormone levels.*



# Detoxification

## 5 WAYS TO *balance* YOUR HORMONES NATURALLY

- 1** Eat enough **protein**-protein provides essential amino acids that your body needs for cell turnover and repair
- 2** Get physical-movement that is. **Exercise** has been known to increase levels of hormones that decrease with age
- 3** Take care of your **gut health**-your gut biome regulates ghrelin (the hunger hormone) and has been known to moderate insulin resistance
- 4** **Reduce your stress** levels-lower to fight or flight response and give those adrenals a much-needed break
- 5** Get **quality sleep** each night-lowers your cortisol levels and increases your HGH

➔ **What are you tackling first?**

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## SAVE THIS POST

If you are ready to jumpstart your hormone balancing journey, here are 5 Ways to Balance your Hormones Naturally.

Eat enough protein-protein provides essential amino acids that your body needs for cell turnover and repair

Get physical--movement that is. Exercise has been known to increase levels of hormones that decrease with age

Take care of your gut health--your gut biome regulates ghrelin (the hunger hormone) and has been known to moderate insulin resistance

Reduce your stress levels--lower to fight or flight response and give those adrenals a much-needed break

Get quality sleep each night--lowers your cortisol levels and increases your HGH.

Along with reducing sugar intake, adding fiber, and eating a good amount of healthy fats you are on your way to a better, healthier, balanced body.

What are you tracking first?

# LifeLong Vitality *supplementation*

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- General wellness and vitality
- Antioxidant and DNA protection
- Energy metabolism
- Bone health
- Immune function
- Stress management
- Cardiovascular health
- Healthy hair, skin, and nails
- Eye, brain, nervous system



Designed to ensure you are supporting your cells, getting the vitamins and minerals your body needs as well as supplying the fatty acids necessary to look and feel your best.

Ok, be honest. How is your nutrition?

I know if you are anything like me, nutrition can be put on the back burner especially when we are always so busy. Today, the standard diet is not what it used to be. There are many factors in play when it comes to food's depletion of nutrients in the soil to the increase in consumption of highly processed foods.

Proper nutrition supports your body's natural hormones and keeps them balanced. We are in luck because dōTERRA has us covered with their supplements, the Lifelong Vitality Pack.

LLV, the foundation to your health and wellness, consists of Alpha CRS®+, Microplex VMz®, and xEO Mega®. The ingredients in these 3 products are designed to ensure you are supporting your cells, getting the vitamins and minerals your body needs as well as supplying the fatty acids necessary to look and feel your best.

Sleep better

Have more energy

👉 Feel more balanced

It is no wonder this is one of dōTERRA's most popular products! Hormone and total body support at its finest.

# LET'S USE



## SEXY TIME

**Oil tip** - Apply 1-2 drops to pulse points, or to reproductive reflex points.



## FACE ROUTINE

**Oil Tip** - Add to toner or moisturizer, or apply with carrier oil over fine lines, wrinkles, and age spots.

## SCAR SUPPORT

**Oil Tip** - Massage into scar tissue 3 times daily.



## MOOD SUPPORT

**Oil Tip** - Apply to the palms of your hands, cup your hands and inhale, deeply for an uplifting sensation.



## PERFUME

**Oil Tip** - Apply to neck and wrists for a romantic personal fragrance.



## SHARK WEEK

**Oil Tip** - Rub onto abdomen during that time of the month.



## EMOTIONAL SUPPORT

Rose is a clarifying oil that helps connect the mind and soul to divine love and grace.

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Rose essential oil is a POWERHOUSE. Skin support, mood, and hormone support.

Rose has been known to promote a calm and relaxed state of mind. Roll this incredible oil on your abdomen for menstrual discomfort, hormone support, and libido support.

Will you be keeping Rose on your nightstand now?

Men can experience a dip in their libido due to stress, weight, and sleep quality. These essential oils have been known to support healthy testosterone levels.

- Clary Sage - balances estrogen production
- Thyme - supports progesterone levels
- Hawaiian Sandalwood - supports testosterone levels

Use these aromatically or topically for maximum support.

Try this roller:

In a 10 mL roller add:

- 5 drops Thyme
- 10 drops Hawaiian Sandalwood
- 5 drops Rosemary
- 5 drops Clary Sage

Top with FCO and roller on the bottoms of feet 2x a day.

# TESTOSTERONE SUPPORT

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IN A 10 ML ROLLER BALL, ADD OILS AND  
TOP WITH CARRIER OIL OF CHOICE.  
ROLL IT ON, MORNING AND NIGHT!

Let's get deep on you and your hormones (and how we cycle).

A woman's cycle varies from woman to woman. Some can be as short as 22 days and some can last 35 days. But we all go through the same phases.

● Phase 1 - Menstruation - 3-7 days - low progesterone and estrogen

⦿ Phase 2 - Follicular - averages 16 days - follicle-stimulating hormone (FSH) and estrogen and progesterone start to rise

○ Phase 3 - Ovulation - 24 hours - luteinizing hormone (LH) and testosterone boost

⦿ Phase 4 - Luteal - averages 14 days - begin decrease in your progesterone and estrogen (unless you are pregnant)

During each phase, women undergo different surges of different hormones that can make us angry, sad, weepy, frisky, or completely calm. And that's just the shortlist, all thanks to hormones.

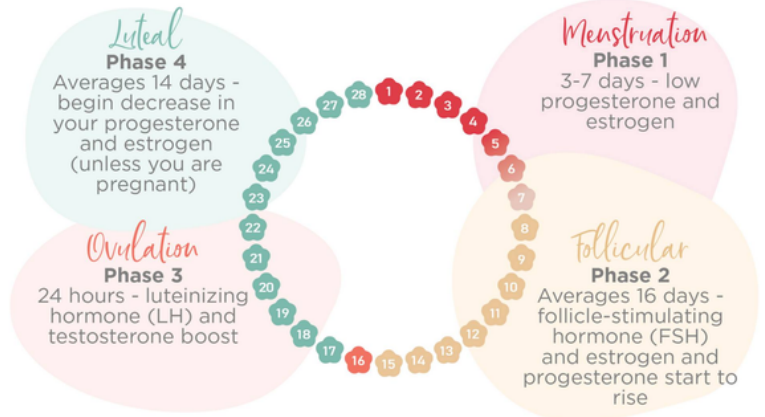
The good news is that we can become more in tune with our own natural cycles and know what we will feel like and when through cycle tracking. In comparison, men have a 24-hour cycle.

Do you track your cycle? Have you learned a lot about your body and how your hormones make you feel?



## MONTHLY cycle

A woman's cycle varies from woman to woman. Some can be as short as 22 days and some can last 35 days. But we all go through the same phases.



During each phase, women undergo different surges of different hormones that can make us angry, sad, weepy, frisky, or completely calm.

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**DO YOU TRACK YOUR CYCLE?**

# Get to Know Your Cycle

The four phases of your cycle - knowing how our cycles work can help to see where there are imbalances and get to know what we can do to get them back into balance.

# Helpful Solutions

## MENSTRUAL CYCLE *vulnerability*

### Phase 1

*menstruation*

- Emotional.
- Low energy.
- Painful.



## MENSTRUAL CYCLE *vulnerability*

### Phase 2

*follicular*

- Overwhelm.
- Anxious.
- Low-self-esteem.



## MENSTRUAL CYCLE *vulnerability*

### Phase 3

*ovulation*

- Burnt out.
- Ungrounded.
- Drained.



## MENSTRUAL CYCLE *vulnerability*

### Phase 4

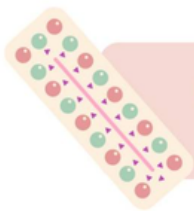
*luteal*

- Self-critical.
- Exhausted.
- Retracted.



# Estrogen *mimickers*

Where can estrogen mimics be found?



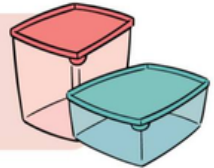
Birth control, uses artificial estrogen

Parabens in personal products



Non-stick cookware

Plastics



Estrogen mimics are artificial hormones that have a different chemical structure but behave the same as estrogen biologically.

Some essential oils on the other hand can have phytoestrogens that are naturally occurring and support hormone imbalances.

Estrogen is naturally produced in the body. Did you know that there are estrogen mimics?

What?!

Estrogen mimics are artificial hormones that have a different chemical structure but behave the same as estrogen biologically. These are found in products we use every single day which cause our bodies to take on more estrogen than what we need and cause an overload.

Where can estrogen mimics be found?

- Birth control (uses artificial estrogen)
- Parabens in personal products (lotion, shampoo, perfumes, etc)
- Plastics (stop storing and cooking your leftovers in plastic, please switch to glass)
- Non-stick cookware

The list goes on. We are surrounded by it.

Some essential oils on the other hand can have phytoestrogens that are naturally occurring and support hormone imbalances.

doTERRA's Phytoestrogen Complex provides supplemental dietary phytoestrogens that help balance and support normal hormone levels.

The next chapter: *Menopause*.

You have either heard about this part of life, are currently experiencing it, or finally made it past, but this natural part of life can be uncomfortable.

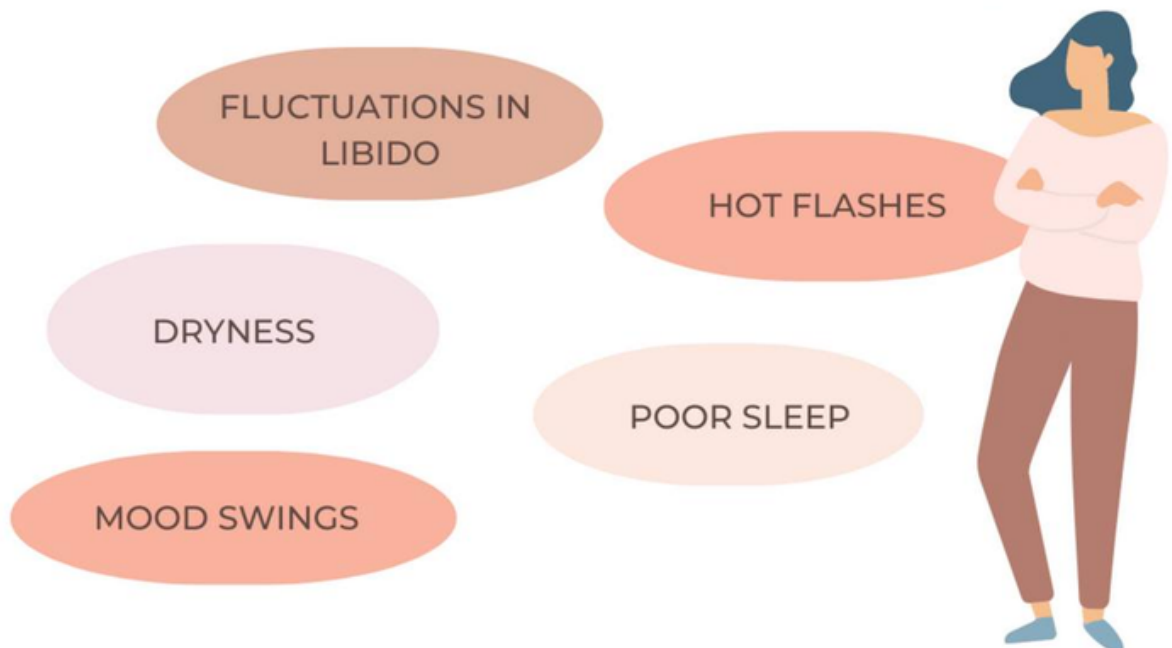
Due to a decrease in estrogen, our bodies undergo:

- Fluctuations in libido
- Hot flashes
- Dryness
- Poor sleep
- Mood swings

Essential oils can support your body through the change. Rose, Geranium, Neroli, Ylang ylang, Clary sage, Clary Calm, and Whisper are what you need in your arsenal of support. If you have been through the change, what oils have you used to support your body?

*menopause*

Due to a decrease in estrogen, our bodies undergo:



Essential oils can support your body through the change.

Rose, Geranium, Neroli, Ylang ylang, Clary sage, Clary Calm, and Whisper are what you need in your arsenal of support.

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# GONE IN A HOT FLASH

## *cooling mist*

20

Peppermint

15

Clary Sage

1  
TBSP

Witch Hazel

Add to a 4oz spray bottle & top off with distilled water. Shake and spritz over the back of the neck, chest & bottom of feet, as they are coming on.



Hot flashes got you down? Try this quick cooling spray:

In a 4 oz spray bottle combine:

- 20 drops of Peppermint
- 10 drops Clary Sage
- 1 TBL Witch Hazel

Top with distilled water. Shake and spray when you feel them coming on for a refreshing and cooling sensation.

# LIVER DETOXIFICATION

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*Why is liver detoxification so important for hormone balance?*

*Check out why here:*

<https://womensintegrativehealthny.com/detoxification-for-hormonal-balance/>





# PHYTOESTROGEN

## Essential Complex

*Balance & Support Natural Hormone Levels*

Phytoestrogen provides supplemental dietary plant-based estrogens that help balance and support normal hormone levels.

Along with LLV, Phytoestrogen Essential Complex is a good supplementation to support your body and its hormonal regulations.

#### Main Ingredients

- soy extract
- flaxseed extract
- pomegranate extract



#### Key Uses

- promotes hormone balance by blocking estrogen binding to cells
- manages harmful metabolite byproducts of hormone metabolism

#### How to Use

- Take 1-2 capsules daily for pre-menopausal hormone balance
- Take 2 capsules daily for post-menopausal hormone balance

Do you have a Phytoestrogen Complex story to share?

Alrighty, ladies!

As much as we may not want to admit it, we are all aging. Why not use some products that can help us do so, gracefully and keep us in top form?

As we've been discussing this month, almost all of our bodily functions are controlled by hormones. It is important to be sure that we have a balance of normal hormone levels.

This is where Phytoestrogen Essential Complex comes in!

Phytoestrogen provides supplemental dietary plant-based estrogens that help balance and support normal hormone levels. Pre- and peri-menopausal women take 1 to 2 capsules daily with food or as needed. Post-menopausal women take 2 capsules daily with food.

Along with LLV, Phytoestrogen Essential Complex is a good supplementation to support your body and its hormonal regulations.

How do essential oils support cell receptors? Hormones communicate by binding to receptors that are located inside the cells or on its surface. Once the hormone locks into its receptor, it transmits a message that causes the target site to take a specific action - like stimulating or inhibiting appetite or energy levels. Toxins known as endocrine-disrupting chemicals can bind to and destabilize these cell receptors, compromising your ability to receive or respond to hormonal signals.

Fat-soluble remedies, like the application of essential oils, can be used to maintain membrane permeability. The permeability helps control cellular function and signaling that enhance cell-to-cell communication. Essential oils interact with and help heal cellular membranes and receptor sites, influencing hormonal signaling. Cell membranes are fat loving, as are essential oils. This compatibility allows essential oils to bind to and modulate cell receptors and transporters.



# THE OIL OF VULNERABILITY

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Another essential oil hero for the ladies (sorry guys!)

Clary Calm blend of essential oils that provides a soothing and calming effect during a woman's menstrual cycle (it's more than just physical).

This blend is made up of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Carrot Seed, Palmarosa, and Vitex in a 10 ml roller bottle that is ready to go. ClaryCalm provides a cooling effect to the skin and helps balance emotions.

Need. I. Say. More.

It is also helpful to roll across the stomach during "that time of the month" to alleviate stomach discomfort.

Roll in your hands, cup, and take some deep breaths in to support your emotions during your hormonal waves.

You wake and get ready for the day. Your hair is on point and your skin is glowing. Time for a spritz of your favorite perfume right on your throat, right?

STOP RIGHT NOW

Do you remember what's located in your throat?

Your thyroid.

Do you remember what's in your perfume?

Fragrance.

Fragrance and your thyroid don't mix. Instead, ditch your perfume for pure-fume. I love using any of the Touch Line florals, Whisper, Balance, and Madagascar Vanilla.

Here's my go-to perfume lately:

In a 10 mL Roller add:

15 drops Madagascar Vanilla

10 drops Hawaiian Sandalwood

5 drops of Clary Sage

Top with your carrier oil of choice and you're good to go! No hormone disruptors in sight!



## DITCH & SWITCH

*Pure-fume Ideas*



### Summer Nights

- 15 drops Madagascar Vanilla
- 10 drops Hawaiian Sandalwood
- 5 drops Clary Sage

Add to a 10mL rollerball. Top with Fractionated coconut oil. Apply to pressure points, behind the ears, neck, and wrists

### Be-you-tiful

- 8 drops Passion®
- 8 drops Neroli
- 8 drops Citrus Bliss

Add to a 10mL rollerball. Top with Fractionated coconut oil. Apply to pressure points, behind the ears, neck, and wrists

What is your go-to pure-fume?

# ditch THE HORMONE DISRUPTORS

But ridding your home of hormone-disrupting parabens, phthalates, and fragrances is one of the most beneficial things you can do for your health next to movement and nourishment.



**WHAT CHEMICALS ARE  
HIDDEN IN YOUR PRODUCTS?**  
And what effects are they having on your hormones?

Download the **EWG App** and start scanning your home for products that you use daily and **start making the switch**. Look in your bathroom, kitchen, and laundry to start making the BIGGEST impact.

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From time to time you will see me toss out some info on ditching and switching...and by time to time I mean ALL. THE. TIME.

But ridding your home of hormone-disrupting parabens, phthalates, and fragrances is one of the most beneficial things you can do for your health next to movement and nourishment. Download the EWG App and start scanning your home for products that you use daily and start making the switch. Look in your bathroom, kitchen, and laundry to start making the BIGGEST impact.



HORMONE  
DISRUPTER  
*checklist*  
ROOM-BY-ROOM

# Which Rooms Can You Make Changes In?

## hormone disruptors IN THE BATHROOM

DITCH  
THESE



Switch it  
FOR THESE

Read labels to avoid paraben and phthalate-filled cosmetics and body care

Choose fragrance-free or disclosed natural fragrance in cosmetics, cleaners, soaps, lotions, diapers, candles, etc.

Choose non-PVC or fabric toys and fabric shower liners

Choose beeswax candles

## hormone disruptors IN THE BEDROOM

DITCH  
THESE



Switch it  
FOR THESE

Choose flame retardant-free foam or natural rubber cushions, pillows and mattresses

Avoid products with PFC-based water/stain-resistant coatings on furniture, carpets & rugs

Choose low VOC paint and allow freshly painted rooms to off-gas before occupying them

## hormone disruptors IN THE KITCHEN

DITCH  
THESE



Switch it  
FOR THESE

Choose glass or stainless steel food containers

Choose beeswax wraps for food storage

Never heat food in plastic

Choose organic produce when possible

Filter water with an activated carbon filter

## hormone disruptors IN THE LAUNDRY

DITCH  
THESE



Switch it  
FOR THESE

Choose more natural detergents with disclosed, natural fragrances

Use wool balls in place of fabric softeners

DIY your own scent booster: 20 drops essential oils to 2lbs epsom salts & add a heaping spoonful to laundry before adding laundry for wash

# BALANCED SUGAR LEVELS

- Pancreas .....▶ Takes glucose from meals & produces insulin into the bloodstream
- Insulin .....▶ Helps blood sugar enter the body's cells to be used for energy



## Daily Habits:

Daily Vitality – LifeLong Vitality – Take 2 caps of each, twice daily

Pancreas Support Roller – 5 drops each: Cinnamon Bark, Oregano, Clove, Coriander + Slim & Sassy® – roll over the pancreas area 2x daily

Balanced Sugar Levels – Take Melissa under the tongue daily

*Essentials for life*

Almost 10% of the population struggle with supporting how the body responds to glucose.

The key hormone responsible for this is Insulin.

Insulin is produced by the pancreas and regulates blood sugar. Insulin helps blood sugar enter the body's cells to be used for energy.

What can we do to support our pancreas and insulin? It's going to sound like a broken record:

- Get moving—even if it's a little each day
- Eat whole, unprocessed, foods as much as possible
- Take your LLV and PB Assist
- Support your body with Cinnamon Bark, Oregano, Coriander, Melissa, and Clove

Do you see why the foundation is so important? The Wellness Pyramid works!

Remember when you were little and whoever was in charge of you would put you down for a nap and you would fight it and flat out refuse to sleep?

As an adult, I would love for someone to tell me to take a nap!

Did you know that sleep is a huge factor in your hormone health? Your body repairs and turns over cells while you sleep. Proper sleep supports your emotional and mental state.

- Aim for 7-9 hours of sleep each night.
- Turn off the screens 1-2 hours before bed
- Put your diffuser on 30 minutes prior to bedtime
- Stretch before bed

**GET YOUR SLEEP.**  
*support your hormones*

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Diffuse + bottom of feet for open airways

Inhale to soothe a running mind

30 minutes before bed

Apply to temples + back of neck

Diffuse to create a relaxing atmosphere

**SLEEP**

- Helps influence hunger hormones
- Is necessary for the hormones that influence aging
- Affects the hormone that affects fat storage
- Impacts your stress hormone levels
- Can support healthy metabolism

# HORMONES & sleep

Did you know that **sleep is a huge factor in your hormone health**? Your body repairs and turns over cells while you sleep.

Proper sleep supports your emotional and mental state.



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- **Turn off the screens** 1-2 hours before bed
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## Sleep BLENDS

PUT YOUR DIFFUSER ON 30 MINUTES PRIOR TO BEDTIME



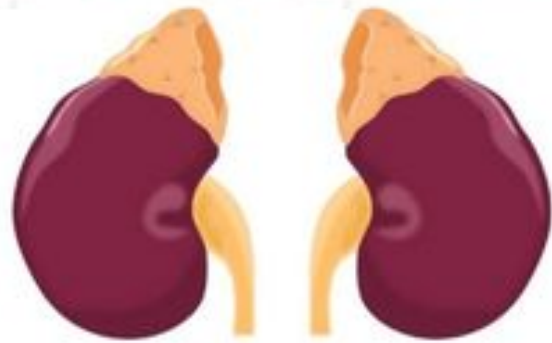
# ADRENALS

## *the Stress Responder*

This gland is actually made up of two glands: the cortex and medulla. These glands produce hormones in response to stress (cortisol) and regulate blood pressure, glucose metabolism, and the body's salt and water balance.

### ***Do you experience these?***

- feeling tired all day
- staying awake all night
- craving junk food
- poor sleep quality



### ***If you said yes, then you need to do these...***

- eat fatty fish high in magnesium
- eat avocados, dark leafy greens, legumes
- lower caffeine intake
- take an epsom salt bath with Adaptiv<sup>®</sup>
- meditate and relax

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Which oils do you use to support your body when you are stressed?

Ever hear someone say they're experiencing adrenal fatigue?

If your adrenals may be in need of support if you have general fatigue, body aches, head tension, low blood pressure, and just generally feeling run down and overtaxed.

The Adrenal Glands produce hormones that support our metabolism, regulate blood pressure, and respond to stress. Our adrenal medulla produces a hormone called adrenaline and cortisol (our fight or flight response). This is a much-needed hormone for extremely stressful situations.

This can lead to:

- ✕ Feeling tired all-day
- ✕ Staying awake all night
- ✕ Craving junk food
- ✕ Poor sleep quality

What can we do to support our overtaxed Adrenal Glands?

- Eat fatty fish high in magnesium
- Eat avocados, dark leafy greens, and legumes (all of which are high in magnesium)
- (This may be painful for some) Lower your caffeine intake
- Take an Epsom Salt bath (with Adaptiv)
- Meditate and relax (use your oils to support this!)

What oils do you use to support your body when you are stressed?

# THE ADRENALS

*glands*



## This can lead to:

- Feeling **tired** all-day 🧑
- Staying **awake** all night 🦉
- Craving **junk food** 🍷
- **Poor sleep** quality 🛏️

# THE ADRENALS

*glands*



## How can we support?

- Eat fatty fish high in magnesium 🐟
- Eat avocados, dark leafy greens, and legumes 🥑 🌿
- Lower your caffeine intake ☕
- Take an Epsom Salt bath 🛀
- Meditate and relax 🧘

# Hormonal imbalance and *mental health*

Did you know that hormonal imbalances can affect normal body functions including your mental health and mood fluctuations?



The Adaptiv®  
System can support your mind and



Scan the QR code to learn more  
about the Adaptiv® system



Did you know that hormonal imbalances (highs and lows) can affect normal body functions including your mental health and mood fluctuations in regard to anxious feelings and feelings of prolonged sadness?

That's where the Adaptiv System can support your mind and mood.

The Adaptiv system is 3 parts:

- Adaptiv Calming Blend Capsules - Internal
- Adaptiv Calming Blend - Aromatic
- Adaptiv Touch - Topical

Learn more about the Adaptiv system at:

<https://www.doterra.com/US/en/p/adaptiv-system>.

Hormone imbalances can be caused by heavy loads of stress. Even though we feel like we can carry it all, it's good to "let that sh!t go".

It's hard not to stress over things that are out of our control, to combat this we need to be proactive and not let the cortisol go into overdrive.

I love using these oils to support me when I have temporary feelings of overwhelm creeping up:

- Frankincense - grounding
- Copaiba - chill in a bottle
- Serenity - sweet moments of calm
- Balance - need I say more?
- Wild Orange - sweet, citrus, tranquility
- Northern Escape - forest in a bottle
- Magnolia - peaceful florals

# I WISH I HAD LESS *Stress*

calms mind/emotions; promotes relaxation and restful sleep

grounds and promotes tranquility

balances brain activity and calms overstimulation

balances brain activity and calms overstimulation

calms, relaxes, and sedates

calms, relaxes, and sedates

promotes sense of well being

balances hormones; sedates, calms, and relaxes

**MENTAL CLARITY BLEND**  
12 drops lemon, 8 drops rosemary, 4 drops cypress, 2 drops peppermint  
Add to roller bottle and fill with FCO. Apply to pulse points and behind the ears to help increase mental clarity.

**DE-STRESS & FOCUS BATH**  
5 drops restful blend and 5 drops frankincense

**RELAX DIFFUSER BLEND**  
Add 5 drops each blue tansy, wild orange, ylang ylang to diffuser.



2 Diffuser Blends for Stress You Need, Right Now!

#### Liquid Calm

- 4 drops Balance
- 4 drops Serenity

#### Balanced AF

- 3 drops Balance
- 3 drops Wild Orange
- 2 drops Copaiba

Pop these in your favorite diffuser and meditate or rest. Feel the stress melt away.



dear stress

LETS  
BREAK  
UP!



## stress away DIFFUSER BLENDS



4 drops **Serenity**<sup>®</sup>  
4 drops **Balance**<sup>®</sup>

SAVE THESE  
RECIPES



4 drops **Balance**<sup>®</sup>  
3 drops **Wild Orange**  
2 drops **Copaiba**

If you don't have a teenager, you probably remember being one (or if you don't, ask your parents—they definitely do ).

Not only do hormones help your teen's growing body, they can also cause mood swings, hair growth, weight gain, fatigue, and impulses they've never had before. It's a cocktail of hormones I'm happy I survived.

What can we do to support our growing (and hormonal) teenagers?



Turn to their oils!

Essential oils are going to support their mind and mood (hello Adaptiv Line), their time of the month (thanks Clary Calm), and give them better rest (Lavender, Cedarwood, Peace, and Serenity).

# TEEN HORMONE

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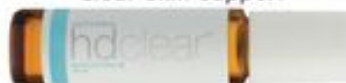
## Support

Not only do hormones help a teen's growing body, they can also cause mood swings, hair growth, weight gain, fatigue, and impulses they've never had before. Which oils can help to support a teenager during these important years?

Girls' Monthly Physical and Emotional Support



Clear Skin Support



Restful Sleep Support



Mind and Mood Support



Do you have a teenager who needs some support?



# WEIGHT GAIN & *Hormonal Effects*

Leptin is a hormone that is produced by fat cells and secreted into the bloodstream to reduce a person's appetite (while working with the brain). It also controls how the body stores fat. Because it is produced by fat, people who carry more fat or are classified as obese produce more of it than those of "normal" weight. Despite having higher levels of leptin, those who classify as obese aren't as sensitive to it. The feeling of never being full enough can be chalked up to hormones. Obesity also can toy with other hormones as well (and certain hormonal diseases can cause obesity-it's truly a double-edged sword). Your reproductive hormones can tank, libido can take a hit, lower amounts of growth hormone, and insulin resistance to name a few.



Take LLV &  
PB Assist daily

Get moving  
each day



Eat protein, fruits,  
and veggies

Reduce sugar  
intake



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Did you know that your fat cells produce hormones? Leptin is a hormone that is produced by fat cells and secreted into the bloodstream to reduce a person's appetite (while working with the brain). It also controls how the body stores fat.

It was eye-opening for me too.

What's crazy about leptin is that because it is produced by fat, people that carry more fat or are classified as obese produce more of it than those of "normal" weight. Despite having higher levels of leptin, those who classify as obese aren't as sensitive to it. The feeling of never being full enough can be chalked up to hormones.

Obesity also can toy with other hormones as well (and certain hormonal diseases can cause obesity—it's truly a double-edged sword). Your reproductive hormones can tank, libido can take a hit, lower amounts of growth hormone, and insulin resistance to name a few.

If you are screaming: "This is me!"

👉 The best thing you can give your body is consistency. Take your LLV and PB Assist every single day. Start with just 5 minutes of movement a day, after a week, increase it. Add more protein and whole fruits and veggies first to your plate. Reduce your added sugar intake. Visit with your primary physician and make a plan.

You got this.!



# METABOLISM BOOST



## Bonus Tips:

- Choose 2 or go all-in and make these a daily habit
- Use glass or stainless steel cups instead of plastic
- Top off veggie caps with 3 drops FCO to avoid after-taste

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Want to give your metabolism a bit of a boost?

Support your body with these essentials oils:

- Grapefruit
- Peppermint
- Cinnamon Bark
- Lemon
- Slim & Sassy

Don't forget to add some movement to your day (and use your Deep Blue Stick to recover without the mess)!

# Obesity and HORMONES

1



Take your **LLV** and **PB Assist** every single day.

# Obesity and HORMONES

2



Start with just **5 minutes** of movement a day, after a week, increase it.

3



Add more **protein and whole fruits and veggies** first to your plate.

# Obesity and HORMONES

4



**Reduce** your added sugar intake.

5



Visit with your **primary physician** and make a plan.

It's time to detox.

You ditched and switched out products all month long. But what about what we still have in our bodies? We are blessed to get a whole new body every 7 years (that is how long it takes for every cell in your body to completely regenerate).

Grab your Cleanse and Restore Kit.

Turn to these oils to start supporting your cleanse:

- Cilantro - provides powerful cleansing and detoxing properties
- DDR Prime - whole-cell health and renewal
- Rosemary - supports organ function
- Grapefruit - cleansing and detoxing

When we focus on each part of our body, we can more clearly understand how we need to focus on the whole self as everything is connected.

What steps are you taking today to feel better tomorrow?



## OILS FOR *Detoxing*



powerful cleansing & detoxing properties



whole-cell health & renewal



cleansing & detoxing



supports organ function

*Essentials for Life*  
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Learn more about  
the 30 Day Cleanse:



*Use these internally for maximum support.*

What steps are you taking today to feel better tomorrow?

[www.womensintegrativehealthny.com](http://www.womensintegrativehealthny.com)

# Balance Those Hormones

WE ALL COULD USE A LITTLE HORMONE BALANCING, RIGHT?

15 drops Clary Sage  
10 drops Lavender  
5 drops Ylang Ylang  
5 drops Geranium

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Add oils to a 10ml roller bottle, fill with a carrier oil.

Apply to the lower back, abdomen, and feet  
the week before, and during your cycle.

Ladies, this one's for you.

If you feel a hormonal imbalance, this blend is for you.

Please tell me I'm not the only one...

In a 10 mL roller add:

- 15 drops Clary Sage
- 10 drops Lavender
- 5 drops Ylang Ylang
- 5 drops Geranium
- 

Top with a carrier oil and apply to the lower back, abdomen, and feet.

Use this blend daily for overall hormone support!

# Now What?

1

## **JOIN OUR GROUP**

Women's Health Goals - Learn more about how you can improve your health and wellness

2

## **JOIN OUR 4-MONTH CLASS**

Healthy Happy Hormones! This four-month program will get you on your way to balancing your hormones one step at a time - getting to the root of your hormonal concerns!

3

## **CONTACT ME**

Have more questions? Would you like help developing a roadmap to solving your health and hormone issues?

*Let me know!*

4

## **MORE RESOURCES**

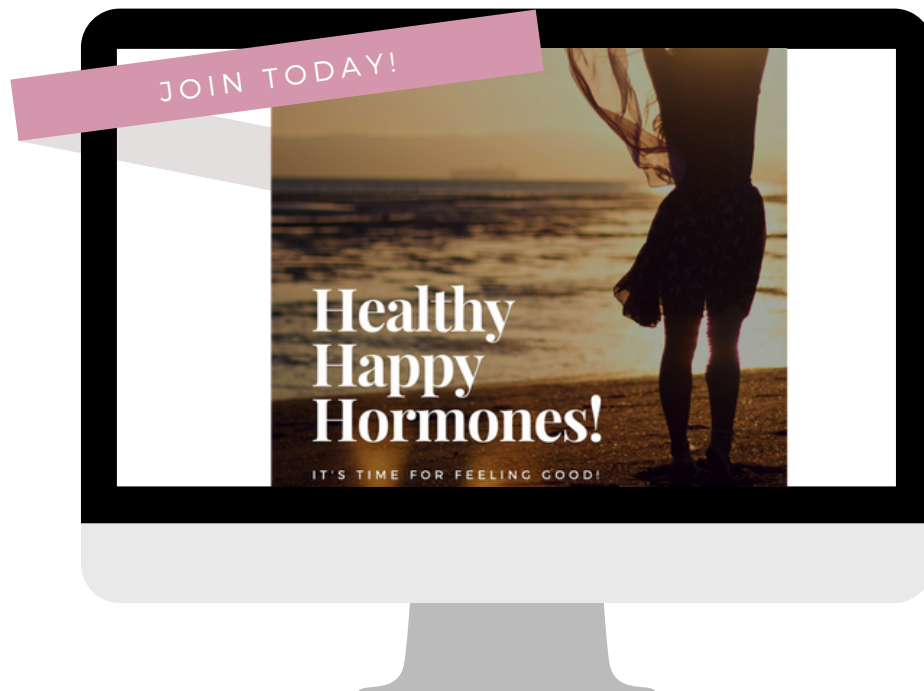
Find more information on how you can improve your health and wellness here:

<https://womensintegrativehealthny.com>

JOIN OUR

# *Healthy, Happy Hormones 4-Month Program*

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Join our 4-Month program and unlock your personal root causes for hormonal imbalance. Together we will bring your hormones into balance and get you on your way to feeling better.

[CLICK HERE TO JOIN](https://womensintegrativehealthny.com/healthy-happy-hormone-program/)

\*LEARN MORE OR SAVE YOUR SPOT AT  
[HTTPS://WOMENSINTEGRATIVEHEALTHNY.COM/HEALTHY-HAPPY-HORMONE-PROGRAM/](https://womensintegrativehealthny.com/healthy-happy-hormone-program/)

# Thank You!



Like The Products  
Used in the  
Program?

Let me know! You can find  
them all here:

[my.doterra.com/womenshealth](https://my.doterra.com/womenshealth)

**LISA CARTIER**

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[WWW.WOMENSINTEGRATIVEHEALTHNY.COM](http://WWW.WOMENSINTEGRATIVEHEALTHNY.COM)

