



# 7 Day Guide to Balancing Hormones Naturally

Find Harmony Within

Discover nature's calming cures

Balance your inner sea once more

With 7 days of essential ease

By Irmelind

Simply Beyoutiful



## WELCOME DEAR FRIEND,

I'm so glad you've downloaded this free 7 Day 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.

By following this plan, I promise your body and mind will start to feel steady and nourished from within once again.

You may be surprised by how calm, comfortable and confident you begin to feel. It's time to reclaim your vitality and head into a bright new chapter of life feeling vibrant and balanced. I'm here as your fellow traveler - let's get started on the inner work that will serve you so well.

Please let me know if you have any other questions. I'm so excited to support you on this important journey. Now turn the page and prepare for 7 days of hormonal harmony!

14 DAY THRIVE  
CHALLENGE



## 04

### CALMING THE STORM

Discover the remarkable properties of essential oils and how they can support your emotional well-being and hormone balance. Learn about specific oils that have been proven effective in managing stress, promoting relaxation, and supporting hormone health. Explore different methods of using essential oils and unlock their potential to bring harmony into your life.

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### TAMING TRIGGERS

Diet strategies for stabilizing blood sugar and cravings  
Lifestyle hacks to manage stress

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### EATING FOR HORMONE HEALTH

Uncover the power of nutrition in supporting hormonal balance and overall health. Explore the connection between food and hormones and learn about specific dietary strategies to promote hormone health. Discover delicious and nutritious recipes that are tailored to support hormonal balance, weight management, and vibrant energy. Transform your eating habits and nourish your body from within.

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### OTHER OPTIONS FOR NATURAL HEALING AND HORMONE SUPPORT

Discover a range of natural products that can enhance your journey towards harmonious hormones and overall well-being.

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### HOMECARE FOR RADIANT HORMONAL HEALTH

Unveil the secrets to glowing skin and body and embrace a holistic approach to a home free of toxins that aligns with your hormone-supportive lifestyle.



Calming the storm  
on day 1

Essential oils have been used for centuries to promote wellness, relaxation, and emotional balance. In this chapter, we will delve into the remarkable properties of essential oils and how they can support your emotional well-being and hormone balance. Discover the power of nature's aromatic treasures and unlock their potential to bring harmony into your life.

### 1.1 The Science Behind Essential Oils:

Before we explore the benefits of essential oils, let's understand the science behind them. Essential oils are highly concentrated plant extracts derived from leaves, flowers, bark, and other parts of plants. They contain natural compounds that possess therapeutic properties and can positively impact our physical and emotional well-being. Want to learn more in detail join a FREE educational class -

### 1.2 Essential Oils for Emotional Well-being:

Emotions play a significant role in our overall well-being. Certain essential oils have proven efficacy in managing stress, promoting relaxation, and even uplifting mood. When inhaled they are able to pass into the limbic system at the back of the brain within 20 seconds and start influencing our mood and emotions. The changing tides of hormones during menopause can feel like weathering a tempest at times. Today, let's focus on easing the storms within using a simple essential oil blend along with helpful habits for better sleep.

#### *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 top up with Fractionated coconut oil 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.

# Essential oils



Discover the aroma-therapeutic benefits of oils such as lavender, bergamot, chamomile, and ylang-ylang. Learn how to incorporate these oils into your daily routine through diffusion, inhalation, or diluted topical application to experience emotional balance and inner harmony. Ask me how [by clicking here and sending me a message](#)

## 1.3 Essential Oils for Hormone Health:

Hormonal balance is vital for women's overall health and well-being. Essential oils can be valuable allies in supporting hormone health and addressing common imbalances. Explore oils such as clary sage, geranium, and frankincense known for their hormone-balancing properties. Gain insights into their mechanisms of action and learn how to use them effectively to promote hormonal harmony throughout your menstrual cycle and during menopause.

### *Getting Cosy for Better Sleep:*

Take a warm bath infused with 3-5 drops Lavender or Bergamot 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.

Essential oils have the remarkable ability to support emotional well-being and hormone health. Embrace the power of nature's aromatic treasures and experience the transformative effects of essential oils in bringing harmony and balance to your emotional and hormonal well-being.



# Taming Triggers

Day 2 of our journey towards hormonal balance is all about taming triggers that can disrupt your hormonal health. We understand that hormonal imbalances can wreak havoc on your well-being, so it is essential to identify and address the factors that can throw your hormones off balance.

## Diet Strategies for Stabilizing Blood Sugar Levels

One of the key aspects of maintaining hormonal balance is stabilizing blood sugar levels. Unstable blood sugar levels can lead to hormonal fluctuations and cravings, making it difficult to maintain a healthy lifestyle.

- Eat balanced meals with lean protein, healthy fats and fiber-rich carbs and 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 adding Doterra Grapefruit or Lime essential oils to your water

Here some other great essential oils to use for blood sugar support that can be added your tea or coffee:

- Peppermint oil: This 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 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 oil: With its ability to gently uplift mood, bergamot oil makes cravings more cognitive versus reactive. Start with 1 drop in water to experience its sunny essence.
- Ginger 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 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.

## MetaPWR™ Testimonial



I've been enjoying the DoTERRA MetaPWR Products for 6 weeks. Here's my results:  
**More energy, better sleep, discomfort in**  
 my lower back and hips **gone, craving**  
**snacks and sweets gone, concentration**  
**improved, increased weights on**  
**workout equipment 10lbs.** My grand  
 daughter said my face looked slimmer and  
 I think the collagen is smoothing out some  
 wrinkles! **Down 5 lbs!**

## 10 WAYS TO USE PEPPERMINT

1. **Inhale** directly from cupped hands
2. **Diffuse** with Wild Orange for an energizing boost
3. Make a **room spray** - add 15 drops to an 8 oz spray bottle with H2O
4. Add a drop to your favorite **smoothie recipe**
5. Combine a drop with Lemon oil in water for a healthy, refreshing **mouth rinse**
6. Make a **bug repellent** spray
7. Apply diluted down the neck and spine for a **cooling sensation**
8. Apply to temples, back of neck and shoulders for **head tension**
9. Add a few drops to **diffuser jewelry**
10. Take in a Veggie Capsule to alleviate **occasional stomach upset**



## Monthly Cycle Support



# Eating for hormone health

In our journey towards hormonal balance, this chapter will uncover the power of nutrition to support not only our hormones but overall wellness. The connection between food and hormones is undeniable - what we eat directly impacts our endocrine system.

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)

## 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.

## 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.

## 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

# 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:

Feeling out of sync? It's time to redefine homeostasis and reclaim the harmony your body craves. With LifeWave's innovative Y-Age System, you're not just dreaming of wellness; you're living it!

- **Aeon Patches:** Wave goodbye to stress and welcome a sense of calm. Aeon is your daily dose of tranquility, helping to balance your body's response to life's little hiccups.
- **Glutathione Patches:** The master antioxidant! Glutathione is like your body's personal superhero, fighting off free radicals and supporting a robust immune system. Feel rejuvenated and ready to take on the world!
- **Carnosine Patches:** Unleash your body's potential with Carnosine. Boost your endurance, protect your skin, and revitalize your cells. It's not just about feeling good; it's about feeling great for the long haul.

Together, these three musketeers of wellness work in concert to bring back the balance that time might have nudged aside. Embrace the power of the Y-Age System and feel the difference in your energy, your skin, and your overall vitality.

X39 Lifewave patches activate more of our healing cells back to their youthful state so we repair our bodies like they were in their youth!!! There are no ingredients in the patches that go into the body. This protocol can be done while you sleep

**NO NEEDLES NO BOTOX**

Together these patches give you an unparalleled process to tap into your body's own healing processes, completely naturally and without any side effects ... a technology way ahead of its time!! Want to know more visit our [website](#).



**LifeWave X39**  
Activate Your Stem Cells

**How do the X39 Patches work?**  
When placed on the body the X39 elevate a copper peptide GHK-cu which then activates more of your own stem cells in your body. The patch does not give the body any stem cells.

**This is safer and more effective for PAIN RELIEF**

Placement for X39 Patches



# Supportive Supplements and Solutions

Are you looking for a natural solution to support your hormonal balance?

**Hormonal Balance:** Dim, short for Diindolylmethane, is a natural compound found in cruciferous vegetables like broccoli and cauliflower. It promotes hormonal balance by aiding the body in metabolizing excess estrogen and promoting a healthy estrogen-to-testosterone ratio.

**Estrogen Metabolism:** Dim acts as an estrogen modulator, helping to convert potent forms of estrogen into weaker forms. This can be especially beneficial for individuals with estrogen dominance or those looking to support their estrogen levels within a healthy range.

**Support for Menopause:** Dim has been shown to assist women during the transition into menopause by providing relief from common symptoms such as hot flashes, night sweats, and mood swings. It can help promote a smoother journey through this natural phase of life.

**Detoxification Support:** Dim supports liver detoxification processes, aiding in the removal of toxins and waste products from the body. This can contribute to overall well-being and support optimal hormonal function.

**Antioxidant Properties:** Dim exhibits antioxidant properties, which can help combat oxidative stress and protect cells from damage caused by free radicals. This may have positive effects on overall health and well-being.

**8 SIGNS YOUR BODY IS GIVING YOU TO START FOCUSING ON BUYING DIM+**

- 1 Irregular periods
- 2 Easy Bruising
- 3 Severe PMS symptoms
- 4 Suspected estrogen dominance
- 5 Fibroids or endometriosis
- 6 Weight management challenges
- 7 Frequent mood swings
- 8 Menopausal discomfort

Below the list are three bottles of DIM+ capsules. The bottles are white with red caps and feature the Slender Living logo and a female symbol with a plus sign. Each bottle is labeled '60 CAPSULES'.

## GUMMY RESET

Your adrenal glands are located above your kidneys. They produce hormones that help your body to burn fat and protein, regulate sugar and blood pressure, and respond to stress. If it does not function well, this will slow down this process. Gummy Rest flushes the adrenal glands and improve function. The goal is to increase your energy levels naturally so you don't burn stored nutrients. Adrenal fatigue symptoms :

- \* Difficulty waking up or falling asleep.
- \* Increased cravings for salt or sugar
- \* Low energy levels
- \* Dependence on stimulants, like caffeine

**Introducing our NEW**  
Complete Gummy Reset

Benefits:

- AMPLIFY MOOD & FOCUS
- ACTIVATE STRESS INHIBITORS
- OPTIMIZE ADRENAL FUNCTION
- ENHANCE ENDURANCE & ENERGY

The product is a purple bottle labeled **GUMMY RESET** with 'ADRENAL SYSTEM CLEANSE' below it. The bottle is surrounded by green leaves and a small plant.

## More natural options



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.

**Acupuncture** - This ancient practice can help restore hormonal harmony. Acupuncturists place thin needles at key points to unblock chi flow and redress imbalances.

**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.

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

**Mindset shifts** - Reframing thoughts from sabotaging to self-supportive can empower positive changes on a cellular level over time. Gratitude, affirmations and journalling boost feelings of well-being.

# Home Care for Hormonal Health

Lets 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.

## 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.

## 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.

## 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. Join my membership and let me show you how.

## 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:

Reducing toxic exposures is a modifiable factor within your control for balancing hormones long term. Implement some easy switches and see how you feel. Let me know if you have any other questions!

FREE FROM SULFATES, SILICONES, PHTHALATES, AND PARABENS  
**SHOW YOUR HAIR SOME**



ADD ON THE DOTERRA HAIR CARE TRIO IN YOUR CART FOR AN ADDITIONAL \$10 (LRP ONLY)!  
AVAILABLE WHILE SUPPLIES LAST.

**DOTERRA HAIR CARE TRIO**  
WHOLESALE \$67.50 | \$5 PV

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## VERAGE SKIN CARE COLLECTION

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VERAGE  
CLEANSER

VERAGE  
TONER

VERAGE  
HYDRATING  
SERUM

VERAGE  
MOISTURIZER



+ NOURISHES &  
HYDRATES

+ PROMOTES A  
MORE YOUTHFUL  
APPEARANCE

+ PROMOTES A  
SMOOTH,  
RESILIENT,  
GLOWING  
COMPLEXION



## WAYS TO USE LEMON

Desert Naturals  
Essential Oils

1. Add a few drops to your water for a **gentle detox**
2. **Diffuse** to create an uplifting environment
3. Add a few drops to your **smoothie or tea**
4. Use a cloth soaked in Lemon oil to preserve and **protect your leather**
5. Make a **spray** to clean tables, countertops, and other surfaces
6. Diffuse with **Lavender + Peppermint**
7. **Inhale** directly from cupped hands
8. Add to your **dryer balls**
9. Add to your laundry **rinse cycle**
10. **Remove stickers, gum** from hair and **crayon** markings from walls

[www.desertnaturals.me](http://www.desertnaturals.me)



# Seven days of mindfulness - weekly planner

Chronic stress can wreak havoc on your hormonal balance, leading to imbalances in cortisol and other stress hormones. It is crucial to effectively manage stress to support your overall hormone health. Mindfulness is a powerful practice that can greatly contribute to hormonal balance. By cultivating mindfulness, you can become more aware of your thoughts, emotions, and bodily sensations. This heightened awareness allows you to respond consciously rather than react impulsively to triggers, reducing stress and promoting hormonal equilibrium.

Mindfulness practices such as meditation, mindful eating, and body scans can help you develop a greater sense of self-awareness and presence in the moment. These practices can also reduce anxiety and promote a sense of calmness, which positively impacts your hormonal health.

Incorporating essential oils known for their grounding and calming properties, such as frankincense, lavender, and vetiver, can enhance your mindfulness practice. Their soothing aromas can help create a serene environment and deepen your connection with the present moment.

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MONDAY:

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TUESDAY:

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WEDNESDAY

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# Seven days of mindfulness - weekly planner

By dedicating time each day to cultivate mindfulness, you can reduce stress, improve hormonal balance, and enhance your overall well-being.

Remember, achieving hormonal balance is a holistic journey that encompasses various aspects of your life. By combining diet strategies, essential oils, stress management techniques, and mindfulness practices, you can take proactive steps towards achieving optimal hormonal health.

THURSDAY:

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FRIDAY:

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SATURDAY:

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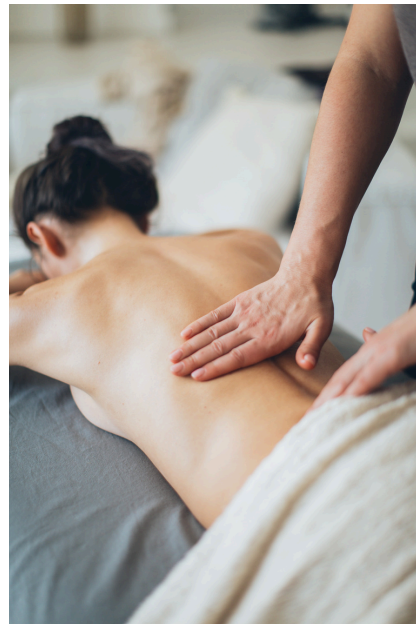
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Join now

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.

My challenge provides all the tools, education and accountability you need to see transformative results. You'll feel rejuvenated from the inside out and equipped with knowledge to continue making hormonal health a priority.

While this eBook gave a foundation, my full program reveals nuanced insights to truly thrive.

Simply visit [www.yourwebsite.com/challenge](http://www.yourwebsite.com/challenge) to get started improving your energy, mood, sleep and so much more.

What are you waiting for? Take your next step towards balance. I can't wait to support you on your customized hormone health journey. Let's get thriving!.

**GET DISCOUNT**

**NOW**

**CLICK HERE**