

NUTRITION

Are you consuming processed foods, sugary drinks, alcohol, or water from plastic bottles, or following a Standard American Diet (SAD)?

YES

NO

- Eat the rainbow
- Choose clean, whole foods
- Drink from glass, not plastic
- Use air purifiers for clean air

Well Done!

YES

- Practice seed cycling
- Incorporate black cohosh
- Add red sage

YES

SLEEP

Are you getting 7-8 hours of sleep each night and waking up feeling rested?

YES

NO

- Remove blue light exposure before bed
- Keep your room cool and dark
- Avoid overstimulation in the evening
- Take an Epsom salt bath before bedtime

Well Done!

YES

- Acupuncture for balance
- Reiki for relaxation
- Meditation for mindfulness

YES

Magnesium, L-Theanine, Melatonin, Ashwagandha, Phosphatidylserine

STRESS

Do you experience signs of physical or emotional stress, such as pain, chronic disease, or feeling overwhelmed?

YES

NO

- Try mindfulness practices
- Practice breathwork
- Incorporate prayer
- Consider CBT (Cognitive Behavioral Therapy)

YES

- Alpha-Stim
- Neuro/Biofeedback
- EFT (Emotional Freedom Technique)

YES

Cordyceps, Passion Flower, Chamomile, Siberian Ginseng, Rhodiola, Licorice

MOVEMENT

Are you engaging in regular exercise, and do you feel energized rather than exhausted afterward?

YES

NO

- Do mild-to-moderate exercise
- Try Pilates
- Practice yoga
- Incorporate interval power walking

YES

- Lymphatic massage
- PEMF therapy
- Infrared sauna
- HBOT therapy

YES

COMMUNITY

Do you have quality relationships in your life that bring you joy?

YES

NO

- Surround yourself with those who bring you joy
- Plan date nights (partner or friends)
- Join support groups
- Discover new hobbies

YES

- Red light therapy
- Intravaginal hyaluronic acid

YES

Hormone Replacement Therapy (HRT) can be a very beneficial treatment in helping not only with the symptoms of hormonal changes but also for cardiovascular and brain health. However, it's crucial to first understand how lifestyle factors can impact these hormones and take action before starting any treatment. Once you've made necessary lifestyle changes and have a clear understanding through lab work, HRT can then be considered as a complementary step for optimal hormonal balance.