



5 Ways to Balance Your

Estrogens

& take control of
your life



Radiant Health
FUNCTIONAL LIFESTYLE WELLNESS



LET'S FIND THE
ROOT CAUSE OF
YOUR SYMPTOMS
TOGETHER

Signs of Estrogen Imbalance

Hormone imbalances could be a **common root cause** for numerous symptoms you're struggling with. Hormones play a significant role in your overall health, acting as your body's chemical messengers. If those messages aren't communicated properly, issues can occur, and **processes can go haywire**. Unfortunately, it only takes a small imbalance in your endocrine system to be the tipping point for a cascade of *other* hormonal imbalances.

When we see **imbalances in estrogen**, specifically, it's common to see signs & symptoms of:

1. Anxiety
2. Painful Bloating
3. Debilitating Brain Fog
4. Severe PMS
5. Extreme Fatigue
6. Low Libido
7. Infertility

You may be wondering...

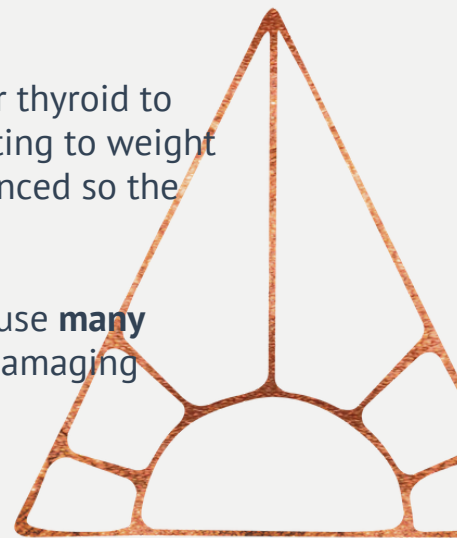
How Does Estrogen Become Imbalanced in the First Place?

Environmental Toxins

Environmental toxins are hiding in our everyday products. Think in your water sources, food, beauty products, household cleaners, and even your clothes! Toxic chemicals like **xenoestrogens** can mimic your estrogen hormone, causing estrogen dominance... and all those debilitating symptoms listed above!

Too many estrogens in circulation can then even cause your thyroid to get out of balance and increase insulin resistance, contributing to weight gain and fatigue. It's vital to keep your estrogen levels balanced so the rest of your body can work optimally.

These toxic chemicals, xenoestrogens, are concerning because **many women don't even know they exist** or don't know the true damaging potential they have on their bodies.



Did you know?

The average woman uses 12 products with **168 chemical ingredients daily**, while men use 6 products that contain about 85 ingredients. Altogether, 12.2 million adults are exposed to ingredients that are considered **known carcinogens** every single day because of their personal care products. The common ingredients in these are considered safe in **small amounts**. But all those little small amounts add up.

Poor Diet

A poor diet can contribute to estrogen dominance in *multiple* ways. If your gut microbiome isn't balanced (more specifically, your **estrobolome**), then you won't have the necessary bacteria to regulate and metabolize circulating estrogens. **If you have gut dysbiosis (unbalanced gut), your estrogen levels can be significantly impacted.**

Not only that, but if you are consuming a **low fiber diet** and are not making a bowel movement every day (a couple of times a day), then any **excess estrogen** you *do* have, **can NOT be eliminated** since your body's way of detoxing excess estrogens is through excretion via stool.



Constant Stress

If you put stress on top of all that, we really have a recipe for disaster! **Stress not only causes inflammation and damages your gut**, but stress can slow or inhibit digestion, again stopping any excess estrogens from getting excreted via your poop!



When you are under chronic stress it can lead to what is called Adrenal Dysfunction. This is when your body produces more Cortisol and less of your sex hormones, especially progesterone. This leads to an estrogen-dominant state because there isn't enough progesterone on board.

If You Are Struggling with:

Anxiety, Painful Bloating, Debilitating Brain Fog, Severe PMS, Extreme Fatigue, Low Libido, and/or Infertility

Then This Guide is For YOU!

5 Actionable Steps You Can Take *Today* To Balance Your Estrogen Levels



1. *Consume Organic Whole Foods*

Plan out your meals for this week and make the majority of ingredients real foods. Avoid excess sugars, artificial flavorings, and processed & packaged foods as much as possible.

Weekly Meal Planner



MONDAY

1

FRIDAY

5

TUESDAY

2

SATURDAY

6

WEDNESDAY

3

SUNDAY

7

THURSDAY

4

Ingredients needed for this week

“**YOU
GOT
THIS!**”
- Kate &
Joshua Vazquez



2. Manage Your Stress

Pick one stress-reducing activity to participate in every day this week. It may be 60 minutes one day and then a quick 20 min mediation session another. It's essential you are *at least* doing something to reduce your stress daily.

Ideas: Yoga Session, Walk Outside, Meditation, Journaling, Spending time with a friend that makes you laugh, & Grounding.

SUNDAY:

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

3. Swap Out One Commonly Used Toxic Item

This could be your kitchen non-stick wear (cast iron is a great alternative!), any products with the ingredient "fragrance", plastic Tupperware, weed killers that include pesticides, or even tampons! We recommend checking out the **Think Dirty app** to help swap out your personal care and household products



4. Set a Goal to Drink More Water (filtered water is recommended!)

Simply **drinking more water** can help **increase those bowel movements**, helping with estrogen detox. Use a stainless steel reusable water bottle and avoid plastic water bottles as much as possible. We recommend drinking at least half your body weight in ounces of water per day.

5. Sign up for our Estrogen Reset Course!

Over the course of 8 modules, you'll receive the foundation of understanding your body and how your hormones work. This way you can start having **pain-free cycles**, more energy, better mood, and most importantly be able to **show up fully for yourself**, your business, and your family.

*Are you Ready to Receive Personalized Care,
Rebalance Your Hormones, &
Reach Your Highest Potential?*

WORK WITH US AT



*We offer **personalized care** in-person and
virtually, in the comfort of your own home!*

*Schedule your consult call to get started. We
would love to see how we can assist you in your
health goals.*