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HORMONAL BALANCE



**EASY MEAL STRUCTURE TO MAINTAIN
HORMONAL BALANCE**

Hey, beautiful!

Does your body feels out of control?

If you do, let me tell you, you are not alone. Most women experience confusion about their body and has the feeling to go against the current with **menstrual symptoms, menopause, breast tenderness, exhaustion, dryness, mood swings, headaches, bloating, skin issues and sleep disorder...**

I definitely understand your frustration. I know what it's like to not feel in control of your body... and I know how desperately you wish to change that.

Hormone imbalance is often the root cause of many uncomfortable symptoms. that involved our digestive system, our thyroid and our adrenal glands, our skin, our mood, our nervous and reproductive system.

Luckily, it is possible to support hormone balance through making small key adjustments to your nutrition & lifestyle choices.

Through my personal & professional journey in hormonal health, I have found that one thing is universally true...

Hormones will always try to find balance and when you disrupt your endocrine system that governs them, you will present with a symptom, then another until you have a condition.

Nourishing your body in a way that supports the foundations of hormone balance allows you to regain control of your body & reclaim your health

I have designed this guide to help you feel confident that your nutrition is supporting your hormones and overall health. This is an opportunity for you to nourish your body, hormones the way you deserve.



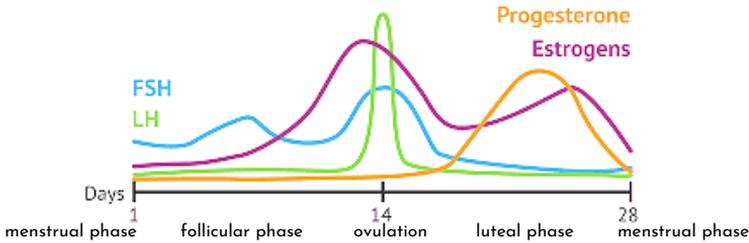
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Introduction

The feminine cycle and hormones

The main sex hormones that manage the menstrual cycle are Estrogen, Progesterone and Testosterone. However, some other important hormones to consider are Follicle Stimulating Hormone (FSH) and Luteinizing Hormone (LH). All of these sex hormones present themselves at different points within the menstrual cycle, as indicated below.



Hormone imbalances

Hormone imbalances can show up in many different ways. Here a list of symptoms to help you recognize them.

Estrogen Imbalance:

Period cramps, heavy bleeding, cravings, mood swings, breast tenderness, bloating/indigestion, weight gain, insomnia OR vaginal dryness, light periods, low libido, depression, hot flashes, headaches/migraines, joint pain

Progesterone Imbalance:

Headaches, mood swings, depression/anxiety, premenstrual spotting, heavy bleeding, low libido, breast tenderness, fertility challenges, OR breast swelling, bloating,, anxiety or agitation, fatigue,, depression,, weight gain.

Androgens Imbalance:

Unwanted facial hair, hair loss/thinning, acne, oily skin, anger/aggression/irritation, ovarian cysts, irregular cycles, inconsistent ovulation, hypoglycemia OR lack of self-confidence, lack of motivation, low libido, pain with intercourse, mood issues, lowered muscle mass.

Thyroid Hormone Imbalance:

Chronic fatigue, depression, constipation, cold hands/feet, dry skin/hair, weight gain, low libido, heavy periods, fertility challenges, hair loss, water retention.

Easy meal structure to support hormonal balance

1

MORNING

- Upon waking, immediately drink at least 1 glass of hot water with lemon.
- Eat breakfast within 90min of waking.
- Eat a breakfast rich in protein

2

LUNCH

- Eat lunch 3h50 after breakfast
- Consume one complex carbohydrate and vegetables
- Add at least one healthy good-fat food (avocado, flaxseed oil, olive oil)

3

AFTERNOON SNACK

- Eat a snack within 2h30 to 3h30 of lunch
- Choose a nutrient rich food such as hummus, nuts, avocado

4

DINNER

- Eat dinner within 2h30 to 3h30 of your snack
- Eat a meal combining animal or vegetarian protein and cooked vegetables
- Schedule your meal 3h30 before bed

READY FOR More?

Reproductive and hormonal health

3 months to hormonal health



- Identify your symptoms of imbalances
- Find the root cause health issue (digestion, hormones, liver...)
- Get rid of external toxins & disruptors
- Activate liver detoxification
- Optimize blood sugar and body reduce stressors
- Recover from fatigue
- Support digestive function for healthy elimination
- Balance your hormones and mood
- The Basics of balanced nutrition
- Menstrual Cycle Syncing guidelines OR Menopausal Transition guidelines
- Herbal medicine recommendations
- Personalized acupressure points and exercises
- Personalized emotional freedom strategies

Reboot Your Hormonal Health with online 1:1 consultations for 3 months that includes bi-weekly sessions, eBook, worksheets & recipes.

GET STARTED NOW!

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