

Tips for Balancing Your Hormones Video Transcript

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Welcome to wellness Wednesday! Carmela Wolf here at Down to Earth on King Street.

Now, May is Women's Health Month, and I had some asking if I could please talk about balancing hormones-- what we need to do to balance our hormones.

Now, certainly, you know I'm going to say it if you watched any of my videos, but a healthy diet and lifestyle are key to balancing any aspect of your body's health (including your hormones).

But... some of us don't know... are my hormones a little high, a little low?

You really need to see a licensed healthcare practitioner to know for sure.

That said... something everyone can do to help balance their hormones is try to cut the chemicals out of their life.

Now, we can't do it entirely, but there are a lot of things that you can do.

Now, you don't realize it, but a lot of products that we use every day have chemicals in them that are considered hormone disruptors or endocrine disruptors.

Think about what's in the laundry detergent that you use, and what you're sleeping in (every night for eight hours on your sheets)-- or what you're using to wash your dishes with, and you might be eating with the food (if there's any residue on your dishes).

There's a lot of chemicals-- also on what we put on our body, and our skin absorbs a good 60 percent of what we put on our body.

So, I like to find products that say that they're actually biodegradable... or they'll also list the fact that they're free of all of these types of chemicals that can be hormone disruptors.

A good rule of thumb is if it has a strong fragrance-- synthetic fragrance tend to have phthalates in them (which are hormone disruptors).

They contain something called xenoestrogens or chemical estrogens.

And, you really want to try to do your best to avoid those (if possible).

BPA is another one of those hormone disruptors-- and that's something that you'll find in plastics (why you find BPA-free products listed).

But, I like to make sure I don't use plastics with my foods.

I'd rather keep them in stainless steel-- like a safe snacker here.

Or if you're buying water, I prefer to avoid plastic water bottles.

Nice glass water bottles. In fact, I'm more into recycling and using my own stainless steel bottle.

So, there are a lot of ways you can cut out the chemicals-- avoiding plastics, avoiding synthetic fragrances, and avoiding these xenoestrogens (which are hormone disruptors you find in these types of products that your body can absorb and create estrogen dominance-- which can create a lot of issues for both men and women-- especially women).

So, it's important to look at also foods that can help you rid yourself of these things.

And, believe it or not, the best food group for that are cruciferous vegetables-- broccoli, cabbage, kale.

Go through the whole list of your favorites. They have Indole-3-carbinols-- which help our body make DIM, and can help us reduce those xeno- or bad synthetic estrogens (bringing our hormones back into balance).

So again, healthy diet and lifestyle-- many factors, many levels you can look at... at keeping your hormones healthy, and keeping you healthy and happy too!

Something else very important to note-- when you want to avoid hormone disruptors... is making sure you avoid pesticides, fungicides, and herbicides.

Those are also hormone disrupting chemicals-- which can certainly be in our foods.

And, that's why eating organic produce (fruits and vegetables) can be so important.

If you can't buy organic, at least buy local.

It's always more delicious, and definitely healthier!

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