



# Balance Your Hormones, Balance Your Life

Achieving Optimal Health and Wellness  
through Ayurveda, Chinese Medicine,  
and Western Science

Dr. Claudia Welch, MSOM

# Balance Your Hormones Balance Your Life

**Dr. Joanne Messenger**



## **Balance Your Hormones Balance Your Life:**

Balance Your Hormones, Balance Your Life Claudia Welch, 2024-09-24 A comprehensive overview of Oriental Medicine The advice is sound A welcome eastern addition to the women s health discussion Publishers Weekly Internationally renowned Doctor of Oriental Medicine Claudia Welch breaks through the secrets behind hormonal health using the principles of Ayurveda and a holistic sensibility Balance Your Hormones Balance Your Life gives women the essential tools to achieve the perfect balance between their yin sex hormones and yang stress hormones and between the body and the mind You ll find the information you need to restore your body s natural harmony including Tips to help heal your most pressing concerns from menstrual pain infertility and menopause to breast and heart health The best foods to eat for optimal health and wellness Natural sleep secrets What to do when you are just feeling crummy How stress sabotages hormonal balance Practical easy to adopt stress management techniques A thought provoking look into the ways our bodies are driven and often run into the ground you will find the beginnings of simple holistic and lasting relief San Francisco Book Review Dr Welch brings a clear voice to the often confusing and conflicting body of information surrounding hormones and women s health a user friendly guide that skillfully blends Eastern therapies with Western health concerns Yoga International **Balance Your Hormones** T.S Avini, 2025-08-14 Discover the foundational role that hormones play in your emotional and physical well being and how the food you eat can make all the difference This insightful guide will teach you The function of hormones in your body and how they regulate crucial aspects like mood energy and focus Practical steps and dietary changes you can implement to bring your hormones into harmony for optimal health Through detailed explanations you will learn about the endocrine system s role and how imbalances can disrupt your life Dive deep into the importance of macronutrients and micronutrients in maintaining hormonal health and unravel the hidden connections between stress sleep gut health and your overall well being Whether you re seeking to address specific hormonal imbalances or simply optimize health you ll find valuable insights and actionable advice to guide you on your journey Begin transforming your health today empower yourself with knowledge on balancing your hormones naturally **How to Balance Your Hormones** Dr. Joanne Messenger, 2014-08-21 Are you a danger to yourself Do your moods and weight fluctuate Are you eating your life savings in chocolate and carbs Have you lost your focus Are you unsure how you re going to feel when you wake up in the morning If you don t sort this out right now imagine what your life will be like in ten years You can t get healthy by fighting disease It has never worked and never will When Joanne Messenger was twelve she fractured her pelvis The experience inspired in the young woman a desire to learn everything she could about healing balance and energy Now a health care professional she shares her lifelong quest for healing in How to Balance Your Hormones She knows what it s like to want to feel better and how frustrating that dream can be to attain The good news is she s gathered all the best tools and techniques that are essential to get you back on track Using her techniques you can live the life of your dreams free from delinquent hormones mood swings and aberrant energy

levels Dr Messenger's qualifications include a bachelor's degree in applied science chiropractic diplomas from the National Board of Chiropractic Examiners USA and Sacro Occipital Technique and an excellence award in radiology She is also a certified yoga teacher NLP practitioner teacher and past principle of Chiron Healing She is the founder and teacher of Blueprint Healing and is skilled in using aromatherapy flower essences and Pranic healing techniques *Hormone Balance Fix* Tessa Kwan, AI, 2025-03-17 *Hormone Balance Fix* addresses the widespread issue of hormonal imbalance a key factor influencing weight mood and energy It explores how the endocrine system functions and how imbalances can arise from stress diet and environmental factors Did you know that hormones like cortisol estrogen and insulin profoundly impact your physiological processes The book uniquely empowers readers to naturally restore equilibrium through diet and lifestyle modifications offering a holistic approach to health and fitness The book champions managing and reversing hormonal imbalances through the body's self regulation via diet and lifestyle It details targeted dietary interventions stress management sleep optimization and exercise protocols By integrating scientific research with actionable advice the book progresses from foundational knowledge to personalized strategies helping individuals identify their unique hormonal needs The book unfolds in three parts an introduction to hormone function and imbalances a focus on dietary interventions and an exploration of lifestyle factors This clear progression culminates in a personalized action plan making it a valuable resource for anyone seeking a natural evidence based approach to health and hormone balance *The Eating Wisely for Hormonal Balance Journal* Sonia Gaemi, Melissa Kirk, 2005 With this easy to use journal the author of *Eating Wisely for Hormonal Balance* guides readers through the steps of keeping a food diary to lose weight cleanse the body of toxins and prevent or relieve symptoms rooted in unhealthy eating **Healthy Happy Sexy** Katie Silcox, 2015-01-13 A hip sensual Ayurveda bible for the modern woman this life changing guide distills ancient teachings into a spirit infused yet pragmatic approach to your physical mental and spiritual health Teacher and yoga instructor Katie Silcox is a leading expert on Ayurveda She knows that bringing ancient wisdom into our modern lives does not mean sacrificing the occasional rendezvous with red wine fashion magazines and other sensual pleasures In *Healthy Happy Sexy* Katie offers not only a philosophy of life but a time tested we're talking thousands of years method for living your most radiant healthy and sexually vital life possible Covering everything from how to get the perfect poo to glowing skin to deeper sexual fulfillment here is a complete guide to women's health It offers evocative questions journaling exercises simple but deep meditations and natural recipes and remedies for common health and beauty needs By engaging in these lifestyle choices you will experience ancient practices that resonate with the way we live our lives now Combining Ayurvedic wisdom with practical tools and her lively playful and down to earth voice Katie provides a method to heal entertain inspire and remind you that you are one sexy goddess **The Hormone Shift** Dawn M. Cutillo, 2012 Would you like to lose five pounds stop your hot flashes and sleep better THIS WEEK These results are attainable when your hormones get into balance The author explains how natural safe solutions can bring fast results that

last From her twenty three years of experience in the health field and after helping thousands of women at her Lancaster Pa health center she has noted growing trends that ALL stem from a simple hormone imbalance The inability for women to lose weight efficiently after the age of 35 due to a slowed metabolism The increased use of strong mood medications for depression anxiety that do not improve mood satisfactorily for most women and also cause unpleasant side effects The increase in fatigue experienced by women and the increased use of synthetic thyroid medication that does not satisfactorily resolve all the woman s symptoms The increased use of the birth control pill for heavy painful periods and menstrual irregularity that temporarily solves the problem but will cause health issues over time The increased number of ablations hysterectomies and other invasive procedures performed for cysts fibroids endometriosis Women still fear breast cancer due to not knowing its true cause CONCLUSION Frustration is rising due to NOT getting validation about concerns or answers on these issues from the medical field or health nutrition industry Are Your Hormones Imbalanced Perhaps your hormones have shifted a bit due to stress age pregnancy or menopause Are you left feeling frustrated from trying to deal with many issues that do not seem to respond to diet exercise herbs medication or even surgical procedures Learn the ONE MAIN hormonal shift that occurs in almost all American women starting at puberty and peaking around menopause along with its ONE MAIN origin The author will give you simple steps on how to reverse this hormonal shift so that within a month you can be Losing weight quickly even if NOTHING worked up until now Relieving your hot flashes night sweats Deepening your sleep Easing your anxiety irritability and mood swings Seeing your depression lift Regulating your menstrual cycle easing symptoms of PMS Decreasing your chance of female related cancers Reversing your other PMS menopausal symptoms or conditions that affect your overall health You will understand that when hormones are balanced you will look and feel your best while preventing female related cancers and slowing the aging process as an extra benefit If you are one of the many women saying These constant hot flashes are driving me crazy Is everyone around me trying to get on my last nerve I m counting FLOCKS of sheep and still can t sleep I m working out eating like a bird and can t lose a single pound Sex Are you kidding I d rather be sleeping or eating My thyroid medicine just doesn t seem like it s helping me lose weight Depressed That s an understatement nothing is really fun anymore This book is a must read Sex, Love, and Dharma Simon Chokoisky, 2015-09-17 Discover your dharma type and prepare your body mind and spirit to attract and build a lifelong union with your soul mate Explores how the dharma types align in relationships giving quick and simple insights into which dharma pairings work and which ones need work Details methods for attracting a mate as well as practical techniques for improving your sex life including the best time to have sex during the day Provides self tests to determine your dharma type and outlines unique ayurvedic diet exercise detox and lifestyle tips for better health and sex appeal The people of ancient India understood that most humans are incomplete without an intimate partner a soul mate to share life s journey Drawing upon astrology Ayurveda and dharma type your personality and spiritual purpose archetype they developed detailed systems to

analyze physical emotional and spiritual compatibility between people This analysis encouraged joyous relationships by revealing the sexual compatibility of a couple the innate relationship conflicts they face and their potential for financial success together In this way couples were able to distinguish biological attraction from long term compatibility lust from love and soul mates from playmates Sharing ancient Vedic secrets of sex love health and dharma Simon Chokoisky explains how to prepare your mind body and spirit for the right partner and how to determine if a potential mate is a good match for your unique chemistry He provides self tests to determine your dharma type and outlines unique ayurvedic diet exercise detox and lifestyle tips for each type to reclaim your health and vitality and by doing so your sexiness He explores how the dharma types align in relationships to create harmony or disharmony giving quick and simple insights about which dharma pairings work and which ones need work Highlighting the skills inherent to each dharma type he makes suggestions on how to improve day to day relationships for personal and financial benefit and to build lifelong romance that grows into a spiritual union Moving to the bedroom the author details methods for attracting a mate as well as practical techniques for improving your sex life including the best time to have sex during the day and month Showing how knowing who you are will help you find your right mate and keep away those unsuitable for you Chokoisky explains how living your dharma helps you flow with nature in a way that makes life and your relationships more fulfilling Primal Balance Barrett

Williams, ChatGPT, 2025-02-03 Unlock the secrets to achieving optimal health and vitality with Primal Balance your ultimate guide to harmonizing hormones through the transformative power of the Paleo lifestyle This enlightening eBook delves into the intricate world of women's hormonal health offering a comprehensive understanding of how hormones influence everything from mood to metabolism Begin your journey by exploring the fundamentals of hormonal health and the common imbalances many women face Gain insight into the Paleo lifestyle a time tested approach rooted in natural dietary principles known for its remarkable ability to restore balance and wellness Discover the profound connection between Paleo and hormones and learn how specific nutrients can significantly impact your hormonal equilibrium Explore the essential roles of protein healthy fats vitamins and minerals in nurturing your hormonal landscape Gut health is pivotal for hormonal harmony and Primal Balance provides clear guidance on how to heal your gut using Paleo principles You'll uncover strategies to reduce inflammation a silent disruptor of hormonal health through delicious anti inflammatory foods Address stress a major catalyst for hormonal chaos with effective lifestyle choices that include stress reduction techniques and targeted movements all designed to support your well being Tailor your journey with personalized Paleo plans that cater to specific hormonal needs across different stages of life whether it's adolescence fertility or menopause Discover how to create a meal plan filled with hormone friendly recipes that delight the palate while nourishing the body Embark on a path of sustained health by monitoring your progress and adapting to long term benefits Be inspired by real life success stories and overcome common challenges as you embrace this lifelong journey toward balance and health Primal Balance is more than just a guide it's your

go to resource for fostering a vibrant balanced life naturally Start your transformation today and embrace a future of well being **Expose Your Hidden Talents** Angela Usher,2010-10-22 I am an advocate of self improvement the straightening out process and the bigger picture where spirituality is concerned Even though it may appear Im a controversial writer the reality is I only state clear and precise true facts In these modern times I believe that too many people become seriously caught up in this global fast paced world of technology Most people are trapped in error Many people dont creatively thrive Many people are not consciously aware that they are programmed and conditioned to think in a humanistic robotic fast pace way People become trapped in their ruts The world is seriously confused This is a world that is dangerously losing its way Christian values seriously need to be brought back into the world In this book I encourage hobbies and therapy techniques for the purpose of logic and constructive thoughts I also analyze conscious thought open mindedness and new awareness through natural logic and reasoning In order for a person to break away from distracted error a person should use their own intelligence logic and common sense find out the absolute truth involving the facts also use Gods Wisdom pray be open minded find true spiritual direction also become self educated learn new awareness find graceful hope with God As a writer I continue working towards the cause of a better world I created some amazing profound parts of this book through divine providence granted to me from the grace of God

**Hormonal Cycles** William Martin,AI,2025-03-17 Hormonal Cycles explores the intricate world of hormone balance and its profound influence on women s health reproductive health and overall well being It delves into the science behind hormonal cycles especially the menstrual cycle explaining the roles of key hormones like estrogen progesterone FSH and LH within the endocrine system Did you know that hormonal imbalances can manifest as mood swings fatigue or even fertility issues This book emphasizes understanding these cyclical processes to empower individuals to take control of their health The book provides a foundation in biology while guiding readers through each phase of the menstrual cycle detailing hormonal shifts and their physiological effects It offers strategies for hormonal regulation including dietary modifications exercise and stress management culminating in a practical guide for personalized hormonal health plans What sets this book apart is its commitment to providing actionable insights empowering readers to apply this knowledge to their lives and make informed decisions about their health and fitness The book progresses from defining hormonal cycles and exploring symptoms of imbalances to offering strategies for regulation It s a valuable resource for anyone interested in understanding the complex interplay between hormones health and fitness and overall well being

**Road to Recovery from Parkinsons Disease** Robert Rodgers, PhD,2013-09-03 Do you have Parkinson s Disease Are you looking for ways to feel better Road to Recovery from Parkinson s Disease gives a comprehensive overview of the factors that cause the symptoms of Parkinson s and covers all the natural treatments that are helping thousands of people with Parkinsons become healthy and well There is no doubt about it Many medical specialties provide relief from the symptoms of Parkinson s Disease Road to Recovery from Parkinson s Disease reveals the natural therapies and safe treatments that

persons with Parkinson s have discovered help them steer a steady course on the road to recovery      **AARP Revitalize Your Hormones** Theresa Dale,2012-05-24 AARP Digital Editions offer you practical tips proven solutions and expert guidance In AARP Revitalize Your Hormones Dr Theresa Dale provides a scientifically proven 100 percent natural way to restore your body s hormonal balance and become the beautiful sexy vibrant woman you were meant to be Hormone replacement therapy is highly controversial and many women refuse it But that doesn t mean you have to learn to live with hot flashes diminished libido and all the other so called normal symptoms of aging Optimum health energy sex drive and happiness can be yours Revitalize Your Hormones shows you how to have them all safely and naturally without risky hormone replacement treatments World renowned naturopathic physician Dr Dale explains that no matter what your age your body already knows how to produce optimal amounts of hormones it s all a matter of stimulating it to do so More importantly Dr Dale arms you with a scientifically proven 7 step program for hormone rejuvenation developed and refined over her twenty years of research and clinical experience An easy enjoyable 100 percent natural approach to restoring your body s hormonal balance and reversing the appearance of aging the program includes A hormone revitalizing diet and nutritional program including many scrumptious recipes A whole body detoxification program A personal biological age assessment quiz Expert guidelines on hormone rejuvenation and healing through homeopathy Step by step action plans to help you gauge your progress and stay on track Let Dr Dale show you how to help your body do what it was designed to do and start looking and feeling your best      *Bioidentical Hormones 101* Jeffrey Dach,2011-09-09 American medicine has lost its way In Bioidentical Hormones 101 author Dr Jeffrey Dach uncovers the ills in today s health care system and suggests ways to get it back on track Through a series of articles that originally appeared on his Internet blog Dach provides evidence that bioidentical hormones are safer and more effective than synthetic hormones He describes how to win the information war and take control of your health Questioning the prevailing medical dogma he covers a wide range of topics related to health and health care Natural thyroid Iodine supplementation Selenium Dangers of GMO food Avoiding bad drugs Limitations of cancer screening with mammograms PSA testing Thyroid ultrasound Low dose naltrexone Future of medicine Health insurance companies Dispensing the truth about drugs health care and medicine Bioidentical Hormones 101 uses information to empower America to embrace a more holistic approach to health care      *Secrets about Bioidentical Hormones to Lose Fat and Prevent Cancer, Heart Disease, Menopause, and Andropause, by Optimizing Adrenals, Thyroid, Estroge* M.A. Wright,2010-11-19 Feel great look great lose weight and have better sex Discover groundbreaking scientific secrets about bioidentical hormones unknown to most people including most physicians Use the guidance of hundreds of anti aging physicians and researchers to minimize and reverse aging Learn how hormonal and metabolic disturbances make you sick and fat Change your life and feel young again with the Wiley protocol Mimic the cyclic monthly hormones of a healthy 20 year old Understand imbalances in insulin adrenal thyroid growth hormone and sex hormones Find out how hormones



become deficient and unbalanced especially during menopause and andropause Replace missing hormones AND minimize your cancer risk Use this book to work with a forward thinking knowledgeable physician in your area who will prescribe ALL of the bioidentical hormones that you need in the dosages and rhythms needed No other book available presents hormonal optimization in such a comprehensive and integrated manner

**Is It Me or My Hormones?** Marcelle Pick, MSN, OBGYN, NP, 2014-03-03 The four week plan for hormonal health that will stabilize your hormones and make you feel like yourself again One of the most common and agonizing problems women face today is hormonal imbalance Sometimes it's a nightmarish premenstrual syndrome depression cravings bloating weight gain irritability and even out of control rage for up to three weeks each month Sometimes it's periods so painful that you have to arrange your entire life around your cycle Sometimes it's a rocky passage into perimenopause that changes everything you know about yourself and your body Luckily you can resolve these hormonal issues you just need accurate actionable information to do so In *Is It Me or My Hormones* Marcelle Pick author of *The Core Balance Diet* and *Is It Me or My Adrenals* delves into the often misunderstood world of female hormonal imbalance Sharing her personal struggles and her experiences with patients Marcelle helps you understand how the right diet exercise supplements herbs and psychological support occasionally complemented with bioidentical hormones can free you from hormone disruption After walking you through the basic science of how your hormones affect your body mind and emotions Marcelle lays out an accessible easy to follow four week plan for hormonal health complete with schedules exercises supplements meal plans and recipes that will stabilize your hormones in just one month and make you feel like yourself again It's hard to imagine what a huge impact your diet your lifestyle your thoughts and your hormones can have on your health and well being Unlike many medical professionals Marcelle knows that your symptoms aren't just a normal part of being a woman or not that big a deal And in this book she validates your experience of hormonal imbalance and opens your eyes to the power you have over your health So join Marcelle on this journey to implement simple natural changes that will help eliminate your cravings depression mood swings and weight gain and make you feel energized sexual and in command of your life By paying attention to hormonal balance you can sail through your 40s and 50s as an energetic sensuous and sexually alive woman reaping the benefits of age and experience while enjoying the vitality of youth Marcelle Pick

**Force of Habit** Tamsin Astor, 2018-08-15 Habits and Your Health Dr Tamsin Astor blends her scientific background and awareness PhD in cognitive neuroscience with her Yoga Ayurveda Meditation Coaching training to give a unique approach to mastering your daily habits Using tools from Health and Executive coaching Tamsin provides a plan to help you navigate from a multi tasking low energy time deprived existence to one of abundance nourishment and fun Regain your power reduce your stress Feeling overwhelmed stressed and that there isn't enough time or energy to get everything done Follow the steps in *Force of Habit Unleash Your Power Through Healthy Habits* to create a life of joy and freedom by making connections in your daily habits thereby reducing your decisions Tamsin lays out a simple plan to master your key habits in

your two key relationships with yourself others Readers will learn The Shoulds why they don t serve you Motivation different theories to understand it Stress what it s secretly doing to you and why we need a little good stress Why there isn t one definition of healthy and a new model for understanding health A new way of thinking about everyday habits and how you need to change them How to think about your relationship with yourself are you falling into learned helplessness Free up time And what about your relationships with others are you cultivating enablers or supporters This book gives you a step by step guide to organizing your life How By creating boundaries and daily rituals so you have the time for what you need to do and what you want to do By establishing healthy habits you can unleash your true power by freeing up your time from the thousands of microdecisions you make on a day to day basis By combining these daily habits with a bigger frame your big why the reasons behind why you want to create healthy habits you will continually refocus and refine your daily habits and become a force of nature

The Fourth Trimester Kimberly Ann Johnson,2017-12-26 A guide to help support women through post partum healing on the physical emotional relational and spiritual levels This holistic guide offers practical advice to support women through postpartum healing on the physical emotional relational and spiritual levels and provides women with a roadmap to this very important transition that can last from a few months to a few years Kimberly Ann Johnson draws from her vast professional experience as a doula postpartum consultant yoga teacher body worker and women s health care advocate and from the healing traditions of Ayurveda traditional Chinese medicine and herbalism as well as her own personal experience to cover how you can prepare your body for birth how you can organize yourself and your household for the best possible transition to motherhood simple practices and home remedies to facilitate healing and restore energy how to strengthen relationships and aid the return to sex learning to exercise safely postpartum carrying your baby with comfort exploring the complex and often conflicting emotions that arise postpartum and much more

**All Change! Marketing and Consuming the Menopause Transition** Jennifer Takhar,Anna Schneider-Kamp,Shona Bettany,2025-08-26 This book critically examines the marketisation of the menopause transition a phenomenon that in recent years has given rise to an array of products services investment opportunities and the supposed empowerment of women navigating midlife transitions As venture capitalists and well being brands converge on this new frontier in marketing opportunity our book critically assesses the issues that accompany the latest menopause market trends and evolving consumer predilections These include biomedical possibilities rebranding feminism the rise of menopause influencers celebrity and social media enabled menopause advocacy novel advertising rhetoric and corporeal representations that challenge the public s expectations of ageing women s bodies and attitudes The chapters in this book adopt interdisciplinary perspectives to reveal how sociocultural narratives influence menopause marketing strategies and suggest how they may be utilised to rethink advertising rhetoric to faithfully represent lived experiences of the menopause This book addresses an international readership of scholars and practitioners of marketing consumer behaviour advertising rhetoric life course representation

gender and health studies This book will be beneficial for scholars researchers and practitioners across a range of fields including marketing consumer behaviour advertising gender studies health studies and sociology The chapters in this book were originally published as a special issue of Journal of Marketing Management

**Hormone Balance For Dummies**

Isabella Mainwaring, 2025-02-11 Achieve balance and improve your health mood vitality and energy from within Hormones are your body's chemical messengers the regulators of essential functions like metabolism reproduction mood and growth But in our 24/7 hyper connected modern world many of us increasingly find ourselves in situations of chronic stress that can imbalance or disrupt our bodies natural hormonal balance In Hormone Balance For Dummies renowned hormone health coach Isabella Mainwaring delivers an accessible and exciting new take on hormonal imbalance You'll discover why hormone balance is so important for you and contributes to everything from the maintenance of a healthy weight to fertility mental wellness and overall health The author goes beyond diet and lifestyle to offer practical nervous system regulation tips and dive deep on available treatment options for hormonal imbalance In the book Find out why stress poor gut health medications toxins and unprocessed emotions and trauma can negatively impact your hormonal balance Be proactive in managing your hormone health to ensure robust health and wellbeing throughout life Explore traditional and alternative therapies for hormonal imbalances including somatic work and EMDR Perfect for men and women of reproductive age and anyone else interested in their own health and wellness Hormone Balance For Dummies is a must read roadmap to improved wellbeing mood energy and a brand new lust for life

Immerse yourself in heartwarming tales of love and emotion with Explore Love with is touching creation, **Balance Your Hormones Balance Your Life** . This emotionally charged ebook, available for download in a PDF format ( \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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